



eastmeetswestyoga  
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## Teacher Training Application 2019 - 2020

### Program Description

Before learning how to teach yoga to others, we believe that it is imperative to nurture a daily practice. Support in strengthening your personal commitment to a regular practice is at the very heart of our teacher training. With a strong emphasis on the instruction of Vinyasa yoga, we will guide you through a well-rounded immersion into a yogic lifestyle. We will provide you with the tools to deeply and safely connect to your own practice in both a class setting and through self-practice. Expect a strong focus on basic anatomy principles in order to safely and purposefully sequence poses together to create a practice with depth and intention.

We will combine the wisdom of our strong and diverse team of experienced teachers to assist and mentor you along this introspective path that will solidify your relationship to your own practice, deepen your understanding of your body and other bodies and provide you with the building blocks to share your passion for yoga.

### Application Directions

- Please complete this application, including contact information and reference.
- Please include **two identical (or similar) photos of yourself, perhaps passport photos.**
- Email completed application to **carrie@eastmeetswestyoga.com** or drop it off at either our Buffalo Foundry or Village Glen location.
- Payment of the nonrefundable \$100 application fee may be made online, or paid by cash or check at a studio location. Checks should be made out to East Meets West Yoga.
- Upon submitting the application, applicants will receive a 6-class pass to be used to take classes with our three primary teacher training teachers – Carrie, Leslie and Elyssa. (Please be sure to introduce yourself when you come to class as a teacher training applicant! We really would like to meet you!)
- All applicants will be asked to sit for a short interview with one of the lead teachers.
- Applications will be reviewed as they are submitted. If accepted, your \$400.00 deposit will be due within one month.

east meets west yoga studio  
1738 elmwood ave, buffalo 14207 (Buffalo Foundry)  
162 mill st, williamsville 14221 (Village Glen)  
www.eastmeetswestyoga.com  
716.885.9100  
info@eastmeetswestyoga.com



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Applicant Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Email Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Birthdate: \_\_\_\_\_

If you are not a regular student at EMW, please provide the name and contact information for a yoga teacher that you are using as a reference.

Name: \_\_\_\_\_

Studio Address: \_\_\_\_\_

\_\_\_\_\_

Email Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

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Please answer the following questions. You are welcome to use additional paper as needed.

Please describe your yoga background. How long have you been practicing? How often do you practice? What yogic tradition are you coming from? If you practice primarily at a studio, where do you practice and with whom? What trainings and workshops have you done in the past?

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Please describe your goals and objectives: Why do you want to participate in a yoga teacher training program? What do you hope to achieve through our training? Do you already teach or do you plan on teaching upon completion of the program?

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Briefly describe the changes yoga has made in your life. Tell us about the role it plays in your life.

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## Commitment to the EMW Teacher Training Program

This program will unfold over the course of 9 months (October - June). During this time, you will be **required** to attend each weekend at either the studio or another designated location. Each weekend's time commitment will be approximately 20 hours starting on Friday night. Although the class time setting will make up the bulk of the program, there will be other outside requirements. This may include book summaries or other related assignments, written papers, and a final exam consisting of a class teach-out and test. EMW is looking for teacher trainees with a positive attitude, and an interest and eagerness to learn.

**The way that this program is structured and taught makes it very important to attend all weekends.** We understand that life sometimes creates obstacles that may interfere with the program requirements, however, **if you miss more than 10% of the program (either one full weekend or a cumulative total of 20 hours) you will not graduate from the program nor receive a certificate.** This includes being chronically late or consistently leaving early. Missed time may require outside assignments, which must be completed by the end of the last weekend of the program.

### Teacher Training Dates:

September 27 - Meet and Greet 6 – 8pm  
 October 4, 5, 6  
 November 1, 2, 3  
 December 6, 7, 8  
 January 10, 11, 12  
 February 7, 8, 9  
 March 6, 7, 8  
 April 3, 4, 5  
 May 1, 2, 3  
 June 5, 6, 7  
 June 12, 13, 14 (Teach-Out Weekend)

Teacher	Training	Times:
Friday	5:30pm	8:30pm
Saturday	12:30pm	7:00pm
Sunday	8:00am	6:00pm

These times are the times for all the weekends unless a conflict arises. Any changes will be addressed as needed. All teacher trainees will be give ample time to make adjustments accordingly. A one-hour lunch break will be provided each day.

I, \_\_\_\_\_, understand and accept the attendance requirements for the EMW TT program for 2019-2020.

Signature: \_\_\_\_\_

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