



READY...SET...GO! | APPLY NOW!

to submit your application, please complete the following questions and return by email to train@threedogyoga.com or by hard copy to 1617 Terrace Way, Santa Rosa, CA 95404.

personal information

name | phone number | email | birthday (month/day)

application questions

1. what does power yoga mean to you? what impact has it had in your life?
2. how long have you been practicing yoga? what styles? how often?
3. what drew you to yoga?
4. have you practiced at three dog yoga and, if so, for how long?
5. tell us about the yoga trainings, intensives, or retreats you have attended.
6. why do you want to teach power yoga?
7. in your experience, what makes a GREAT yoga teacher?
8. what do you hope to learn in this training? what are your expectations?
9. this is an intense training, with specific attendance and participation requirements. please describe your ability and willingness to attend and participate in this training and your own learning.
10. how do you define being of service?
11. where do you see yourself in five years?
12. tell us about your hobbies, interests, activities, community service, etc.
13. to help us support you in your training, is there anything else we should know (injuries, illnesses, conditions, food allergies, etc.)?

**we suggest taking at least five classes at three dog yoga before applying to this RYT program to familiarize yourself with our style of breath-centered vinyasa and to ensure it's a good fit for your goals and interests!*

three dog yoga will not share your personal information with any third party. unless you ask us not to, we will contact you via email to keep you informed about the the 200-hour RYT, or changes to this privacy policy.