

i/o inside out yoga school

at exhale mind body spa 77th and madison, nyc
200-hour teacher training program

aka: intensive education in yoga even if you don't intend
to teach program

application

please complete the following questionnaire. many questions are geared
towards your acceptance in to the program, but many of them are also to
help us understand who you are once you are accepted. please provide us
useful information for those purposes.

return the form to nixa@yogaritual.com you will be contacted within 2
weeks of receipt.

date today:

name:

age:

phone(s):

email:

address:

emergency contact:

phone:

relationship:

what is your current occupation?

how did you hear about this program?

how long have you been practicing yoga?

...in what style(s)?

please list workshops/trainings/retreats you've taken
beyond the scope of regular group classes.

who are your most influential teachers?

what is your knowledge of anatomy and physiology on a scale
from 1-10 with 1 being "none" and 10 being "strong working
knowledge"?

briefly describe your understanding of yoga philosophy and
if pertinent, what schools or lineages you have been
interested in.

describe your meditation practice.

describe your pranayama practice.

do you have any conditions/injuries that would prevent you from fully participating in the program?

what related fields are you educated, practiced, certified, or licensed in?

what are your deepest goals and highest aspirations for this program?

please write a few paragraphs about your first yoga experiences and how they have been an instrument of inspiration for you to be applying for this training now.