

AHIMSA 400 HOUR Yoga Teacher Training

(For 200-hour level yoga teachers who want to continue on to their 600-hour designation.)

APPLICATION

1. Please create a lesson plan for a 90 minute class that will crescendo to Sirsasana.
2. Name the 3 most important reasons that you want to do this training. What topics are you particularly looking for?
3. Why are you a teacher? What is unique that you bring to the mat from your life and your previous training?
4. Krista's anatomy questions excluding spine
5. Please provide a copy of your 200 hour curriculum.

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