



# Yoga Physics 301: Teacher Mentorship & Development

Please type the following information and send to Deborah Metzger ([deborah@princetonyoga.com](mailto:deborah@princetonyoga.com) or to the address below). She will forward it to Alexandria Crow.

## Application

### *Personal Information*

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Full Name

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Address

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City, State, Zip

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Home phone

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Cell phone

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Work phone

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What is the best number to reach you?

Weekdays?

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Weekends?

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Email

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Date of Birth

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## ***Yoga background Information***

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1. Occupation (If you're not currently employed, your past profession or training):

2. Please list here your yoga teaching trainings here:

Dates	Training	Place



## **Biography**

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A biography of yourself as a teacher - list what's important to you, what you're trying to teach your students, how and what kind of teacher you believe yourself to be.



## ***Sample Class sequence***

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A full written class sequence, different than the one taught in the video.



## ***Video Recording***

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A recording of you teaching one of your public classes.

Either attach the video to your application or upload the video to Dropbox/google drive and copy link here (preferred).

**POST LINK HERE**

## ***Important Notices and Program Requirements***

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- Completion of the application does not mean automatic enrollment into Yoga Physics 301: Teacher Mentorship & Development.
- Upon completion of this application, Alexandria Crow will contact you as needed for follow up.
- Once accepted to the Yoga Physics 301: Teacher Mentorship & Development program your registration is only confirmed after the full payment of the tuition is made to PCYH.
- REFUND POLICY: If you cancel less than 4 weeks prior to training start date you will receive 50% of tuition back, less any bank or processing fees. If you cancel less than 2 weeks prior to training start date you will receive 25% of tuition back. After the start of training no refunds will be given for the training. All tuition must be paid in full to start program.

I am aware of the commitment of this training. In signing below, I agree to contribute fully and demonstrate the physical, mental and emotional preparedness to participate in this program.

Also in signing below, I take full responsibility for myself during all parts of PCYH Teacher Training and release Deborah Metzger and any other designated PCYH teachers/training directors, as well as any guest instructors, Princeton Center for Yoga & Health, from any liability.

*Date:* \_\_\_\_\_ *Signature:* \_\_\_\_\_