

SHAKTI YOGA TEACHER TRAINING APPLICATION

NAME

ADDRESS

PH#

DOB

AGE

When will you be available to schedule interview?

CURRENT EMPLOYMENT:

SIGNIFICANT PAST EMPLOYMENT:

EDUCATION:

HIGHEST DEGREE EARNED

AREA(S) OF STUDY

DID YOU ENJOY SCHOOL?

Any learning disabilities?

MEDICAL HISTORY: Please describe in detail any medical conditions that were issues in the past 15 yrs

PHYSICAL:

MENTAL:

ANY HOSPITALIZATIONS:

CURERNT PRESCRIPTION MEDICATIONS/SIGNIFICANT PAST MEDS:

HERBS/NATURAL REMEDIES:

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PERSONAL QUESTIONS / ESSAYS

(please use a separate sheet of paper)

- 1) **WHAT LEAD YOU TO PRACTICE YOGA? HOW LONG AGO AND WHERE DID YOU BEGIN? GIVE ALL DETAILS OF EXPERINCE**
- 2) **WHAT QUALIFICATIONS DO YOU BELIEVE IT TAKES TO BE A YOGA TEACHER? WHICH QUALIFICATIONS DO YOU BELIEVE YOU POSSESS AND WHICH DO YOU WISH TO CULTIVATE?**
- 3) **WHAT DO YOU EXPECT TO GAIN FROM PARTICIPATING IN THIS TEACHER TRAINING? (PHYSICAL. PSYCHOLOGICAL, SPIRITUAL, FINACIAL)**
- 4) **WHAT DOES YOGA MEAN TO YOU?**
- 5) **WHAT INSPIRES YOU?**
- 6) **WHAT TEACHERS OR PEOPLE (NOT NECESSARILY SPIRITUAL) HAVE MOST INFLUENCED YOU?**
- 7) **NAME 5 BOOKS OR MORE THAT YOU HAVE READ RECENTLY**
- 8) **IS THERE A PARTICULAR POPULATION YOU ARE INTERESTED IN TEACHING? WHY?**

This teacher training requires commitment and maturity. There will be an extensive amount of reading, studying, writing, self examination, and of course, practicing yoga. You will learn to develop a teaching style based on your personality and finer qualities. You will learn skills that will enable you to teach yoga to a class level that is appropriate for your ability and knowledge. There will be a network to provide you with support. Upon completing the course, you will have a solid foundation to start you on your teaching path. It is when we actually teach in a variety of settings over time do we become proficient, so patience, commitment, and humility are cornerstones to the spiritual practice of the yoga teacher. Most important, you will

tremendously enhance your abilities as a student of yoga in all realms. You will be relating your authentic experiences as a student of yoga to encourage your students as they are on their own journey. Many of the greatest teachers in any discipline teach through their own understanding of the subject. This is a life long process, so enjoy the trip!!

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Fees:

Level I Teacher training program:	\$2800
Discounted unlimited classes : month (duration of teacher training)	\$125/

Books are a separate fee. Many can be ordered through the studio.

A non- refundable deposit of \$250 is necessary to confirm your place in the training upon acceptance to the program . Space is limited.

You must pay the fee for the unlimited classes prior to commencement of training.

Financing is available . Please inquire if necessary.

I understand the terms of the application and training as stated above:

Signature

Date