

**Application for  
PranAnanda Yoga Teacher Training,  
Fall 2025- Winter 2026  
200 hour Yoga Teacher Training**

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

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

Phone: (home) \_\_\_\_\_ (cell/work) \_\_\_\_\_

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

Emergency Contact: \_\_\_\_\_

How many years of yoga training have you had and what styles?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What did you like about each style? Dislike?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Injuries?

\_\_\_\_\_  
\_\_\_\_\_

How have these deepened your practice? Limited it?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Describe in a paragraph what has moved you to pursue training in teaching yoga?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Where do you see yourself teaching yoga in 3 months? One year? 5 years?

\_\_\_\_\_  
\_\_\_\_\_

What would you like to get out of this training?

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Are you willing to commit to the full 5 months of the training (see below) along with: assisting 2 classes taught by Joy Wolfe, participating in the six classes outside of the studio and meeting the \$130 payment for each module (see Ethical Conduct and Commitment Clause)?

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Do you see any obstacles in the foreseeable future to this commitment?

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Describe your basic dietary intake and any allergies (food or otherwise).

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Any questions you'd like answered regarding the training?

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Looking forward to seeing you in the training!

-Hari Om-  
Joy Wolfe, Director  
[www.yogawolfe.com/](http://www.yogawolfe.com/) yogawolfe@yahoo.com

### TRAINING ITINERARY

- Wednesdays 6- 7:15 pm Pranayama Program (on-line). 7 week series must be attended.
- Tuesdays 6-7:15pm the Philosophy of Yoga (on-line), 14 week series must be attended.
- Saturdays, 1pm-5 pm, Sundays 11am-3pm, the 2<sup>nd</sup> and 4<sup>th</sup> weekends of the month
- The 3<sup>rd</sup> Saturday of the month from 1-4pm, September -December 2025 will be the Chakra Series Workshops that have to be attended.
- Graduation on Saturday February 28<sup>th</sup>

\* Any unforeseeable obstacles may extend these dates one more week

*Certificate of Achievement will only be signed after all requirements are completed. These include attending 40 yoga classes (at least 50 % with Joy Wolfe), assisting Joy Wolfe in 2 yoga classes, and attending the 6 classes outside of PranAnanda classes with 2 'review reports' completed.*