

Application for Yoga Flex's 230 Hour Yoga Studies for Aspiring Teacher and Practitioners

Please respond to the following questions on a separate piece of paper. Be truthful. Be complete. If you have questions, contact Mara Healy at mara.yoga@yahoo.com.

Please submit your written application and \$200 application fee to:

Yoga Flex
9852 Rea Rd., Suite D2
Charlotte, NC 28277

- Name, address, phone number and email.
- How long have you been a yoga practitioner? Where do you practice? How frequently do you practice asana?
- Do you have a meditation practice? How frequently do you meditate?
- Do you have any teaching experience? Where? For how long?
- Why do you wish to complete this teacher training course? What are your goals for the future?
- Describe your diet. Be truthful.
- Are you familiar with the yamas and niyamas? Describe your familiarity, if any, with the yamas and niyamas.
- Describe any service/volunteer work you provide in your community.
- Do you have any chronic injuries or physical limitations that affect your asana practice?
- How will you pay for the program? Will you need a payment plan?
- Does your family support your decision to participate in this program?
- Do you foresee any obstacles to your successful completion of this program?