



Body Temple Yoga School™

Heart. Alignment. Transformation.

BodyTempleYoga.com

BTYTT 300hour Teacher Training PROGRAM APPLICATION

Thank you for applying for The Body Temple Yoga™ 300hour Advanced Teacher Training Program.

This program requires a commitment and dedication to yourself, the completions of this program, your growth as a highly trained Heart-centered, alignment-based Hatha yoga teacher and an ever-evolving student!

Graduation from The BTYTT 300hr Program certifies you at the 500hr Level.

This training also fulfills part of the requirements for The Body Temple Yoga™ Ambassador Program to become a Body Temple Yoga School™ Teacher Trainer and be certified to teach the method of Body Temple Yoga™.

We are happy you have chosen Body Temple Yoga™ School as your yoga home and we look forward to having the opportunity to work with and serve you as you progress forward on your sacred path.

1. What is your full name, email address and phone number?
Where did you obtain your 200hr Level Certification?
Please provide teacher and school name and date of graduation.
How long have you been teaching yoga?
What kinds of classes do you teach? How often?
Are you trained in teaching alignment or just basic form of the pose?
What do you want from this program on a personal growth level? What are your personal INTENTIONS within it?

2. What is your INDULGENT WHY?
Why do you want to take this advanced level yoga teacher training?
What is your vision/dream for yourself?
How do you feel this training can help you?
Hint: Indulge into your Heart for the answers.

3. Do you know what your niche or specialty is within teaching yoga?
What group of people you want to work with?
Do you know what your message is? Share as much as you know here.
(If you don't know yet, this training provides support for that!)

4. What main courses in this Program are you most drawn to?
(Please see website for course listings)
<http://www.bodytempleyoga.com/300-hour-training/>

5. Are you willing to do the necessary work to overcome your fears, blocks and resistance? Are you willing to step up even when you don't want to? If yes, why do you feel this is important? If not, why?

6. Have you completed Body Temple Yoga™ Mentorship Program?
(The Yoga Teacher Mentorship hours count towards the 300hr Training however is not required to take the 300hr Training)
If you have completed the Yoga Teacher Mentorship Program, Would you like those hours to count towards the completion of The 300hr Program?

7. Do you understand that the goals you have for yourself in the Body Temple Yoga™ Advanced Training will be successful by the degree to which you apply the necessary work and study?

That ultimately you are the one that has to implement the teachings and utilize the support from Daniella and her team to meet your desired goals?

8. On a scale from 1-10, ten being the most, how open are you to receiving helpful feedback on your performance and participation in the 300hour Program?

Are you willing to take **full responsibility** for what comes up for you that may be triggered by the work in the program or triggered by what others do or say?

Are you willing to refrain from projecting onto anyone in the group or any of the teachers when stuff comes up, but rather, lean in for support from your designated support team?

9. What are your biggest struggles/challenges right now with any aspect of teaching yoga or leadership in general?

Do you understand the concept of Projection? Please explain what it is in your own words. Are you committed to completing this program no matter what inner or outer challenges arise?

On a scale from 1-10, 10 being the most committed, where you feel you fall on that scale?

10. What are your goals as a yoga teacher? Where do you see yourself as a more advanced teacher/leader in the future?

Are you interested in being certified to teach the style of Body Temple Yoga™?

Would you be interested in becoming a teacher trainer for Body Temple Yoga School™?

Note: To be certified to teach the method of Body Temple Yoga™ and become a teacher trainer for the 200hr Head to Heart Yoga Training Program: Graduation from The BTYS 200hr and 300hr Programs and The BTY Ambassador Program are required.

ACCEPTANCE, REFUND AND CANCELLATION POLICY

If you are accepted into the BTYS Advanced 300hr Program, you will be notified by email at which point the \$1020 down payment will be due to confirm your spot.

This is a full commitment program. The \$1020 Down Payment and all monthly payments of \$540 for The 300 Hour Body Temple Yoga™ Teacher Training are non-refundable.

GRATITUDE AND LOVE

THANK YOU for taking the time be **thorough** in this application!

Love, Empowerment and Support are the foundations of The Body Temple Yoga™ School Advanced Program.

We look forward to having the opportunity to help you grow and succeed!