



Phoenix Rising Yoga Therapy

## TEACHER TRAINING PROGRAM APPLICATION

**Full Name:**

**Today's date:**

Preferred Name:

Birth Date:

Address:

Primary Phone:

*please indicate whether each  
number is home, cell or work*

Other Phone:

Email:

Website:

Current Occupation:

Degrees & Licensures:

---

### Yoga Teacher Training Program for which you are applying:

PR Therapeutic Yoga Teacher – 200 hr  
*Recommended: 1 year of yoga practice*

PR Therapeutic Yoga Teacher – 300 hr Bridge  
*Prerequisite: 200 hr Yoga Alliance YT Certification*

PR Therapeutic Yoga Teacher – 500 hr  
*Recommended: 1 year of yoga practice*

Mentoring for Yoga Teachers - 3 month practicum course  
*Prerequisite: 200 hr Yoga Alliance YT Certification*

**Pre-requisites:** Please attach copies of any required certifications/diplomas/licensures, as well as completing the appropriate **Supplemental Questions** in the application. Your application will not be reviewed until all components are received.

*Please include a recent photograph of yourself for your file. Be sure it's one you like.*

**Please answer the attached questions as fully as possible. If you need extra room, please use additional paper and attach it.**

**Submit via email to [registrar@pryt.com](mailto:registrar@pryt.com) or by mail to PRYT, PO Box 200, Bristol VT 05443**

What is your intention in becoming a certified Phoenix Rising Therapeutic Yoga Teacher?

What do you hope to accomplish—personally and professionally?

Describe what your draw to Phoenix Rising is. What inspired you to learn this style of therapeutic yoga?

Spend 1-3 paragraphs telling us what your current practice of yoga is like, including when you began. What or how do you practice? What is your meditation practice like? How long is your practice? How consistent or inconsistent is it?

Tell us in a few paragraphs when and how you knew you wanted to be a yoga teacher. What experience did you have that lit the fire for teaching yoga?

Please list 3 objectives you have for participating in this program. Spend 1 paragraph on each objective.

Please describe how you envision the pace of your study. (Each module is offered once or twice each year. Each module can have no more than one year between them.)

When you send this application, please also send a photo of yourself. In this space, tell us why you chose that photo. What does it convey? What parts of you does it express?

Please check any of the practitioners you are currently seeing for their professional help:

Psychotherapist      Psychiatrist      Chiropractor      Allopathic Physician  
Homeopathic Physician      Other

Briefly explain the condition(s) you're working with:

Please list below any prescription or non-prescription medication you're taking or using:

Please list any history of addiction, surgeries, major illness, chronic conditions, accidents, injuries, or anything else that might be relevant to your participation in the program. Please include dates.

Do you have a learning disability that affects your reading and writing skills?    Yes  
No

If yes, please explain:

Phoenix Rising Yoga Therapy bridges the essence of yoga with contemporary personal growth processes. It is important for practitioners to have a foundation in both of these areas. Please list carefully your history in each of the following areas. Use additional sheet(s) if necessary and enclose with your application.

**Hatha Yoga Class Experience**

Date(s)	Instructor	Style of Yoga	Hours
---------	------------	---------------	-------

**Yoga Training**

Date(s)	Instructor	Program Title	Location	Hours
---------	------------	---------------	----------	-------

**Personal Growth Training and/or Experience**

Date(s)	Instructor	Program Title	Location	Hours
---------	------------	---------------	----------	-------

I hereby declare that the information in this application is accurate and complete to the best of my knowledge. I understand that misrepresentation of this information constitutes grounds for expulsion from the program or revocation of certification.

Signature:

Date:

## 300 hr Bridge - Supplemental Questions

*Prerequisite: 200 hr Yoga Alliance YT Certification*

Describe your current teaching practice. (How often, class duration, workshops, retreats, etc.)

What has your journey of training been like (thus far)? What style did you complete your 200 hr Training in? At what school? What have you appreciated about your training thus far? What do you hope to gain more clarification about?



## **Mentoring for Yoga Teachers - Supplemental Question**

*Prerequisite: 200 hr Yoga Alliance YT Certification*

You will be working closely with a mentor for three months. Please tell us about the qualities you are looking for in a mentor. Are you aware of anything that might get in the way of that relationship?

This program has been designed to be an intensive study of yourself through the lens of teaching yoga. It has many assignments that are required for completion. Please tell us in 3 to 4 paragraphs what might get in your way in the next 3 months and what plan you have in place to support yourself in this intensive study.

## **Mentoring for Yoga Teachers - Supplemental Question**

*Please complete if you have not already answered these questions on the 300 hr page.*

Describe your current teaching practice. (How often, class duration, workshops, retreats, etc.)

What has your journey of training been like (thus far)? What style did you complete your 200 hr Training in? At what school? What have you appreciated about your training thus far? What do you hope to gain more clarification about?