



Thank you for choosing Afterglow as your school for higher learning! We are honored you are giving us the opportunity to guide you on your journey.

Applications will be accepted until the program is full. Admission is on a first come first served basis. Space is limited.

Tuition includes unlimited classes at Afterglow for the time of your training, once you are paid in full. The program runs over weekends (every second weekend) and includes Friday evenings with several "holidays" scheduled throughout the program.

Students must attend and log 20 classes over the duration of the program with assigned faculty teachers, and an additional 5 classes at Afterglow or otherwise. Classes taken during training hours are not included.

Students may have the opportunity of teaching Karma classes upon program completion.

Applications will be reviewed as soon as they are received.  
A \$25 application fee must be provided at the time of application.

A non refundable registration fee of \$500 +hst is due upon acceptance to the program and will hold your spot, unless you choose to pay the early bird rate in full.

Please provide the following information:

Application Fee Payment :

Please enter the payment method you used to pay your application fee (phone/online/in person) Payment must be received prior to submitting your application.

Payment Method:

### Personal Information

First Name

Last Name

Address

City

Phone

Email

Date of Birth

Emergency Contact information:

Name:

Phone Number:

Please keep your answers brief and to the point

1. a) How long have you been practicing Yoga?

b) How often? and what styles?

c) Preferred teacher names?

d) Where, which studios (other than on your own personal practice)?

2. Briefly, what benefits have you experienced from your Yoga practice?

3. Please choose the most accurate choice below to describe your physical health.

Poor

O.K.

Good

Excellent

Please comment further on your health and describe any health history that is important to the training. ( if necessary)

4. Please choose the most accurate choice below to describe your mental/emotional health.

Poor

O.K.

Good

Excellent

Please comment further (if necessary) and know that any information provided will be kept confidential and held in the safety of our staff.

5. Please reply yes or no for each below:

Do you consider yourself:

a) A team player?

b) An active listener?

c) Sensitive to the needs of others in a group situation?

d) Strongly self aware?

6. Briefly describe in point form, your educational/professional, work, training and recreational background. (or you may attach a CV including personal and recreational)

7. Please choose the most accurate description below to describe why are you applying to the program.

To deepen your practice?

To teach?

Both?

Explain:

8. How did you hear about Afterglow's YOGAVIDA Teacher Training Program?

Signature:

Date: