

TRADITIONAL HOT YOGA TEACHER TRAINING

*Tuesday and Friday Evenings and Saturdays & Sundays*

*April 2 - June 4, 2023*

Thank you for your interest in The SweatBox Yoga Teacher Training! This 200-hour yoga teacher training in the style of Traditional Hot Yoga offers participants the tools to skillfully and confidently teach an all-levels 60 or 90 minute Traditional Hot Yoga (THY) yoga classes.

**Application Process:**

We review applications on a first-come first-served basis. We expect the program to fill to capacity. Please submit your application processing fee of $50. You’ll be notified by The SweatBox Yoga program acceptance status within 15 days of receipt of your application. Upon acceptance, a deposit of $500 (nonrefundable) is due to hold your place. The deposit will go towards the balance of your tuition. Tuition is $3200 if paid in full on or before 03/01/2023. After that, tuition is $3500 and must be paid on or before 04/02/2023. A Payment Plan is offered at $4100, to be paid in 3 installments and paid in full no later than the last week of training or May 28th. All payment plans will need to be arranged ahead of time and payments will be scheduled out with a credit card on file.

**Application Checklist:**

* We suggest that you take at least 5 classes at The SweatBox.  This will help to ensure that you’re a good fit for our program.
* Completed application form attaching extra pages if necessary
* $50 application fee (Please check your payment method below.)
	+ Paid by check written out to  “The SweatBox Yoga” attached to the application or in an envelope
	+ Paid by credit card or debit card in person at The SweatBox Yoga
* Address the envelope and deliver in person to the studio ½ hour before or after any scheduled class or send by certified mail to:

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| The SweatBox YogaAttention: Teacher Training1417 10th Avenue, Suite BSeattle WA 98122**Contact us with questions:****frani@sweatboxyoga.com** |



TRADITIONAL HOT YOGA TEACHER TRAINING APPLICATION

*Tuesday and Friday Evenings and Saturdays & Sundays all day*

*April 2 - June 4, 2023*

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Telephone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City, State, Zip: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Why are you interested in taking the Traditional Hot Yoga Teacher Training? What draws you to study yoga? What is your intention for this training?

Please describe your yoga experience...when did you start your practice, which styles, which studios/teachers, and how many days a week?

How do you best learn? What are you most excited to learn about?

Do you have any teaching experience, yoga or otherwise?  Please tell us about it.

 Please list any injuries or surgeries, with date of occurrence.

Are you currently taking any medications? If yes, please describe.

Tell us anything else about yourself that you think is pertinent to who you are in relation to yoga, teaching, or where you are at this moment in your life.

Signature Date

Your signature indicates that you have read, understood and agree to all of the requirements for The SweatBox Yoga Teacher Training. Should you withdraw for any reason after the course has begun, all fees are non-refundable and non-transferable.

Please note that completion of our training does not guarantee a teaching position at The SweatBox Yoga.

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| Application Checklist – Staff Only Please:  Date application packet received: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  * Recommended 5 classes practiced at The SweatBox Yoga
* Application form complete.
* $50 application fee:  Paid by check, attached to the application or in an envelope.  Paid by credit card or debit card  (Circle.)
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