

Innerlight Yoga Teacher Training 2023 Application Checklist

Please complete and sign checklist.

Send checklist, application, recommendation and tuition fee to:

Innerlight Center for Yoga
850 Aquidneck Ave.
Middletown, RI 02842

I affirm that I meet the following prerequisites:

- * I have a dedicated yoga practice (class or home practice multiple times per week)
- * I have a strong desire to learn more about myself through the practice and teaching of yoga
- * I am of sound physical and mental health

I fully commit to:

- * Attend all teacher training sessions
- * A daily practice during teacher training (20+ minutes for 6 days a week)
- * Complete assigned homework between sessions

Attached is:

- _ Completed Application
- _ Recommendation from a yoga teacher

Tuition check or Visa or Master Card payment (please check one option)

- _ \$3000 before December 30 2022
- _ \$3200 after December 30 2022
- _ \$320 per month for ten-month payment plan

(plus \$50 non-refundable application fee)

Signature

Date