

APPLICATION FOR THE YOGA LOFT ASHTANGA TEACHER INTENSIVE:

PLEASE CIRCLE WHICH TRAINING YOU ARE INTERESTED IN:

January 7- February 15 2008 OR June 30- August 8, 2008

DATE:

NAME:

ADDRESS:

PH#:

D.O.B:

EMAIL:

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1. How long have you been practicing yoga?
2. How long have you been practicing Ashtanga yoga?
3. Who have your main teachers been?
4. Do you have any chronic injuries or physical disabilities?  
Are you on any medication?
5. What does your practice consist of? (please be specific-1<sup>st</sup> series, 2<sup>nd</sup> series, daily practice?)
6. Do you currently teach yoga?
7. Do you have a meditation practice?
8. What would you like to learn from this course
9. Please write WHY you want to do this teacher training (Goals, expectations)
10. What does Yoga mean to you?

Application Deadline for January Training is December 1<sup>st</sup> 2007

Application Deadline for Summer Training is June 1<sup>st</sup> 2008.

Applications will be reviewed on a first come first serve basis.

Space is limited.

