



200-hour  
Yoga Teacher Training  
at Yoga Sutra



501 Fifth Avenue, 2nd Floor  
New York, NY 10017

Tel: (212) 490-1443 ♦ Email: info@yogasutranyc.com ♦ www.yogasutranyc.com

**200 Hour Level Teacher Training Course Application**

**Application Requirements:**

1. Complete and submit application and essays (see below)
2. Remit \$500 application fee as deposit (this is part of your tuition and will be deducted from the rest of your tuition payment)
3. Schedule interview with Registrar, Megan Alexander:  
megan@yogasutranyc.com

*Note: essays, application, and fee should be submitted to Registrar, Megan Alexander (212-490-1443 x14 megan@yogasutranyc.com)*

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex (M/F) \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

City/State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Telephone \_\_\_\_\_ Mobile \_\_\_\_\_

Occupation \_\_\_\_\_

**Yoga Background (Asana, Pranayama, Meditation, Chanting, Philosophy etc.), please list teachers, schools and length of study:**

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**Educational Background:**

**Institution Degree(s) Received Date Graduated:**

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**Illnesses and Injuries (if any):**

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**Prescribed Medications (if any):**

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**Emergency Contact Information:**

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

**Teacher Training Course Essays**

Please prepare thoroughly each of the following essays on separate sheets of paper (typed, double spaced, about one page per essay) and submit to Megan.

**Essays:**

1. What does yoga mean to you?
2. Write a brief history of you and yoga.
3. What do you hope to accomplish during this course?
4. What do you plan to do with this training, once you are finished?