



## 200-Hour Yoga Teacher Training Application

Tex Sun Yoga School is a RYS at the 200 level with Yoga Alliance



Location: Tex Sun Yoga School -Houston, TX

Format: Ten Weekend 20 Hour Intensives

Application Guidelines:

- Answer each question. Keep answers brief. All answers are kept confidential.
- Read Sign and return along with \$500.00 Deposit to Melanie Comegys:  
Scan and email to: [mcomegys@gmail.com](mailto:mcomegys@gmail.com)  
Deposit may sent via online transfer, contact me for more details. 713-446-3357
- An acceptance notification will be emailed to each applicant within 14 days.
- Please note that certification is not guaranteed and is dependent upon satisfactory completion of all requirements of this course. Tex Sun Yoga School meets and exceeds Yoga Alliance 200 RYS standards.
- No refunds of \$500.00 Deposit
- Contact Melanie Comegys 713-446-3357 or [mcomegys@gmail.com](mailto:mcomegys@gmail.com) with questions or for more information.

Name: \_\_\_\_\_

Mailing address: \_\_\_\_\_

Email: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Phone: \_\_\_\_\_

# 200-Hour Yoga Teacher Training Application

1. Training Pre-Requisite: A year of yoga practice.

\_\_\_\_\_ Yes, I have had a year of yoga practice.

\_\_\_\_\_ No, I have not had a year of yoga practice.

2. Please describe your experience with yoga:

A. How long have you been practicing? \_\_\_\_\_

B. How often do you practice? \_\_\_\_\_

C. What does your yoga practice consist of? \_\_\_\_\_

3. How has your Yoga practice affected your life? \_\_\_\_\_

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4. Why have you chosen to take Yoga Teacher Training at this time in your life? \_\_\_\_\_

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5. What personal experiences have you had and/or qualities do you possess that would support your success as a yoga teacher?

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6. Do you have experience with other movement/meditation forms? If so, which?

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7. What is your educational and professional background outside of yoga?

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8. How would you rate your overall physical health? Please include information about any relevant current or past medical conditions:

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9. Do you have injuries that prevent you from physically participating in backbends, handstands, head stands?

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10. How would you rate your overall mental health? Please include information about any relevant current or past medical conditions:

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11. Describe the population and style of yoga you envision gaining skills, if you are to teach yoga.

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12. What is it about this program that you are interested in?

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13. Describe your most influential teachers and their qualities.

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14. Do you have teachers that you go to for inspiration? Who are they?

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15. What do you look for in a teacher, qualities, attributes?

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16. What type of student would you describe yourself as?

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17. If you don't understand something in a group class, do you ask the teacher or research the topic yourself?

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18. What yoga books have you read that help you in learning/teaching yoga?

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19. Are you interested in the religion, philosophy and history of yoga?

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20. Are you interested in yoga theory as you are practicing it?

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21. Do you know Sanskrit terms?

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22. Do you incorporate the Yamas and Niyamas into your daily life? If so, describe an example:

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23. Do you meditate?

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24. Are you currently able to do a Sun Salutation on your own?

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25. Do you or have you read a yoga book for the fun of it?

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26. Are you able to commit to the amount of time a Yoga Teacher Training program consists of?

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27. Are you able to put 5% of your time towards teaching, practicing and studying yoga?

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28. Can you tell me how you've heard about this program?

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29. Are you clear about the costs and are able to pay for this program directly by yourself or will you be sponsored or receive a loan in order to pay for this training? Is your sponsor or loaner clear about the costs?

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30. What's the last yoga class you attended and when? Describe experience:

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31. What are you currently learning more about?

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**CURRENT TEACHERS ONLY**

1. What type of yoga have you've been teaching?

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2. What studio do you teach/taught at?

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3. What do you look for in your students?

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4. Is your teaching static or vinyasa flow?

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5. How many years have you been teaching?

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6. How many trainings have you lead?

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7. What would you consider your yoga specialty?

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8. What makes you different as a teacher?

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9. What is your favorite thing about teaching?

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