

2013-14 Thousand Petals Yoga Teacher Training Program Application
USE A SEPARATE SHEET IF NEEDED

Full Name: _____ Date of Application: _____

Home Address: _____

City, State, Zip: _____

Email Address: _____ Home Phone#: _____ CellPhone#: _____

Why do you wish to participate in the TPYTT program?

How long have you been studying yoga?

Please list Immersions, workshops, trainings, and/or Yoga Teacher Trainings you have participated in.

What styles of yoga have you practiced? Do you attend weekly classes on a regular basis? If so, how many per week and what style?

Are you planning to teach yoga if you do not already? Are you currently teaching yoga? If so, where do you teach and how long have you taught? How many classes do you currently teach per week? What style(s) of yoga do you teach?

Do you have an ideal population that you wish to teach yoga to? Ex: seniors, cancer patients, in a studio setting, etc....

Please list other trainings you've taken and healing modalities you've studied, including meditation retreats, self improvement, or personal growth work.

How many days a week do you practice yoga at home? How long is each home practice on average? Do you have a meditation and/or pranayama practice?

Do you have any injuries, physical limitations, or medical (including mental health) conditions? If yes, please list your injuries or conditions that you feel should be shared with facilitators of the YTT program in order to support your success. If yes, are you currently under care of a medical provider? Do you see any of your conditions limiting your ability to fully participate in the YTT program?

What are some of your personal strengths and gifts that you believe will benefit your yoga teaching skills (and make your classes unique)?

What are some of your weaknesses that you wish to strengthen in relation to becoming a yoga teacher? Ex: more dedicated home practice, fear of public speaking, self-confidence, etc...

What does **yoga** mean to you? How has it affected your life? Why do you wish to teach and share yoga with others?

What do you hope to learn from this program?

Please submit completed application by email to:
sommeryogini@hotmail.com subject 'YTT application'
or snail mail to:
Thousand Petals Yoga
100 Easy St. Chapel Hill, NC 27516