



Heart of Bliss: Yoga Teacher Training

In-Depth Study & 200 hour Teacher Training Program

Name:

Address:

E-mail:

Phone:

Current Occupation:

Please answer the following questions & use additional paper if necessary.

What is your intention in taking a Yoga Teacher Training Program? Why have you chosen *Heart of Bliss: Yoga Teacher Training* Yoga teacher training, specifically? What are your expectations and/or what do you hope to accomplish?

What particular gifts and talents do you bring to this training?

What do you think is most likely to get in the way of doing this program (i.e., time, focus, tendency to procrastinate, physical or emotional blocks, etc.)?

(Please continue with application.)

In the philosophy of *Heart of Bliss: Yoga Teacher Training*, we incorporate mind, body, and spirit as a whole body process. It is important for trainees to have a foundation and awareness in these areas. Please list carefully your history in each of the following areas:

Hatha Yoga Class Experience:

Date (s)	Instructor	Style of Yoga	Hours
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Yoga Training (if applicable):

Date (s)	Instructor	Program Title	Location	Hours
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Personal Growth Training and/or Experience:

Date (s)	Instructor	Program Title	Location	Hours
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(Please continue with application.)

Personal Health & History:

Please let us know about any injuries, physical conditions, emotional or spiritual challenges that you feel might get in the way of your full participation. (This information is confidential and will help us serve you better):

Relationship status: _____ Do you have children: _____

Do you smoke?: _____ drink?: _____

If so, how often?: _____

Are you currently or have you been in a recovery program?: _____

Are you currently taking any medications?: _____

If so, any side effects that affect you in participating fully? _____

Character reference:

Ask someone who know you on a deeper level to write a character reference for you.

(Have them send it to the email listed below).

Please attach a photograph of yourself, which you feel depicts either:

a) How you see yourself now, (in how far you have come in regards to your personal growth and development). Or :

b) How you see yourself in the future (after you've invested time and energy into your personal growth and development).

Write a brief narrative describing the photo you've attached and how it exemplifies you and your uniqueness.

