

The Stress Management Center of Marin Yoga Therapy Training Program Application

Today's Date _____

Applying for Program beginning what date? _____

Name: (First, Last)

Street Address:

City, State, Zip Code, Country:

Phone: (Home) _____ (Cell) _____

Email: _____

D.O.B: _____

Prerequisite for Level 1: Completion of RYT 200 or equivalent, 1 yr teaching experience

When and where did you complete your RYT 200 and where did you complete your teaching experience?

Current Occupation: _____

Please provide a resume with the following information:

- Your education (yoga and other)
- List your yoga teaching experience
- Work history (yoga and other)
- Other healing arts that you have studied

Please write a one-page essay that addresses the following questions:

- How long have you been practicing yoga? What brought you to yoga?

- What style or lineage of yoga do you practice?
- Do you have a meditation practice? Please tell us about it.
- Why are you interested in teaching yoga for therapeutic purposes?
- How do you plan to use your teacher training?
- Do you have any health challenges? If so, please explain.
- What do you hope to receive from this program?

Please complete the above documents and email to robin@smcmarin.com. We will contact you with next steps in the application process. You can also call us at any time with questions or to check on your application (415-461-2288).

Thank you for your interest in our program. We hope to meet you soon.

Robin Gueth, Director