YOGA YOGA
TEACHER TRAINING

Anusara Yoga: Teaching from the Heart with Christina Sell :: June 26-29, 2008

First Name: _____ Last Name: _____

Email: _____

Primary Ph(Hm/Wk/Mbl): _____ Secondary(Hm/Wk/Mbl): _____

Address: _____ City: _____ State: _____ Zip: _____

I have been practicing yoga for the following number of years (3 years minimum continuous study required):

I have been practicing Anusara Yoga® for the following number of years
(2 years minimum continuous study required): ☐ Less than 2 years ☐ 2-3 years ☐ 4-7 years ☐ 8-10 years

My level of understanding regarding Aunsara's Universal Principles of Alignment™ is:

☐ Moderate ☐ Strong ☐ Very Strong

How thoroughly have you studied John's Aunusara Yoga Teacher Training Manual:

☐ Very Little ☐ Moderately ☐ Extensively

ADDITIONAL INFORMATION:
Please list all Anusara Yoga Teacher Trainings, Immersions, and special workshops you have taken, as well as with whom you study for public classes. Please include all Anusara teacher, type of study (i.e., public class, workshop, teacher training, theraputics, etc.), date, and number of hours.

Please record the total number of Anusara Yoga hours you have studied: _____

Please list your most influential yoga teachers other than the Anusara Yoga teachers that you listed above. How often and how long have you studied with them?

What other schooling or training have you had that would provide a useful background to the training (i.e., chiropractic, medical, physical therapy, massage or other form of bodywork, etc.)?

TEACHING

Do you teach yoga? ☐ Yes ☐ No

How many years have you been teaching yoga? _____

How many classes do you teach per week? ☐ 1-3 ☐ 4-6 ☐ 7+

What is the average number of students that t you teach per week?_____

If you do not teach yoga, what is your occupation?

ADDITIONAL INFORMATION:

What Anusara Yoga teacher(s) could best give you a recommendation?

ESSAY QUESTION: Why do you want to attend this Anusara Yoga Teacher Training course?