

Veda Vinyasa Yoga Teacher Training Application , RYS 230

Name

Email

Phone

Date of Birth

Educational Background

Mailing Address

Two personal references I can contact. Please ask their permission first.

The fact that you've gotten to the place where you are looking at this application must mean yoga has helped you in some significant way. Generally I find there are two main reasons why people want to take a yoga teacher training; those who have experienced some personal benefit from yoga and want to learn more and/or deepen their yoga practice, and those who experience some personal benefit from yoga that leads towards a desire to share this beauty with others.

I hope this application can help you clarify your intentions for participating in a yoga teacher training. Diving into a yoga teacher training (from my personal experience) is a tool that causes subtle and/or dynamic changes in your life. Oftentimes the journey acts as catalyst for authentic shift which can be liberating and also occasionally uncomfortable. However, navigating discomfort is ultimately a stepping-stone to experiencing actual contentment. I want to be clear about the arena you are stepping into. You will be studying yoga, yes, but more importantly, you will be studying you.

This course explores the divine feminine as a nurturing force from above and the divine masculine as a nurturing force from below. Finding the middle way and developing strategies for ending inner struggles and accepting Reality as it is has been and remains a main thread of the course.

All applications must be received at least a month before the program begins in order to guarantee your spot. You can scan and email your application and financial agreement, hand over personally or snail mail. Send a deposit of \$200 with this application that will be applied to the total cost of the training. Call 919 818 4408 for credit card payments and please make checks out to Heart of Yoga School. \$75 of the \$200 is non-refundable once the application has been processed.

Direct all questions to Katie Breen katiebreen555@gmail.com and/or Shivani Chudasama cshivanirun@gmail.com.

Please answer fearlessly and with abandon, tell the truth...and don't think too much about it.
Handwritten please!!

1. What caused you to become interested in taking a yoga teacher training?

2. Why is now the right time for you to take this teacher training?

3. What personal strengths do you bring to this course?

4. What personal weaknesses do you bring to this course? What do you think will be the most difficult aspect for you?

5. Do you enjoy being part of a group?

6. Do you enjoy being alone?

7. Who are or have been the most influential people in your life and why?

8. Please briefly describe your spiritual and/or athletic background that has led you to applying for this teacher training.

9. Please briefly describe your family and occupational background.

10. What do you hope to gain from this training, and what do you see yourself doing with what you learn?

11. Is there any history of physical limitations or injuries that factor into your yoga practice today?

12. Is there any history with mental or emotional health challenges? If so are you talking to someone? Are you on any medications I might need to know about? Is your family/chosen family/community supportive of your decision to start a yoga teacher training?