

# 2026 Teacher Training Application (200hr / 500hr / Prenatal)

If applying for 200 hours of training, complete parts A & C only.

## A. Applicant Information

Today's date:

Name:

Mailing Address:

E-mail Address:

Phone Number:

What level of training are you applying to complete? (Please check one)

200hr

500hr

Prenatal

What is your previous physical experience (dance, gymnastics, pilates, etc.)? And for how long?

What is your previous yoga experience? Please list type of yoga, the teacher and duration.

Do you have a home practice? If so, how many days per week and what does it include?

Are you a body worker (massage therapist, etc.)? If so, please explain.

Are you educated in philosophy or anatomy? Please explain.

Do you meditate? If so, what form, frequency, and duration?

Essay: Why do you want to teach or deepen your personal practice?

*ONLY if applying for the Advanced Program (500hr), please complete the following:*

## B. Knowledge Assessment

1. Sequence a well-balanced class including urdhva dhanurasana and sarvangasana. Include main actions and safety steps.

2. Instructions for Ardha Chandrasana: transitions, risk factors, and benefits.

3. Three preparation and two counterposes for Virabhadrasana 3.

4. Teach parivritta parsvakonasana from the foundation up and 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? Which poses best affect it?

## PHILOSOPHY ESSAY

Relate to the sutras: Which Chakra is strongest in your spirit and how will it help your practice and teaching?

### C. Application Terms & Conditions

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.

- Participation in yoga classes/workshops involves physical exertion and potential risk of injury.
- I have consulted a physician as needed and am physically fit to participate.
- I assume full responsibility for any risks, injuries, or damages incurred and waive claims against Hilltop Yoga, Inc. and instructors.
- I and my legal representatives release and consent not to sue Hilltop Yoga, Inc. or instructors for injury or death.

Applicant's Full Name:

Date:

I accept the terms: YES / NO

Initials:

### D. Deposit Payment Information

MasterCard Visa American Express Discover

Name on card:

Credit card number:

Expiration (MM/YY):

CVV:

Billing address same as mailing? YES

If not, billing address:

I authorize a payment of \$500.

YES

NO

Initials:

I authorize tuition to be charged one (1) week prior to the start date.

YES

NO

Initials:

### E. Submission Instructions

Once complete, save and email by the application deadline to [hilltopyogateachertraining@gmail.com](mailto:hilltopyogateachertraining@gmail.com). You will be notified via email regarding acceptance. If accepted, your card will be charged.