

THE POWER OF TEACHING

MRY Teacher Training (MRYTT) 200-Hour Program

Led by Mimi Rieger, E-RYT-500 & George Fistonich, E-RYT-200

Yoga Alliance® Accredited RYT-200® Certification



APPLICATION FORM

Application Requirements:

- Completion of this form
- \$25 non-refundable application fee (applied toward tuition)
- Submitted no later than 8/31/25

Program Requirements:

- Attend all scheduled MRYTT weekends
- Complete all assignments, written midterm & final exams, final teaching practicum
- Attend and log at least 3 yoga classes per week outside of MRYTT weekends

Program Dates:

MRYTT 2025-2026 takes place over the following 10 core weekends:
Each Saturday and Sunday run from 10:00 am - 7:00 pm.

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|--------------------------|----------------------|
| 1) September 13-14, 2025 | 6) November 15-16 |
| 2) September 20-21 | 7) November 22-23 |
| 3) October 4-5 | 8) December 13-14 |
| 4) October 18-19 | 9) January 3-4, 2026 |
| 5) November 1-2 | 10) January 17-18 |

Tuition fees:

- Early bird tuition is \$3300, application submitted by June 30, 2025
- Regular tuition is \$3400, after July 1, 2025

Payment:

- \$500 deposit is due upon acceptance to Mimi Rieger Yoga Teacher Training, no later than 14 days after notification of acceptance. (Deposit is non-refundable and non-transferable.)
- Full tuition must be paid by the end of the calendar year 2025. Payment plans are available. Payment plans must be finalized with MRYTT staff by the start of the program.

Makeup Policy:

- Successful completion of all assignments and scheduled teacher training hours (as detailed above) is required in order to graduate and receive your certification.
- Planned absences must be confirmed with our staff prior to the start of the program.
- Note that MRYTT weekends will be recorded and shared for those needing absence. If you plan on being absent 2 or more MRYTT weekends, we will work with you to ensure that any missed material and content is appropriately made up.

Refund Policy:

- Cancellations made more than three weeks before the training start date receive a full tuition refund, less the \$500 non-refundable deposit.
- Cancellations made within three weeks will not receive a refund.
- No refunds will be allowed after training has begun.
- Mimi Rieger reserves the right to cancel any training program at any time with a full refund.

Graduation Requirements:

- In order to receive certification of graduation, you will be required to attend all sessions, complete all written assignments, pass a written final, and teach a class where you will need to demonstrate thorough comprehension of the material covered in the training.
- In the interest of maintaining the highest possible standards for graduates of this program, graduation is not guaranteed unless all requirements are met in full.

Contact Information:

Name:

Email address:

Phone number:

Home address:

Application Questions – Part 1

Please answer the following questions to the best of your current working knowledge of yoga. This helps give us a guide to gauge your baseline knowledge and complement the curriculum for each new training cohort. Please don't google these questions – answer “I don't know” or “n/a” if that is your answer!

1. **What is the meaning of yoga? What does yoga mean to you?**
2. **What is the *Ashtanga* yoga system?**
3. **What is the *Iyengar* method and why is it important to study as a power vinyasa teacher?**
4. **“The best teachers are the best students.” Explain.**
5. **What is *prana*? How does it relate to *pranayama*?**
6. **What is *ujjayi* breath?**
7. **Define *vinyasa*.**
8. **What are the *bandhas*? What is your experience with them and how do they relate to your practice?**
9. **What is the traditional aim or intention for having a yoga practice?**
10. **What is your aim or intention for having a yoga practice?**

Application Questions – Part 2

11. **When did you start practicing and why?**
12. **How did you get started in your yoga practice?**
13. **Please list any yoga trainings you have participated in, including the location and teacher.**
14. **Where do you currently practice?**
15. **Who are your primary teacher(s)?**
16. **What experiences are you hoping to gain from this training?**
17. **What led you to want to do a teacher training? Why is this TT specifically right for you?**
18. **How would you describe your professional background/education?**
19. **Do you meditate?**
20. **Do you have a self-practice? What is the importance of a self-practice?**
21. **Why do we use props? Specifically, what has been your most illuminating use of a prop?**
22. **Why do we use hands-on adjustments and when?**
23. **“A well-sequenced class has all of the components of a good story.” Explain.**
24. **Why are transitions important?**

25. **Why do we often use music in class and what purpose does it serve?**
 26. **Do you like practicing to music?**
 27. **Please explain any previous experience with yoga philosophy and readings of yoga.**
 28. **Have you ever experienced an injury? What did you learn from it?**
 29. **How would you encourage students who are facing a limitation in their body?**
 30. **How is *asana* different than other forms of exercise?**
 31. **Throughout your life, who is your favorite teacher in any method of learning and why?**
 32. **What qualities of a teacher do not resonate with you?**
 33. **What do you think a yoga teacher's responsibilities are?**
 34. **Are you currently teaching yoga?**
 35. **Please tell us of any conditions, injuries, illnesses, medications, or anything that might impact you, your practice, and your training on this road to becoming a teacher.**
 36. **Tell us something fun or unique about yourself.**
 37. **Please share thoughts on your journey to yoga and your views on the next 5 months of your yoga teaching journey.**
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**Please submit your application by clicking the
[Google Form here](https://forms.gle/NFZ4VcNSjYKZGGj2A).**

**Or copy/paste:
<https://forms.gle/NFZ4VcNSjYKZGGj2A>**

The logo for Mimirieger Yoga is centered within a dark gray rectangular box. The text "MIMIRIEGER||YOGA" is displayed in a light beige or off-white color. The word "MIMIRIEGER" is in a clean, sans-serif font. It is followed by two vertical bars (||) that act as a separator. The word "YOGA" is also in a sans-serif font, with the letter "Y" being slightly larger and more stylized than the other letters.

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