



Lucid Yoga – Teacher Application

Thank you for your interest in teaching at Lucid Yoga! Our studio is a space for clarity, compassion, contentment, and connection, and we're looking for teachers who align with this vision.

Requirement: To apply, you must have either a 200-hour yoga teacher training certification or at least 3 years of teaching experience.

Please complete the application below, and we'll be in touch.

Personal Information

Full Name:

Pronouns (optional):

Phone Number:

Email Address:

Instagram/Website (if applicable):

Teaching Background

Do you have a 200-hour YTT certification?

☐ Yes

☐ No

If yes, provide RYT designation & certifying school:

How long have you been teaching yoga?

If you do not have a 200-hour YTT certification, do you have 3+ years of teaching experience?

☐ Yes

☐ No

If yes, how many years & where have you taught?

Primary Styles You Teach:

Additional certifications (e.g., Prenatal, Yin, Trauma-Informed Yoga) and where they were obtained:

Professional references (at least two):

Teaching at Lucid Yoga

Would you be open to subbing classes?

☐ Yes

☐ No

What draws you to Lucid Yoga and its approach to practice?

If you do, how do you integrate yoga philosophy into your teaching?

Which class formats at Lucid interest you the most? (Check all that apply)

- ☐ Vinyasa
- ☐ Slow Burn
- ☐ Yin
- ☐ Restorative
- ☐ Prenatal
- ☐ Beginners
- ☐ Meditation
- ☐ Other (please specify):

Do you have experience teaching in a heated studio?

- ☐ Yes
- ☐ No

Availability: (List general days/times you are available to teach)

Teaching Style & Community Fit

How do you describe your role as a yoga teacher? What guiding principles shape the way you lead a class and connect with students?

Describe your approach to sequencing and cueing.

How do you create an inclusive, welcoming space for students?

What role does breath play in your classes?

Professional Details

Do you have liability insurance?

☐ Yes

☐ No

Are you currently CPR/AED certified?

☐ Yes

☐ No

Preferred teaching rate or range:

Do you currently teach at other studios? If so, where?

Final Details

Anything else you'd like us to know about you?

Teacher Application – Signature & Consent Section

By signing below, I certify that the information provided in this application is accurate and complete to the best of my knowledge. I understand that any false or misleading information may result in disqualification from employment or termination if hired.

I acknowledge and agree to the following:

☐ I confirm that I have completed a 200-hour yoga teacher training or have at least three years of teaching experience as required for this position.

Applicant Name (Print):

Applicant Signature:

Date:

Next Steps: We'll review applications on a rolling basis. If we feel you're a great fit, we'll reach out to schedule a conversation. Thank you for your interest in joining Lucid Yoga!