

HOT YOGA

Teacher Training & In-Depth Study Course
January 26th – June 3rd, 2007

Name _____

Birth Date ____/____/____

Phone (____) _____

Email _____

Address _____

City _____

State _____

Requirements: Students wishing to enroll need to have a passionate interest in Yoga and healing and a basic understanding of Yoga practice. We ask that you have a consistent daily asana practice with a minimum of one year studying Hatha yoga under the guidance of a teacher or teachers. Part of the study course will be a required reading list. **As a personal commitment to this training program, you are required to attend all sessions with all the teachers.**

Submitting your application: Come in or call to talk to Bentley Storm or Ashley Pehrson. You may be asked to take a class if you are not already a student here; or else there may be a short interview via the phone or in person as part of this process.

- 1) What is it specifically about this course that interests you?
- 2) Can you commit to the entire course? Yes ____ No ____ . If no, please explain:
- 3) How long have you been practicing yoga in classes on a regular basis? _____
- 4) Who is your primary teacher at this time?
- 5) Have any other teachers significantly influenced your practice in the past? Who?
- 6) Do you have any injuries or medical challenges? If so, describe:
- 7) Do you practice pranayama regularly?

- 8) Do you practice meditation regularly?
- 9) Do you presently teach yoga? _____ If yes, for how long? _____ Where? _____
- 10) If you do not teach now, would you like to teach?
- 11) Why do you want to teach yoga?
- 12) Please list pertinent workshops, trainings, intensive, etc. that you have participated in.
- 13) How has Hatha Yoga impacted your life?
- 14) If you have specific wishes or areas that you would like to explore please explain.
- 15) Any additional comments or questions?
- 16) You will be asked to read, understand and agree to follow a yoga teachers code of ethics stemming out of the Yoga Sutra – if this is something you do not feel comfortable with please explain:

CERTIFICATE OF COMPLETION

Upon successful completion of this course, you will BE issued a certificate of completion. This is not solely awarded based on hours or subjects completed; it is also determined by the teacher's assessment of the students' grasp of concepts and materials presented.

Thank you.