

# Art Rocks & Healing Yoga Studio

## 240-Hour Yoga Teacher Training Application

September 2026 – April 2027

This 240-hour Yoga Teacher Training is a return to the roots of Yoga — grounded in practice, integrity, and embodied wisdom. This program integrates Hatha Yoga, nervous system awareness, and lived experience.

Program Dates (Weekends):

September 19 & 20

October 17 & 18

November 21 & 22

January 16 & 17

February 20 & 21

March 20 & 21

April 17

Saturdays & Sundays: 8:00 AM – 4:00 PM (October weekend may extend to 5:00 PM)

Investment:

Total Investment: \$3800 + HST

\$500 non-refundable deposit required upon acceptance

Payment plans available (2% monthly fee)

Application Deadline: August 15, 2026

This application is part of a selective process. This training is limited to six students.

What is calling you to this training at this point in your life?

What does Yoga currently mean to you?

Describe your current practice (if any).

What are you currently being asked to look at or move through in your life?

How do you typically respond to challenge or discomfort?

Do you have any experience with nervous system or somatic-based practices?

What does integrity mean to you in your life and practice?

What is your relationship with social media and external validation?

How do you currently relate to technology and AI in your life?

Are you intending to teach Yoga after this training, or are you here for personal growth?

What support systems do you currently have in place?

Is there anything else you feel important to share?

Full Name:

Email:

Phone Number:

Emergency Contact:

Relevant injuries or health considerations:

All applications must be dropped off in person. Once reviewed, we will contact you to schedule a time to meet in person.