

## **Santa Monica Yoga Teacher Training Application**

Please answer the following questions thoroughly and thoughtfully.

1. Contact Information. Name, age, phone, email address, mailing address.
2. What is your relationship to yoga?
3. How long have you been practicing yoga? What style of yoga do you practice?
4. Describe your yoga practice for a typical week.
5. What do you hope to gain from this teacher training? What strengths and weaknesses would you bring to the training?
6. Do you currently teach yoga or something else? How often and for how long?
7. Are there any health related conditions you have that we should know about? For example: high blood pressure, diabetes, anxiety, depression, physical injuries, medications, etc.
8. Is there anything else you would like to tell us?