



# **Exalt Yoga & Wellness**

## ***Yin Yoga Teacher Training Application***

### **2016/2017**

**Though written expression, please share...**

**What brought you to Yin Yoga?**

**What is your previous experience with Yin?**

**What nourishes your spirit?**

**Why do you have an interest in our program's mindfulness focus?**

**Do you plan to teach Yin after this program?**

**What can you contribute to our Program?**

NOTE: Please limit your complete response to three pages or less.

**Please submit your application to:**

**[michelle@exaltyoga.com](mailto:michelle@exaltyoga.com)**

Thank you for your interest. When we receive your application, we will confirm and schedule a one-on-one interview.

Much Love & Gratitude,

*Michelle*

Michelle Finch, E-RYT-200, RYT-500

Exalt Yoga & Wellness

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