



APPLICATION INSTRUCTIONS

Application Deadlines

To apply for the 300-hour Advanced Yoga Teacher Training we strongly encourage you to apply before the early registration deadline, one month before the training begins. Last minute applications will be accepted if there is space in the program.

Application Instructions

Complete all required information in the application below. Submit the application, required materials and the non-refundable \$250 application fee/deposit.

Submit the completed application by emailing it to mindy@greenmtnyoga.com with the subject: Application for 300 Hour Yoga Teacher Training or mailing it to:

Green Mountain Yoga
Attention: Teacher Training Department
8566 Five Parks Drive
Arvada, CO 80005

300 Hour Advanced Yoga Teacher Training application requirements

- 300 hour Advanced Yoga Teacher Training Application
- Payment Information & Program Participation Agreement
- Copy of your 200 hour Certificate of Completion if from a school other than Green Mountain School of Yoga

Once your application and deposit are received your package will be closely reviewed. The director of the School, Mindy Arbuckle, will contact you for an in-person or telephone interview before full acceptance to the program.

This page is a checklist included to help you with the application process and
DOES NOT need to be submitted along with your application.

Thank you!



ADVANCED YOGA TEACHER TRAINING APPLICATION

Personal Information

Name _____ Today's Date _____

Address _____


Home Phone _____ Cell Phone _____

Email Address _____ Occupation _____

Emergency Contact

Name _____ Relationship _____

Phone _____

 Check here if you are currently on a monthly auto renew and need it to be placed on hold for the duration of your unlimited pass throughout the training.

Are you applying for:

- One individual module
- Four modules to complete 300 hour Yoga Alliance requirement
- Entire training

Module you would like to start with:

- Chakras & the Creative Energies
- Teaching Methodology
- Tantra Yoga & Swara Yoga
- Ayurveda & Asana
- Classical Hatha Yoga
- The Ramayana & Deities
- The Mahabharata & Bhagavad Gita
- The Yoga Sutras

Please check all modules you plan to take:

- Chakras & the Creative Energies
- Teaching Methodology
- Tantra Yoga & Swara Yoga
- Ayurveda & Asana
- Classical Hatha Yoga
- The Ramayana & Deities
- The Mahabharata & Bhagavad Gita
- The Yoga Sutras

Start date of the training you are applying for: _____



How did you first learn about the Green Mountain School of Yoga Advanced Teacher Training Program?

- | | |
|--|--|
| <input type="checkbox"/> I practice at Green Mountain Yoga | <input type="checkbox"/> Internet search |
| <input type="checkbox"/> My yoga teacher recommended it | <input type="checkbox"/> Friend |
| <input type="checkbox"/> Other: _____ | |

Medical History

Please complete the medical history section below so that we can be sure to respond to any emergencies should they arise during your training. Please note that none of your responses would exclude you from being accepted into the program.

1. How would you evaluate your current health?

- Excellent
- Good
- Fair
- Some challenges (briefly describe) _____

2. Do you suffer from any of the conditions below?

- Diabetes
- Pregnant, plan to become pregnant during the course of the training
- Joint replacements, if so please specify _____
- Epilepsy
- Heart Disease, please elaborate _____
- High Blood Pressure
- Surgeries _____

3. Please list medications prescribed by a health care professional you are taking and the condition for which you taking them.

4. Please list any injuries you are currently working with.

5. Is there anything else we should know about your medical history?



Your Teacher Training History

Please note: to be accepted into the Advanced Teacher Training Program, applicants are required to have completed a 200 hour Yoga Alliance approved Teacher Training Program.

1. Did you complete your 200 hour Teacher Training program with Green Mountain School of Yoga?

- Yes (please proceed to question #3)
- No

2. If you did not complete your 200 hour Teacher Training program with GMSY:

Where did you complete your training?

Who were your instructors in the training?

When did you complete your training?
(month/year)

Please submit the following to Green Mountain School of Yoga along with your application:

- A copy of your diploma or certificate of completion
- A copy of your program’s syllabus or a letter from your trainer describing the content of the program and the materials covered
- A copy of your current RYT Yoga Alliance certificate

If you did not graduate from a GMSY 200 hour training, you will be required to purchase the 200 hour training manuals from GMSY and may be required to participate in a bridge tutoring program. This is to ensure that you have gained the foundational vocabulary and principles taught in the GMSY 230 hour Teacher Training which are reinforced in the Advanced Teacher Training program. Note: there is an additional fee for the books and additional training. The two books are \$125 total and any additional tutoring required to gain a good foundation from our school will be charged at \$54 per hour. To determine if you will need to take the bridge program you will be required to complete an exam which covers topics in our 230 hour training. Please contact Mindy Arbuckle, the program director, or visit our website for more details.

3. Are you currently teaching yoga?

- Yes
- No (You do not have to be actively teaching yoga to take this training.)

If yes, where?

What type of classes?

How many classes per week?



4. Are you ready and committed to pursue the practice of yoga beyond the physical postures?

- Yes
- No

5. Because yoga is ultimately a journey of learning about yourself and understanding we are all one, are you open to accept what you may learn about yourself?

- Yes
- No

Comments on the last two questions:

6. Briefly describe your current and past yoga practice.

- Do you have a home practice?
- Why do you practice yoga?



Please write a one page essay addressing the following:

- Please describe yourself and the impact that yoga and teaching have made on your life.
- Why do you teach yoga?
- Why do you want to continue your yoga teacher training?
- What do you hope to gain from furthering your education?



PAYMENT INFORMATION

A \$250 non-refundable application fee/deposit is due with your application. Full payment is required by the completion of the program or module. Your deposit must be paid by the early registration date in order to receive the early bird discount. You will agree make all future payments during the program, which will be outlined in the enrollment form signed upon acceptance into the program.

I am paying by check. Please mail the check with your application to the address listed on the Application Instruction page.

I am paying by credit card. MasterCard Visa American Express Discover

Credit Card Number _____

Expiration _____ CVV # _____

Name as it appears on the card: _____

Is your billing information the same as your mailing address?

Yes

No. My billing address is:

I hereby authorize the above payment of \$ _____. Please initial: _____



PROGRAM PARTICIPATION AGREEMENT

I understand that if I fulfill all the requirements of the Green Mountain School of Yoga Advanced Teacher Training program, including in-class hours, homework, etc, I will receive a letter of completion, which can be submitted to the Yoga Alliance or a prospective employer as evidence that I have completed a 300 hour professional yoga teacher training program.

I have reviewed the most recent GMSY Course Catalog and understand the commitment I am making. I agree to follow the guidelines and requirements established for the program.

I understand that if I cancel 14 days prior to the start of the training, my deposit may be transferred toward a future Advanced Teacher Training Module and will be refunded my remaining balance. If I cancel within 14 days of the training, I will forfeit my \$250 deposit but my remaining balance will be refunded. Once the program begins, the tuition is refundable according to the portion of the training completed.

I understand that all Green Mountain School of Yoga Teacher Training materials are under copyright protection and cannot be reproduced by me without the permission of the author. Failure to comply may result in legal action.

I have read and accept the above terms and requirements: Yes No

Signature

Date