



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 carry the name Body Temple Yoga™ as what you teach and become a Body Temple Yoga School™ Teacher Trainer.*

*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 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.

2. Where did you obtain your 200hr Level Certification? Please provide teacher and school name and date of graduation.

3. Have you been teaching yoga since graduating from your 200hr program? If yes, how often and what kind of classes? If not, why?

4. 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!)

5. Are you trained in being able to teach detailed internal alignment to your students or just the basic form of the pose?

6. What do you want from this program on a personal growth level? What are your personal INTENTIONS within it?

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

8. What main courses in this Program are you most drawn to?

(Please see website for course listings)

<http://www.bodytempleyoga.com/300-hour-training/>

9. 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?

9a. If yes, why do you feel this is important? If not, why?

10. Have you completed Body Temple Yoga™ Master Mentorship Program?

(The Master Mentorship hours count towards the 300hr Training however is not required to take the 300hr Training)

10a. If you have completed the Master Mentorship Program, Would you like those hours to count towards the completion of The 300hr Program?

11. Do you understand that the goals you have for yourself in the Body Temple Yoga™ 300hour 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?

12. 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?

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

14. What does “Living in alignment with your Heart” meant to you?

15. Do you understand the concept of Projection? Please explain what it is in your own words.

16. 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?  
If not, why?

17. 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 Body Temple Yoga™ and become a teacher trainer for the School: Graduation from The BTYS 200hr and 300hr Programs and The BTY Ambassador Program are required.

18. 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?

19. Do you have any injuries or medical issues that may inhibit your ability to practice or teach yoga that you feel important for us to be aware of so we can support you?

20. Anything else you would like to share or you feel important/relevant to this program you would like for us to know?

## TUITION, REFUND AND CANCELLATION POLICY

The tuition for the training is \$1000 down payment with application, then \$375 per month Sept- August.

This is a full commitment program.  
The \$1000 Down Payment and all monthly payments for The 300 Hour Body Temple Yoga™ Teacher Training are non-refundable once paid.

## 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 300hr Program.

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