



# Grateful Hearts Yoga Teacher Training 2026



**Grateful Hearts 2026**

## **Yoga Teacher Training**

200hr training to deepen your practice/become a  
certified yoga & sup yoga teacher.

Launching March 14, 2026

**RYS  
200  
yoga  
ALLIANCE**

**WWW.GRATEFULHEARTSYOGA.NET**  
**INQUIRE & APPLY!**

200hr Yoga Teacher Training Application 2026 Grateful Hearts Yoga  
Mailing address: 2441 Hammock Lane Crestview, FL 32536  
Email: [gratefulheartsyogastudio@gmail.com](mailto:gratefulheartsyogastudio@gmail.com)  
[www.gratefulheartsyoga.net](http://www.gratefulheartsyoga.net)  
850.629.8652



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## Application and Enrollment Instructions Checklist

Congratulations on choosing to join our program! Be prepared for transformations to occur! This is a Ten month, 200hr Training meeting one weekend a month at GHY in Crestview.

## Prerequisites

- Knowledge of basic asana practice
- Letters of recommendation
- Willingness to learn and grow

## Requirements for Graduation from Training

- Completion of **all** required training hours
- Development of regular yoga practice
- Written Examination

## Application/Enrollment Checklist

- Application form mailed, emailed, or hand delivered
- \$250 non refundable deposit

## Application Process

We will contact you within two weeks of receiving your application to confirm or deny your acceptance into the program. Additional information will be given to you after your deposit has been received and acceptance confirmed.

**Submit Application by Mail to: Gracie Simmons 2441 Hammock Ln. Crestview, FL 32536**

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**Or hand deliver at a scheduled time.**

Email to: [gratefulheartsyogastudio@gmail.com](mailto:gratefulheartsyogastudio@gmail.com)

## **Personal Information:**

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

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

Phone(s): \_\_\_\_\_

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

Emergency contact

Phone

Relationship

1. \_\_\_\_\_

## **Application Questions (please answer on a separate page)**

- ☐ I verify that I have reviewed the dates of the program and can attend to completion. List any exceptions. I understand any dates missed will be made up at my expense to complete training hours.
- ☐ How long have you studied yoga? List styles and main teachers.
- ☐ Do you have experience teaching in any other field(s)?
- ☐ List other training or experience relevant to yoga and/or teaching?
- ☐ What motivates you to become a yoga teacher, or explore yoga more deeply? Please describe your home, or studio, yoga practice.
- ☐ List any injuries or illnesses and how they affect your current practice.
- ☐ List any medication you are currently prescribed.

## **Additional information**

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Each applicant reviewed on an individual basis. Must have general familiarity with the poses and stamina to complete a full training day. It is not required to become a yoga teacher at completion of training. Must attend one weekly yoga class at GHY or other studio during duration of YTT.

## Payment information

- **Deposit \$250 Non Refundable to hold your spot in training and will apply toward total no matter choice of payment, due at time of application.**
- **Early -Pay in Full- Rate (Before February 14th, 2026) \$2,500**
- **Later-Pay in Full- Rate (After February 14th, 2026) \$2,700**
- **Monthly Installment Rate- Auto Drafted- \$265/ mo \$2,900 (auto draft starting 3/14/26 & cont. 14th of each month)**

\_\_\_\_\_Paying Cash

\_\_\_\_\_Paying by check. Please mail the deposit check with your application. You may also include the first installment, or may pay in full. Please include the participant's name (if other than check holder), street address, and phone number on your check.

Make your check payable to **Grateful Hearts Yoga**.

\_\_\_\_\_Paying by credit card. \_\_\_\_ Mastercard \_\_\_\_ Visa \_\_\_\_ Amex

CC# \_\_\_\_\_ exp \_\_\_\_\_ 3 digit code \_\_\_\_\_

Name as it appears on card: \_\_\_\_\_

Address and Zip code of card billing address:

\_\_\_\_\_ state \_\_\_\_\_ zip \_\_\_\_\_

I hereby authorize the office of Grateful Hearts Yoga to withdraw payment of

\$ \_\_\_\_\_ and/or deposit of \$250 until Paid in Full. Sign here to verify authorization of withdrawal:

\_\_\_\_\_ date \_\_\_\_\_

A voided check must be included for the bank account option.

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**To receive your certification, you must pay the entire amount owed for the training hours.**

Books a part of the required reading list are not included in the price of tuition. Getting these books before training commences is not mandatory, but would be ideal. Several are standard yoga texts that you may already own and will be great reference points during training for you. You will need to bring a mat and your provided manual each weekend of training. We will cover a lot each weekend. Adequate rest and devoted study time throughout the month will be the best way to absorb and put into practice what we learn together during training weekends.

**Program Agreement:** It is my understanding that I must fulfill all the requirements set forth by the Grateful Hearts Yoga Teacher Training Program. I must complete all required contact hours, homework, volunteer time, quizzes, and the practical and written final evaluations in order to receive my letter of completion of the program. The certificate of completion may then be submitted to Yoga Alliance for registration, or for any use to provide proof of completed training hours. I understand that my tuition covers my training hours. The determination of my certificate is based on my fulfilled requirements, and ethical behavior.

It is my understanding that Grateful Hearts Yoga and its teaching staff reserves the right to ask me to leave the program at any time if I behave in any inappropriate way, am unethical, or in violation of the ethical guidelines set forth by Yoga Alliance. In the event of any of these situations, I will not be refunded my tuition.

It is my understanding that my deposit is non-refundable, and should I cancel my participation, it must be 30 days prior to the start date, in order to receive a refund of my remaining balance after the deposit is removed. Once the program begins, tuition is non-refundable and also non-transferable, unless under special circumstances, and agreed upon by all parties.

It is my understanding that all materials are under copyright protection and cannot be reproduced by me without permission from the author.

**I have read and accept the above terms and requirements: \_\_\_\_Yes \_\_\_\_No**

**Sign here to verify my review and acceptance of the terms and requirements of the program:**

---

**date** \_\_\_\_\_

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# Grateful Hearts Yoga Teacher Training 2026

**Training Dates! Please keep this page for your reference.**

**We meet Saturdays and Sundays, 8am-5pm with 1 hr lunch breaks and 15 min breaks in between lecture time and movement times. Please arrive ten minutes early ready to start promptly at 8am.**

## **Launch Day**

**March 14 & 15**

**November 14 & 15**

**April 11 & 12**

**December 12 & 13  
( exam/graduation)**

**May 9 & 10**

**June 13 & 14**

**July 11 & 12**

**August 8 & 9**

**September 12 & 13**

**October 10 & 11**

## **Recommendation Letter Guidelines**

Two letters of reference  
one yoga related letter & one personal letter

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Name of Applicant \_\_\_\_\_

Program applied for \_\_\_\_\_

Recommending Teacher \_\_\_\_\_

Teacher's Phone Number \_\_\_\_\_

Teacher's Email \_\_\_\_\_

To Teacher: The applicant above is applying for the Yoga Teacher Training Program with Grateful Hearts Yoga. The program includes vigorous asana practice, seated study hours, lecture, and hands on training. Modules are 7 to 9 hours in length, daily.

How long have you known the applicant and in what capacity?

Is this student consistent with practice at a studio level?

Why would you recommend this applicant to a program of this nature?

Why will this applicant be an asset to the Yoga Teacher Training Program?

**I recommend \_\_\_\_\_ for this program and endorse  
with my signature**

\_\_\_\_\_ **date** \_\_\_\_\_

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