



Yoga Teacher Training Application

APPLICANT INFORMATION:

Name:	Birth Date:
Address:	Work Phone:
City, State, Zip:	Home Phone:
E-Mail:	Cell Phone:

PAYMENT OPTIONS (choose one):

<input type="checkbox"/> Multi Payment: \$300 upon acceptance Plus 5 payments of \$400	<input type="checkbox"/> Single Payment: \$2,000 upon acceptance
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*All information submitted in this application will be kept confidential.
Attach additional pages as needed.*

1. What is your educational background and current occupation?

2. When did you begin your Yoga practice?

3. What styles of Yoga have you studied?

4. Where have you studied Yoga? Please list all teachers.

5. What drew you to study and practice Yoga?

6. What effect has Yoga had on you? (both positive and negative)

7. Please describe your current Yoga practice. Include frequency, duration, postures you prefer, postures you avoid. List your current classes and teachers.

8. List and describe any meditation instruction and your current meditation practice, if you have one.

9. List your experience, if any, with other body-mind disciplines.

10. List any previous Yoga training and/or teaching experience.

11. Why do you want to take the Yoga Teacher Training?

12. How did you hear about this Yoga Teacher Training program?

13. Briefly summarize your health history. Include any physical or mental health conditions or injuries that might affect your study and practice of Yoga.

Please enclose a check for \$150 for the application fee, made out to Now and Zen Yoga. This is a non-refundable fee. Once your application is received we will contact you to set up an entrance interview. Tuition payment is expected upon acceptance to the program.