

**Name:**

**Street Address:**

**City:**

**State:**

**Zip:**

**Phone Number:**

**e-mail address:**

1. **Why do you want to be a Yoga teacher?**
2. **Why do you want to teach in our style (Soul Sweat Asana Practice)?**
3. **Why are you interested in enrolling in a Yoga Teacher Training program? And what do you expect to get out of it?**
4. **Why have you chosen to apply to this training above all others?**
5. **What do you love/value?**
6. **Would you be willing to commit to looking for the blessing or a lesson with situations that occur in your life: from today on? Explain your answer.**
7. **What do you consider to be your biggest challenges with teaching Yoga?**
8. **What are your three top goals for this year?**
9. **What would your response be to the following comments/questions?**
  - a) **I'm not sure if I can do Yoga because I can't touch my toes.**
  - b) **Why do we chant?**
  - c) **Does this interfere with my religion?**
  - d) **I feel dizzy or nauseous after practicing Yoga.**

**e) I'm pregnant:**

**f) I have a bad back**

**10. How long have you practiced Yoga?**

**11. How long have you practiced Yoga at The Yoga and Healing Center? How frequently and with whom?**

**12. Why do you practice Yoga?**

**13. Have you graduated other teacher training courses or attended ? Special workshops/ conferences? If yes, which ones, and when / where were they?**

**14. Please explain how your yoga practice has benefited your life, or your spiritual practice.**

**15. What prerequisites do you think are necessary to qualify one as a Yoga Teacher?**

**16. Do you have any other active interests, hobbies, or occupations?**

**17. Are you currently teaching Yoga? If yes, where and how often?**

**18. What are the top three things that you desire to get out of this Teacher Training?**