

SAMA MOVEMENT & YOGA SCHOOL

Yoga Teacher Training Application

Please answer each question

Type your responses after each question

Submit by attaching this completed document in an email to us at: travellingom@gmail.com

OR ashtangayogavictoria@gmail.com

The length of your answer is at your discretion

However, clear and to the point is best. There is no right or wrong 'answer'.

Personal Details & Background

First name: _____ Last name: _____

E-mail: _____

City, state: _____, _____

Country: _____

Male or Female: _____ Age: _____

1. Who referred you to this course?

2. What is your current profession or work?

3. What is your educational background?

4. Do you have any pre-existing condition(s) that we should be aware of (physical or mental, pregnancy or recent miscarriage, any current or recent medications, etc.)?

Previous Yoga Experience/Training

1. Number of years (+ months) practicing yoga:

2. Styles you have practiced:

3. How regularly do you practice?

4. Outline your typical practice session.

5. Where have you studied yoga?

6. With which teachers have you studied and for how long?

7. Have you studied or practiced Pranayama?

8. Do you meditate? Regularly or not, for short or long periods?

9. Describe your ability in relation to asanas.

10. Have you done any intensive yoga studies or workshops? Please state.

11. Are you familiar with Patanjali's Yoga Sutras?

12. Have you ever read or glanced at the Bhagavad Gita?

Your Understanding of Yoga

1. Do you have any 'higher' influences on the yoga path?

2. How would you describe or explain yoga (as if you are explaining it to someone who is extremely interested but has very little knowledge on the subject – keep it brief)?

3. When you first thought about starting yoga, what were you thinking about?

4. What is a “yogic lifestyle” and to teach by example?

You & Teaching (if you do not have intentions to teach yoga, move to next section)

Why do you want to teach yoga?

What, in your opinion, does it mean to be a yoga teacher?

Have you ever taught yoga to anyone?

Do you have any other teaching experience?

Do you feel ready to teach?

Why AYVic?

1. Are you looking to advance your practice, teach or both?

2. Why do you want to take this particular training course?

References

Please list as reference one teacher and either a fellow student or other professional in your line of work.

NOTE – if there is some question around your application we may ask you to get a written reference from the teacher and email to us.

Is there anything else you would like to add?