

YOGA STUDIES INSTITUTE



Application for the YSI 300-Hour Teacher Training

Please answer these questions in an attachment or the body of an email and send to info@yogastudiesinstitute.org

1. What is your name, address, email address and phone number?
2. Describe your yoga experience.
 - How long have you studied for?
 - With whom have you studied?
 - What style(s) have you practiced?
3. What does your current yoga practice consist of?
 - How often do you practice?
 - What kinds of classes do you attend?
 - What are the various elements of your practice (ie: asana, meditation, pranayama)?
4. Describe your mental and physical health.
 - Do you have any physical limitations or injuries you are recovering from?
 - Are you currently taking any medications?
5. Please describe any relevant training you've had.
6. What do you think are your greatest strengths as a student?
7. What do you think are your greatest challenges as a student?
8. Please include a one-page (double spaced) essay answering the question "Why do you want to attend this training?"
9. Please share any other information you'd like us to know.
10. How did you hear about this training? (If you were referred by a friend, please include their name here.)