



Bodhana Yoga School

Yoga Teacher Training
And Immersion in the Path of Practice

2011/12 Program Application

Please complete the following application and return to

Bodhana Yoga School
c/o Cat Matlock
23 Vance Crescent St.
Asheville, NC, 28806

Application checklist:

- Completed application
- \$25 Application Fee made out to West Asheville Yoga
- Wait for an email confirmation that your application has been received and then within 2 weeks, another email reflecting our admissions decision.

Admissions Criteria:

- 1 – You must be at least 18 years of age
- 2 – This training includes several hours of yoga asana each day, as well as study of mantras, meditation, the ancient texts, anatomy, and more. With that in mind, we are seeking students who have practiced yoga for at least 2 years with a regular yoga practice of at least 6 months (4 or 5 times per week.) This will lay a good foundation for this program.
- 3 – We strongly encourage you to find an instructor you resonate with and enjoy studying with, and take at least 1 or 2 classes with them each week as opposed to studying primarily from books, videos, and workshops.
- 4 – The cost of the program, not including books, is \$1995 if paid in full before September 1, 2011. After that, the cost is \$2200 and can be paid at \$275 per weekend for 8 weekends.

We look forward to reading your application and sharing the rich depth of yoga practice with you. This journey is a fantastic one, and a grand adventure into your Self awaits!

Welcome...

Bodhana Yoga School 200-hour teacher training application

Please tell us how you heard about our program

Please tell us about yourself

Your full legal name:

Name you like to be called:

Your mailing address:

Your email address: required

Your phone number:

Emergency contact: Name and phone number and relationship to you

Please tell us about your yoga practice

Why do you practice yoga?

How many years have you been practicing yoga?

How many days per week do you study and practice yoga?

How long do you practice? ½ hour? 60-90 minutes? More?

What is the style of yoga that you study and practice?

Who is your primary yoga teacher at this time?

Have you ever been injured during yoga practice?

What is your favorite yoga posture and why?

Are you familiar with chanting Sanskrit mantras?
Do you chant as part of your practice?
Do you meditate regularly? Yes no If yes, how often and for how long.

Are you currently a yoga instructor?
What style do you teach?
How long have you been an instructor?

Why do you want to be a yoga instructor? (if you are not interested in the certificate and are participating specifically to deepen your practice, just let us know)

What do you expect from this program?

Does your family support your becoming a yoga instructor?

Education and Work

What is the highest level of education you have received, and from where?

Are you currently employed?

What type of work do you currently participate in?

Health

How would you rate your current health? Excellent Good Fair

Are you under medical treatment for any current physical or mental health issues?

If yes, please explain.

Are you currently on any medication?

If yes, please list, and explain what the medicine is for.

Do you have any of the following conditions?

Epilepsy: yes no

Pregnancy: yes no

Respiratory conditions: yes no

Heart disease: yes no

High Blood Pressure: yes no

Anything else we should know about?

If you answered yes to any of the preceding questions, please describe below.

Please tell us anything else about yourself, your yoga, and your life experience that you feel would be helpful and that you would like to share with us.

“If you don’t have a dream, how can you have a dream come true?”