



## Personal Letter of Recommendation

Date: \_\_\_\_\_ Name of applicant: \_\_\_\_\_

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

Recommending Person: \_\_\_\_\_

Phone number: \_\_\_\_\_

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

The applicant above is applying for the Yoga Teacher Training Program with River Rock Yoga. The program includes vigorous asana practice, seated study hours, lectures, 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 person capable of working consistently with others with an attitude of willingness to grow and learn? \_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

**River Rock Yoga, 3670 Groveland Rd., Suite A, Ocean Springs, MS 39564**  
Attention: Yoga Teacher Training Program