



In-Depth Yoga Study & Teacher Training Certificate Program (200 Hour) Application for Admission

1. Personal Information

Name _____ Preferred First Name _____

Address _____

Email _____ Date of Birth _____

Phone (Home) _____ Phone (Cell) _____

Current Occupation(s) _____

2. Yoga Experience

How long have you been practicing yoga? _____

What style(s) of yoga have you practiced? _____

List the yoga workshops/retreats/trainings you have attended, if any, identifying who led them and the year of attendance. _____

Describe your current yoga practice and how regularly you practice. _____

3. Meditation Experience (Note: although prior meditation experience is desirable, it is not a requirement for admission into the program).

What is your experience with meditation? _____



What type(s)/tradition(s) of meditation have you practiced, if any? _____

If you currently have a regular meditation practice, please describe it. _____

4. Personal Growth Experiences

Please list other trainings/experiences you have taken and / or healing modalities you have studied, including self-study or personal growth work. _____

5. Health Information

Describe your current state of health _____

Describe the nature and extent of any physical limitations/injuries/conditions that may affect your yoga practice _____

6. Why do you want to take this In-Depth Yoga Study and Teacher Training Program and what do you hope to gain from it? _____



7. What does yoga mean to you and how has it changed your life? _____

8. In case of emergency, please contact:

Name _____ Phone _____

Thank you for completing this application. The information you have provided will be kept confidential and will assist me in my planning for the Teacher Training Program, guiding me in my attempt to provide a curriculum that best suits the needs of each of you.

Signature _____ Date _____