



Application for Vinyasa Yoga Training with Gioconda

Name:

Email:

Address:

Phone:

Please respond to the following questions in as much detail as you would like. This is not a test, but rather a starting place. Because the training is an intensive course, I must ask that you have been practicing yoga regularly for at least one year before enrolling in the course.

1. How long have you been practicing Yoga?

2. What kind(s) of Yoga do you practice?

3. Where have you studied and with whom?

4. How many times per week do you practice?

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5. Have you ever done a Yoga teacher training?

6. Have you ever taught Yoga? If so, where?

7. Have you studied any other disciplines that would contribute to your practice and teaching of yoga?

8. Do you have any injuries or other physical conditions that would effect your participation in the training?

10. Why are you interested in enrolling in this training?

11. If you are taking the training to become a yoga teacher, why do you want to become a yoga teacher? What is your inspiration? Who would you like to teach?

12. Do you currently have a meditation practice? Are you familiar with the practice of pranayama?