

## 8 Limbs Yoga Centers Teaching and Subbing Application

Thank you for your interest in teaching at 8 Limbs Yoga Centers. Our mission is to create a supportive, inclusive, and non-competitive atmosphere in which yoga practitioners can learn and grow. We recognize that each individual is unique and has a different approach to life. Thankfully there are many ways to practice yoga. At 8 Limbs we embrace diversity over dogma. We are always open to hearing from a diverse range of teachers who embrace our motto of “Many Paths”.

The first step in becoming a teacher is coming in for a sub audition. We hold sub auditions at various times throughout the year at our Capitol Hill studio.

Our minimum sub requirements are:

- 200-hour Teacher Training Certification
- 1½ years teaching experience

If you meet these requirements you are welcome to apply!

Please answer the questions below and send a hard copy, along with your teaching résumé and a cover letter outlining your experience and why you wish to teach at 8 Limbs, to Education & Programming Coordinator Claudette Evans at the Capitol Hill studio:

8 Limbs Yoga Centers  
Attn: Claudette Evans  
500 E Pike St  
Seattle, WA 98122

### **SUB TEACHER QUESTIONNAIRE:**

Name:

Email:

Phone:

Yoga teaching certification date:

Teacher training experience – types, levels:

Practicing yoga since:

Other relevant experience:

Anything else you would like us to know that isn't covered in your résumé or cover letter?

In the meantime we encourage you to take a class or workshop at one of our four studios to get a feel for our community and see if 8 Limbs is a good fit for your teaching.

We welcome you to 8 Limbs and look forward to getting to know you more.