

Yoga Integrity 200, 300 & 500 Hour Teacher Training Application

YOGA INTEGRITY TEACHER TRAINING

Application

Personal Information:

Name _____
Address _____
City, St, Zip _____
Primary Phone _____
Email _____
Date of Birth _____ Occupation _____

Do you have any injuries we should be aware of?

Emergency Contact:

Name _____
Primary Phone _____
Relationship _____

Which Program are you applying for?

200 hour _____ **300 hour** _____ **500 hour** _____

Please answer the following questions mindfully and completely.

1. What is your motivation for entering this teacher training program?
2. What is your own personal definition of yoga?
3. Describe in detail your current yoga practice:
 - a. What does your practice consist of?
 - b. How often do you practice?
 - c. For how long?
 - d. Why do you do the kind of practice that you do?
4. Currently, what are the challenges that you face in your yoga practice and in your life?