

## **Veda Vinyasa Yoga Teacher Training Application , RYS 500**

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.

I hope this application can help you clarify your intentions for participating in a yoga teacher training. 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 is a main thread.

You can scan and email your application and financial agreement or snail mail. Send/ Venmo/ PayPal a deposit of \$200 with this application that will be applied to the total cost of the training. Call 919 929 8961 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 [ombluesky@gmail.com](mailto:ombluesky@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?