



## RYT 200 Hour Hatha Yoga Application

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_  
STATE \_\_\_\_\_ ZIP: \_\_\_\_\_ COUNTRY: \_\_\_\_\_  
HOME PHONE: \_\_\_\_\_ CELL: \_\_\_\_\_  
EMAIL: \_\_\_\_\_  
BIRTH DAY: \_\_\_\_\_ OCCUPATION: \_\_\_\_\_

### PERSONAL INFORMATION

1. How did you hear about this program at Peaceful Living School of Yoga?

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2. What is the main reason for your interest in this program? Do you intend to teach and/or do you want to deepen your personal practice?

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3. What do you hope to learn/accomplish from this training?

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4. Have you had any previous formal Yoga Training? \_\_\_\_\_

5. What is your experience with Yoga? How long have you been practicing, where and with whom?

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6. What are the most rewarding and challenging aspects of your practice?

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7. Have you experienced any events in your life in the last 2 years that you would regard as stressful, challenging or even traumatic? \_\_\_\_\_

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8. Do you have any physical concerns that may affect your ability to successfully complete this training? Are you pregnant? Do you have any physical limitations? \_\_\_\_\_

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9. Please describe any physical injuries that may affect your yoga practice.

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10. During yoga training programs we ask that students refrain from intoxicants, stimulants and anything mind-altering including alcohol and any form of recreational drugs. Are you willing to follow this recommendation?

Yes \_\_\_\_\_ No \_\_\_\_\_

