



TT Application



Name:

Address:

City/State:

Zip:

Email:

Phone (Home):

(Work):

(Cellular):

Personal Information

Gender: M F

Marital Status: (optional)

Age:

What is your current profession?

Describe your current state of health (both physical and mental). Do you have any injuries, medical conditions, or special needs?

What do you believe to be your biggest challenge(s) at the moment?



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Yoga Experience

What style(s) of yoga have you experienced?

How long have you been practicing yoga?

Briefly describe your current personal practice. Does your practice include pranayama and meditation?

Have you attended any previous trainings or intensives? Briefly describe these, or any other relative experiences.

Do you have teaching experience? Please describe.

On a separate sheet of paper please write a brief (300 words or less) explanation of your intention for this training. Also include one letter of recommendation from a current or former yoga teacher with your application.