



APPLICATION FORM

1. General information:

- Name
- Age
- Contact details

- Nationality
- Main occupation

2. Yoga experience:

- Years of experience
- Style(s) and frequency
- Main school and teacher(s)

- Are you currently teaching?

3. Meditation experience:

- Years of experience
- Style(s) and frequency

- Main school and teacher(s)

- Are you currently teaching?

4. Physical and mental health:

- Current state of physical health

- Injuries and illnesses that might affect your yoga practice

- Remarkable past physical health issues

- Current state of mental health

- Challenges and illnesses that might affect your meditation practice

- Remarkable past mental health issues

- Medications that you are currently taking

5. Major events that have marked the past months of your life

Please attach a letter introducing yourself and let us know your intention behind your decision to participate in our teacher training course.