

LITTLE FLOWER YOGA TEACHER APPLICATION

Name: _____

Email: _____

Phone: _____

Address: _____

Please submit answers to the following questions, along with a resume, to info@littlefloweryoga.com, with the subject line: Teacher Application

- In what context have you worked with children? When? For how long?
- Please describe your personal yoga practice.
- Please list any prior yoga teacher trainings (adult and children) and the month and year they were completed.
- Please describe any experience that you have working in schools.
- Are you currently employed? If so, what do you do, and what is your schedule like?
- Why are you hoping to teach with Little Flower Yoga? How do you feel LFY will help you achieve your goals?
- How do you see yourself as a teacher? What do you believe your role is in the classroom?
- Imagine a K-2 classroom in an afterschool program in a NYC school. The school environment is frenetic, and the kids have plenty of energy, but few positive outlets for it during their day. Create a detailed lesson plan for a 45 minute class with these students. How can you both provide a safe release for their energy and draw their focus inwards to give them a nurturing experience?

Thank you!