The Art of Teaching 200 - hour Yoga Teacher Training Application

The following questions will direct you in describing the evolution of your practice. We are interested in your relationship to these sets of practices more than any particular pedigree. Please respond briefly but thoughtfully. Take as much space as you need but please include the question with each of your answers.

1. What is your background and experience with yoga?  Tell us about your teachers, where you have practiced, the style(s), where you currently practice and how often.
2. Why do you practice where you practice?
3. Do you have a home practice? If so, tell us about it.
4. Do you practice meditation or pranayama?
5. Describe your experience of your breath?
6. Describe the interplay of breath, body and mind.
7. What does yoga mean to you?
8. What does practice mean to you?
9. Is this your first teacher training or in-depth study?  If not, please tell us about prior         trainings:
10. Tell us about your strengths and weaknesses, on and off the mat.
11. What are your expectations for this training? What do you hope to achieve upon completion of this program?

**Medical History** (Please note your answer will not exclude you from the training.)

1. How would you evaluate your current health?
2. Do you have any injuries or physical restrictions that affect your yoga practice?
3. Are you pregnant or do you plan to become pregnant during this course of training?
4. Finally, tell us anything else that may be helpful and relevant for us to know about you.