**TTL2 teaching training application**

Name -

Email -

Phone -

1. Are you a yoga teacher? If so, where did you complete your 200 hour training and where do you practice and teach currently?
2. What inspires you to explore this course with us at this time? What are you hoping to get out of this course?
3. Let us in on your sadhana or daily home practice. Be honest, if you don’t have one at the moment and doing the dishes is your daily sadhana, that’s ok!
4. How long have you been teaching yoga? How many classes do you teach a week? What do you find to be the most challenging aspect of teaching?
5. Essay – Read the poem ‘The Invitation’ by Oriah Mountain Dreamer (contact us if you can’t access the internet to read it). Imagine you are creating a theme for a class around this poem. What is your theme? How would you thread that into the physical class? Write out your class sequence including warm up, vinyasa and standing sequence, peak pose and cool down.