



Be Yoga Burien  
Wholeness. Connection. Community.

## BE YOGA BURIEN TEACHER TRAINING APPLICATION

Thank you for your interest in Be Yoga Burien's yoga teacher training! Our trainings offer the participants the tools to skillfully and confidently teach all levels yoga classes. The maximum number of trainees is set at 15 and each will be assigned a group mentor.

### Application Process:

We review applications on a first-come first-served basis. We expect the program to fill to capacity. Please submit your application processing fee of \$50 (nonrefundable). You'll be notified by Be Yoga Burien of program acceptance status within 10 days of Be Yoga Burien receiving your application. Upon acceptance, a deposit of \$500 (nonrefundable) is due to hold your place within 10 days of notification or by the first day of the training, whichever is first. The deposit will go towards the balance of your tuition. Early bird prices are available if tuition is paid in full one full month before the training begins. After that, tuition is the regular price and must be paid in full by the first day of training.

### Application Checklist:

- We suggest that you take at least 5 classes at Be Yoga Burien. We highly recommend that you take classes with each Nina and Audrey. This will help to ensure that you are a good fit for our program.
- Complete application form, attaching extra pages if necessary
- \$50 non-refundable application fee (Please check payment method below.)
  - Paid by check written out to "Be Yoga Burien," attached to the application or in an envelope
  - Paid by credit card or debit card in person or via the Be Yoga Burien Website
  - Paid by cash in person at the studio
- Address the envelope and deliver in person to the studio ½ hour before or after any scheduled class or send by certified mail to:

Be Yoga Burien  
Attention: 200 Hour Yoga Teacher Training  
636B SW 152nd Street  
Burien, WA 98166

Contact us with questions copying: [nina@beyogaburien.com](mailto:nina@beyogaburien.com) and [audreybenton@beyogaburien.com](mailto:audreybenton@beyogaburien.com)



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BE YOGA BURIEN TEACHER TRAINING APPLICATION

Name: \_\_\_\_\_  
Telephone: \_\_\_\_\_ Email: \_\_\_\_\_  
Address: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

Please check the appropriate training module(s) and fill in the dates of interest, including the year(s) below:

- The Classic 26 (Bikram Yoga) Dates: \_\_\_\_\_
- Vinyasa Dates: \_\_\_\_\_
- Yin and Yoga Nidra  
Dates: \_\_\_\_\_
- Yoga Nidra Intensive (only) Dates: \_\_\_\_\_
- Fusion Style (Prerequisites are The 26 and vinyasa.) Dates: \_\_\_\_\_
- The entire year long program Dates: \_\_\_\_\_

Why are you interested in taking the Be Yoga Burien Yoga Teacher Training?

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

Please describe your yoga experience: Which styles, for how long, and how many days a week?

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

Which yoga teachers or other teachers have had the greatest impact on you and why?

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Do you have any teaching experience yoga or otherwise? Please tell us about it.

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Please list any injuries or surgeries with date of occurrence:

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Are you currently taking any medications? If yes, please describe below.

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Tell us anything else about yourself that you think is pertinent to who you are in relation to yoga, teaching, or where you are at this moment in your life.

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Signature

Date

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Your signature indicates that you have read, understood, and agree to all of the requirements for the Be Yoga Burien Yoga Teacher Training. Should you withdraw for any reason after the course has begun, all fees are non-refundable and non-transferable.

*Please note that completion of our training doesn't guarantee a teaching position at Be Yoga Burien.*

If you are interested in staying onsite at Audrey's Home Sanctuary during the intensive sessions, you may contact her at [audreybenton@gmail.com](mailto:audreybenton@gmail.com). This will be a separate investment via Airbnb. There are limited spaces.

Application Checklist – Be Yoga Burien Staff Only Please:

Date application packet received: \_\_\_\_\_

- Recommended five classes practiced at Be Yoga Burien
- Application form complete
- \$50 application fee: Paid by check Paid by credit card or debit card. Paid by cash. Paid via [www.beyogaburien.com](http://www.beyogaburien.com). Paid in mixed tender. (Circle all that apply.)