

2025 500-Hours Advanced Teacher Training Application

A. Applicant Information

Please type your answers in the grey-shaded fields. The fields will expand to accommodate as much as you need to type.

Today ' s date:

Name:

Mailing Address:

E-mail Address:

Phone Number:

What is your previous yoga teaching experience? If you are currently teaching, please list where, how often, and what styles of yoga you teach.

How many hours of Yoga Alliance training have you currently completed? (Check one) 200 hours 300 hours

Where did you earn your 200-hour certification (studio name and lead trainer)? Include the completion date and attach a copy of your certificate.

If you completed your 200-hour certification at Hilltop Yoga, did you complete an extra 100 hours of apprentice teaching? Attach documentation if yes.

Do you meditate? If so, what form of meditation, how many days a week and what is the duration of each session?

B. Knowledge Assessment

1. Sequence a well-balanced class including urdhva dhanurasana and sarvangasana. List main actions and safety steps.
2. Give instructions for Ardha Chandrasana, including transitions, risk factors, and benefits.
3. Give three preparation and two counterposes for Virabhadrasana 3.
4. Teach parivritta parsvakonasana from the foundation up. List three easier poses highlighting these actions.
5. Instruct Tadasana.
6. What are the Bandhas and their purposes?

7. Instruct Sirsasana A.
8. Describe the order of Ujjayi breath.
9. What does the lymphatic system do? What poses best affect this system?

PHILOSOPHY ESSAY

Write a brief essay on the following and relate it to the sutras: Which Chakra is strongest in your spirit and how will it help your personal practice, as well as your teaching?

C. Application Terms & Conditions

Application will not be accepted without applicant ' s electronic initials on the two items below and acceptance at the bottom.

Hilltop Yoga Teacher Training Program (HYTTP) Payment and Refund Policy: A deposit is due no later than one month prior to the start date of training and is charged upon the school accepting the applicant. Upon acceptance into the school, the deposit becomes nonrefundable. All tuition is due one (1) week prior to the start date of training. All tuition paid by the applicant shall be refunded (minus the deposit and a \$100 application fee) if requested on or before the disenrollment deadline. The disenrollment deadline is 11:59 p.m. local time seven (7) calendar days prior to the start date of training. Once the disenrollment deadline has passed, no refunds will be given under any circumstance. All refunds shall be returned by check within 30 days.

- I am participating in yoga classes and workshops offered by Hilltop Yoga, Inc., fully aware that yoga requires physical exertion and carries potential risk of injury.
- I understand it is my responsibility to consult with a physician prior to participation. I warrant that I am physically fit and have no condition preventing full participation.
- In consideration of being permitted to participate, I assume full responsibility for any injuries or damages incurred and waive any claim against Hilltop Yoga, Inc. and its instructors.
- I, my heirs, or legal representatives release and covenant not to sue Hilltop Yoga, Inc. or its instructors for any injury or death caused by negligence or other acts.

Applicant ' s Full Name: _____ Date: _____

I have read, accept, and agree to abide by the above terms and conditions. YES / NO Applicant initials: _____

D. Deposit Payment Information

MasterCard Visa American Express Discover

Name on card: _____

Credit card number: _____

Expiration date: month / year

CVV code: _____

Billing address same as mailing? YES / NO

If not, enter full billing address: _____

I authorize a payment of \$500. YES / NO Applicant ' s initials: _____

I authorize Hilltop Yoga to charge tuition one (1) week prior to training start. YES / NO Applicant ' s initials:

E. Submission Instructions

Once complete, save the document and email it by the application deadline to hilltopyogateachertraining@gmail.com.

You will be notified via email regarding acceptance. If accepted, your card will be charged.