



# teacher training application

## part 1: personal information

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Emergency Contact (name & number) \_\_\_\_\_

Do you have chronic or recent pain or history of surgery in any of the following areas? Please circle: Abdomen

Feet Ankles Knees Hips Low back Midback Upper back Neck Shoulders Elbows Wrists Hands

Any other current health concerns or recent surgery? \_\_\_\_\_

\_\_\_\_\_

Degrees/Educational Background \_\_\_\_\_

Profession \_\_\_\_\_

How did you hear about this training? \_\_\_\_\_

## part 2: yoga information

How long have you been practicing yoga? \_\_\_\_\_

Are you currently teaching yoga? If so, for how long, with what regularity, in what style? \_\_\_\_\_

\_\_\_\_\_

What experiences have you had with styles of yoga other than Anusara? Attach separate sheet if necessary.

\_\_\_\_\_

\_\_\_\_\_

Attach a separate sheet to answer the following:

What has yoga meant to you?

Why do you want to teach yoga?

What skills and talents do you feel you would bring to being a yoga teacher?

Please describe your home practice of asana, pranayama, and meditation.

