



# *Lotus in the Flame*

## *Yoga @ Healing Arts*

### 200 Hour Yoga Teacher Training Program Application for Admission

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_  
(Home/Cell) (Work)

Email: \_\_\_\_\_

On a separate sheet of paper answer the following questions in an essay format: (one - two pages)

Describe your current level of experience with Yoga. Please tell us the number of years of yoga practice, styles of yoga practiced and how you currently practice today. How has yoga affected your state of health or passion for life? Why do you want to pursue your yoga teaching certification now? What are your personal goals for attaining this certificate?

Please list any personal injuries or health concerns that may affect the training or your practice/teaching?

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I hereby agree that the information provided is true and correct. I have read and accept the teacher training requirements. I submit this application with full integrity and honesty of my experience, and intention, for participating in the Lotus in the Flame, 200 hour yoga teacher training certification process.

\_\_\_\_\_  
(signature)

\_\_\_\_\_  
(date)

Please send completed application and non-refundable application processing fee of \$54 to:  
Melissa Spamer, 1800 Aggie Lane, Austin, TX 78757  
Phone: 512-743-9208 Email: [melissa@lotusintheflame.com](mailto:melissa@lotusintheflame.com)