



**River Flow Yoga Teacher Training School**  
**Application for 240 hour River Flow Yoga Teacher Training**  
**Wausau, WI**

**How to Submit Your Application:** Please fill out this form and save a completed copy. E-mail the completed application to Mary Hilliker at [mary@riverflowyoga.net](mailto:mary@riverflowyoga.net).

Applications can be made at any time. Early application is highly recommended.

**Personal Information**

Name

Mailing Address

City

State

Zip Code

Country

Web site (optional):

Email address that you check regularly:

Home Phone:

Mobile Phone:

**The following information will help us to get to know you and guide your training.**

**Your Educational Background:** *Include Institutions, Degrees, and Attendance/Graduation Years.*

**Professional Background and Current Employment (position, focus of your work):**

Are you interested in incorporating yoga teaching and yoga techniques into your current professional work? Yes No.

If yes, please let us know more about how you would like to incorporate yoga into your existing work.

### Yoga Practice and Teaching Experience

When did you start practicing Yoga? What type of classes do you take? Do you have a home practice?

Have you participated in yoga classes, events or workshops with River Flow Yoga or 5 Koshas Yoga & Wellness? \_\_\_Yes \_\_\_ No

If **Yes**, please provide more information about what you've participated in.

### Yoga Educational Background for Yoga Teachers

*Please fill out any of the following sections that are applicable to your yoga educational background and experience.*

#### Yoga Teacher Training Program (s) Information

School/Program Name	Dates Attended	# of Hours	Yoga Alliance Registered	
			Yes	No
			Yes	No

If you are a yoga teacher, how long have you been teaching Yoga? What type(s) of classes do you teach? Do you work with students on a one-to-one basis?

### Interest and Goals

What are your goals for this professional training?

How do you see your yoga career unfolding?

**Please provide any additional information about you or your background, other professional credentials and experience, academic background, life experience, and accomplishments that you would like to share. We look forward to getting to know you well!**

**Questions:** Contact Mary Hilliker at [mary@riverflowyoga.net](mailto:mary@riverflowyoga.net) or call 715.218.7120