

*Happy Buddha
Yoga*



Yoga for Every-Body
APPLICATION FOR TEACHER TRAINING

First Name _____ Last Name _____

Street Address _____

City _____ State _____

Phone _____ Email _____

1. What has inspired you to do your teacher training at this time? Is this your first training? How did you find out about our program?

2. How long have you been practicing yoga and where do you usually practice?

3. What is the meaning of the Surya Namaskar and why do we practice it?

4. Patanjali says the asana must be both alert and relaxed. Why do you think this is so?

6. Our injuries are often our greatest teachers. Explain how this is true for you.

7. How does your yoga practice connect you with Spirit or the Divine? Please explain.

8. Why is gratitude important and how do you express and share it in your daily life?

9. What would it mean to get in touch with the part(s) of yourself that are often neglected?

10. The most unpleasant pose for me is _____. Contemplate where the difficulty comes from and share.

11. What are some of the qualities that you admire in your favorite teachers?

12. What has your yoga practice taught you about you?

13. The best teachers are the best students. How willing are you to be the student?

14. What inspires you to roll out your mat? Has it changed since you began your practice?

15. What does it mean to be flexible? Please explain.

16. If there any injuries or medical issues, please let us know.

17. Please tell us a little something about you

Please email this application along with a photo of yourself to: charleenp@yahoo.com

*Tuition is \$3150.00 and there is a \$500.00 non-refundable deposit. We will need a credit card to keep on file, and will work monthly payments. Please know, that tuition must be paid in full upon completion of class.