

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

Name		Contact Text Number			
					Are yo
1.		do you want to participate in Ready2Grow Yoga's 200 YTT in 2023? If you have applied in the please explain what has changed since your last application.			
2.	Describe your previous experi-	ence with meditation	on, yoga (in particular, kundalir	ni yoga), and breath	
3.	Please describe any challenges mental and spiritual)	s, situations and/or	needs for accommodation (ph	ysical, emotional,	

4.	Have you reviewed the requirements for certification list, including the mandatory participation in all the in person monthly Fri-Sun training sessions & July Gatlinburg Retreat, as well as the fee of \$300 for private tutoring by the lead instructor to make up part or all of a module if missed, and do you agree to commit to fulfilling those obligations within 2023? Initial the box that fits your commitment level, please.		
	YES, I commit to this NO, I	cannot commit to this	
5.	Do you understand that if you cannot remain in the course, you may take the course again in the future but that the amount you have paid is NOT subject to refund or applying toward the future year?		
_	a Teacher Training can be rigorous, both emotionally and ph thing else you would like the lead trainer to know.	ysically for students. Please describe	