



Application for 200 hr Kundalini Yoga Teacher Training (YTT) 2024 Cohort

Name _____

Contact Text Number _____

Date Submitted _____

E-mail Address _____

Are you applying for the 9 month weekend program _____ or the 28 day intensive program _____ ?

1. Why do you want to participate in Ready2Grow Yoga's 200 YTT in 2023? If you have applied in the past, please explain what has changed since your last application.

2. Describe your previous experience with meditation, yoga (in particular, kundalini yoga), and breath practices.

3. Please describe any challenges, situations and/or needs for accommodation (physical, emotional, mental and spiritual)
