



Foundations of Yoga Therapy 2022-2023
Application Cover Letter

Dear Applicant,

Thank you for your interest in applying to Essential Yoga Therapy's Foundations of Yoga Therapy Training Program. We are delighted that you are drawn to this deeply transformative work. In order to apply for our training, you must have completed a minimum of YA200 hr. training, or equivalent, been practicing and teaching yoga for at least two years.

In addition to completing the electronic application form itself, you will also find an electronic reference form. We require 2 references, one from a yoga teacher/therapist/mentor and one from a colleague or peer. These references should be from people who can speak to your readiness for this training now and your ability to grow into the role of a yoga therapist. Please ask the individuals who will serve as your references to send their letters in promptly.

Please read and follow these guidelines in submitting your application:

- All applications and reference forms must be submitted electronically to [EssentialYogaTherapy.com](https://essentialyogatherapy.com). Please suggest each of your references review the information on our website (<https://essentialyogatherapy.com/therapist-training-accredited>) to understand the EYT therapist training and provide them with a better understanding of the program and help them assess your readiness for it.
- Pay online at www.essentialyogatherapy.com/foundations-of-yoga-therapy or mail the \$250 application fee to the EYT Business Office:

EYT Kris Jensen
23214 NE 41st Lane
Redmond, WA 98053

- We will confirm receipt of your application once we have received the full application, including reference letters and application fee.
- Applications will be reviewed only once they are complete and in the order they are received. We are reviewing applications on a rolling basis until the cohort is filled (maximum 20). The

sooner we have your completed application, the better your chances that there will be available space in the Spring cohort.

- Once your application is reviewed, you may be contacted by Robin for a follow-up interview. These are conducted to clarify expectations and to ensure that the program is a good fit for you. If you are not accepted into the program, your application fee will be returned to you minus a \$50 administration charge.
- Along with notification that your application has been accepted, you will receive an Enrollment Packet. These forms will need to be completed and submitted along with an additional deposit of \$250 to hold your space.

Please feel free to be in touch with us if you have questions at info@essentialyogatherapy.com

Wishing you well in all things,

Robin Rothenberg, EYT Program Director
Jill Massengill, EYT Assistant Program Director