



575 Bloomfield Avenue
Montclair, NJ 07042
973-744-7873
www.jaipureyoga.com

JaiPure Yoga™ 300 Hr. Advanced Teacher Training Application

Full Name: _____

Mailing Address: _____

Email Address: _____

Home Phone # _____ Cell # _____

1. *Please tell us how long you have practiced yoga.* _____

a. How many times each week? _____

b. Do you have an at-home practice, and if so, please tell us about it?

c. List the specific yoga styles that you practice.

d. Please identify the teachers with whom you have studied.

e. Please identify the teachers that you regularly and consistently practice with. _____

2. *Do you have a meditation practice, and if so, please answer the following questions?* _____

a. How often do you meditate each week? _____

b. How long do you meditate for during each session? _____

c. What type of meditation do you do? _____

3. *Do you participate in a spiritual study of any kind?* _____

a. Please describe your spiritual study practices. _____

- b. Do you have a spiritual teacher that you study? If so, please identify that teacher. _____
4. *Please share with us any particular precepts you believe are found in organized religions and spiritual teachings.* _____

5. *List any other yoga-related workshops, retreats or trainings you have completed.* _____

6. *Do you currently teach yoga or have you ever taught yoga? If so, please note when & where.* _____

- a. Describe the type of yoga, including the system and methodology you teach.

- b. What are the level(s) of the class(es) you teach or have taught _____

- c. The duration of the class(es) _____
7. *Have you ever taught any fitness technique(s)?* _____ *If so, please answer;*
- a. What type of fitness technique? _____
- b. Where? _____
- c. For how long? _____
- d. Are you certified in this technique? _____
8. *Are you vegetarian or vegan?* _____
- a. If not, would you consider it for a specific period of time? _____
- b. If yes, for how long? _____
9. *Have you studied any bodywork technique?* _____
- a. Are you certified in a particular modality? _____

- b. What modality? _____
 - c. For how long? _____
 - d. What are the benefits of this modality? _____

 - e. Is it adaptable to yoga teaching and how? _____

10. *Are you interested in studying a particular modality and what is it?* _____

11. *Are you registered with Yoga Alliance as 200 Hr. Teacher?* _____
12. *Did you complete a Basic 200 Hr. Teacher Training?* _____ *If so, please provide the following information.*
- a. Where you studied _____
 - b. Who were the primary teachers? _____
 - c. Did you study the Gita? _____
 - d. Did you study the Yoga Sutras, and, if so, how many books and what types of assignments. _____

 - e. Did you have any other spiritual studies? _____
 - f. Did you study other systems of yoga? Which ones? _____

 - g. Did you have visiting instructors? If so, please included who visited and what the focus was? _____

 - h. Please provide what you feel were the best parts of your training.

 - i. Please provide the parts of the training that you thought were not helpful. _____

- j. Think about how best you learned during your training. Please describe whether practice, demonstration, lecture, self-study or group study provided the most effective method for you to learn.

13. Please reflect on what areas you feel you are weak in and in what areas you would like to grow in. _____

14. How did you learn about JaiPure Yoga's Advanced Teacher Training?

15. Please tell us what you hope to gain by committing to JaiPure Yoga's Advanced Teacher Training.

Are you committed to full participation in the program? Yes No
(List any concerns or special circumstances.)

I hereby acknowledge and commit to full participation in the Advanced Teacher Training at JaiPure Yoga. If accepted into the program, I hereby agree and understand that Certification is based upon full and complete participation at all training sessions.

Signed: _____ Date: _____

Please return the completed application by email (lpriaggiola@gmail.com) (marcie.wallace@gmail.com) or by mail to JaiPure Yoga, 575 Bloomfield Avenue, Montclair, NJ 07042