

# Blue Banyan Yoga School Application: 200-hour Teacher Training & Yoga Immersion Track

Welcome! Blue Banyan Yoga Studio & School is so glad that you are considering one of our two exciting programs: Teacher Training or Yoga Immersion. Something in the practice and experience of yoga draws you in and drives you to explore its depth and wisdom with the possibility of teaching. Blue Banyan is honored that you have chosen us as the school that may guide that exploration.

Please answer each question honestly and completely, expressing your personality, creativity, and energy. The application will take between 20-30 minutes to complete. Blue Banyan acknowledges that we come to yoga via many different paths, so we are not looking for you to know everything or to be an exceptional writer. We are primarily concerned with your curiosity, philosophy, and commitment to personal growth.

Please note that all applicants for the Teacher Training program need a minimum of 2 years of regular practice. In addition, if accepted to the Blue Banyan Yoga School program, all applicants need to be present (either in person or virtually) for all live sessions.

Upon completing your application, please send it to [bluebanyan1@gmail.com](mailto:bluebanyan1@gmail.com). If you have any questions, comments, or concerns, feel free to email [bluebanyan1@gmail.com](mailto:bluebanyan1@gmail.com).

**Name:**

**Address:**

**Email:**

**Phone Number:**

- 1. Which Blue Banyan Yoga Studio & School program are you applying for?**
- 2. How long have you been practicing yoga?**
- 3. What style(s) of yoga do you practice?**

4. Describe your yoga journey thus far. How has that journey brought you to this application?
5. What does a beginner's mind mean to you? What does it mean to practice yoga with a beginner's mind?
6. Flexibility translates in many ways. What does flexibility mean to you? Do you consider yourself a flexible person? How so?
7. What is your definition/description of spirituality? How does spirituality manifest in your life?
8. *(For Yoga Immersion Program Only)*: Rather than a teaching certificate, what do you hope to gather from the yoga immersion program?
9. *(For Teacher Training Program Only)*: At Blue Banyan, we feel it is crucial for teachers to practice yoga both on and off the mat in order to maintain a solid teaching practice. How does this idea resonate with you?
10. *(For Teacher Training Program Only)*: Some attributes of a thriving yoga teacher can be taught, but some cannot. In your mind, what are the attributes that cannot be taught? Why? What attributes do you bring to this program?
11. What are your expectations, hopes, and fears around participation in this program?

#### **Application Checklist:**

- Reviewed Blue Banyan Yoga Studio & School application requirements.
- Reviewed Blue Banyan Yoga Studio & School fee structure.
- Reviewed Blue Banyan Yoga Studio & School Calendar.
- Completed written application.
- Included a \$200 deposit with the application.