



# Yoga-Mojo Yoga Teacher Training & Studies Program – YMYST300/500



## YMYST – RYT300 Application

Thank you for your interest in Yoga-Mojo Yoga Teacher Training & Studies Program (YMYST300/500). Before completing the application: If you haven't taken a class with Loretta Jo, please take a class (in-studio or online) to ensure her style / method / communication works for you~ Attend a practice as a guest (no charge) or select a Yoga-Mojo Online Video on [VIMEO](#) and use promo code: YMGUEST at checkout. Loretta Jo is happy to address any questions you have about the practice of yoga and the YMYST300 Program

Please complete this form and return to [LJ@yoga-mojo.com](mailto:LJ@yoga-mojo.com) or complete and send to Yoga-Mojo, 114 Ripplewater Lane, Cary, NC 27518

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

Address: \_\_\_\_\_

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

E-mail: \_\_\_\_\_

Occupation: \_\_\_\_\_

Please note: all applicants must be a graduate of an RYT200 Program. Entry into this program will be based upon completion of this form

Please complete the following:

1. Describe your yoga practice. Please include the following information:

- How long you've practiced
- Style of practice
- Teachers you've studied / practiced

---



---



---



---



---



---



---



---

---

---

2. Where did you receive your RYT200 training and who was the lead teacher?

---

---

---

3. How has the practice of Yoga impacted your day-to-day life?

---

---

---

4. Why do you wish to continue your studies and what are your goals for completing an advanced Yoga Teacher Training?

---

---

---

5. How do you plan on using advanced teacher training in practice?

---

---

---

6. What is your general/overall physical and mental health?

---

---

---

7. How do you plan on using advanced teacher training in practice?

---

---

---

8. Why did you choose Yoga-Mojo's RYT300 Program?

---

---

---

9. What are your hobbies / interests?

---

---

---

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

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

***Thank you!***

*Upon receipt, your application will be reviewed, and you will be notified asap.*

*Yoga-Mojo recognizes the financial commitment to the YMYST Program. Please advise of financial concerns or requesting considerations. Scholarships and Internships may be available and are considered on a case-by case basis. Upon acceptance, a **formal agreement** will be forwarded for your review and signature. This agreement will outline your commitment to the YMYST both financially and physically.*