Project Yoga - Mint Yoga Studio

✨ **Your journey starts now—step into your purpose!** ✨
Teach • Empower • Transform

200-Hour Yoga Teacher Pre-work

Thank you for your interest in **Project Yoga x Mint Yoga Studio's 200-hour Yoga Teacher Training!** Training with Project Yoga x Mint Yoga Studio is more than learning to teach yoga—it's about cultivating resilience, fostering inclusivity, and creating meaningful impact in every class. Here, you'll develop your authentic voice, learn to teach with confidence and compassion, and bring the healing power of yoga to diverse communities. We are so excited to be part of your yoga journey!

- PY x Mint Yoga Studio Teaching Training Staff

Personal Information

Full Name: _____

Day of Birth (Month/Day): _____

Address: _____

City, State, ZIP: _____

Email: _____

Phone Number: _____

Yoga Experience & Background

1. **How long have you been practicing yoga?**

   _____

2. **What styles of yoga have you practiced?** *(e.g., Vinyasa, Ashtanga, Yin, Hatha, etc.)*

   _____

3. **What previous yoga classes, workshops, or trainings have you attended?**

   _____

4. **Do you have any teaching experience?** *(Yoga or other subjects—no experience required! We'd love to know about your background.)*

Why Yoga Teacher Training?

5. **Why do you want to study yoga or become a yoga teacher?**

6. **What do you hope to accomplish through this training?**

7. **What unique or fun qualities about yourself would you like to share?**
   (This can be anything—your personality, passions, or fun facts about you!)

8. **What would you like to learn in this training?**
   (Specific skills, knowledge areas, or personal goals you'd like to focus on.)

Equity & Accessibility

At **Project Yoga x Mint Yoga Studio**, we are committed to creating an inclusive and accessible learning environment.

9. **Do you have any specific needs that would support you in having an equitable and inclusive learning experience?** *(Examples: financial hardship, disability accommodations, language support, scheduling considerations, etc.)*

Looking forward to the months to come…

By participating in this training, you acknowledge that:
✅ This training requires dedication, time, and active participation.
✅ You are committed to deepening your yoga practice and growing as a teacher and leader.
✅ You are joining a supportive and inclusive community dedicated to making yoga accessible to all.

Signature | Print Name | Date

📩 **Please submit your completed pre-training homework to:**
info@projectyogacincinnati.org or info@mintyogastudio.com, or submit a paper copy on March 14.