



# yoga on high

1081 N. High St. in the Short North 614.291.4444 [yogaonhigh.com](http://yogaonhigh.com)

## Application for Teacher Training Program

Name .....

Address .....

.....

Phone number (day) ..... (evening) .....

Fax ..... Email .....

Date of birth .....

Emergency contact .....

*On another sheet of paper, please answer the following question. Please limit yourself to four typed pages and reference the topic of the questions (i.e., yoga experience).*

1. Describe your experience with yoga. How long have you practiced, with whom have you studied and for how long, and what style do you usually practice?
2. Describe your current yoga practice. Is it daily? Do you attend classes regularly? Do you have a home practice? Of what does your practice consist?
3. Describe any injuries, disabilities or illnesses of which we should be aware. How are you addressing these? (Illness, disability or injury will not prevent your acceptance into this program.)
4. Briefly describe any body/mind, energetic, or spiritual practices with which you are or have been involved (including but not limited to meditation, Buddhism, Rosen method, dance, theater, Feldenkrais, massage, polarity therapy, Reiki).
5. Do you practice pranayama and/or meditation?
6. Are you currently teaching yoga or another discipline (Pilates, martial art, meditation, etc.)? For how many years?
7. How did you learn about the Yoga on High teacher training program?  
 Internet search      Yoga teacher (name) .....  
 Friend (name) .....     Other .....
8. Why are you interested in this program? Are you considering others?
9. Are you interested in teaching yoga or are you considering this training for your own self-exploration?