



## APPLICATION FORM

### 108 Yoga - 300 hours Health and Wellness Practitioner Yoga Teacher Training and Advanced Studies 2010-2011

INSTRUCTIONS: Complete all questions below, then sign and date this application form. Include two letters of recommendation, then mail it to 108 Yoga or leave a copy at the studio. It is suggested to submit all application materials at the same time. Alternatively, you may scan all application materials and email them to [info@108yoga.ca](mailto:info@108yoga.ca).

Date:

First name:

Last name:

Address:

City:

Province:

Email:

Home Phone:

Cell Phone:

Date of Birth:

Occupation:

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

108 Yoga  
1496 Lower Water Street Suite 411  
Halifax, Nova Scotia B3J 1R9  
[www.108yoga.ca](http://www.108yoga.ca)  
Phone (902) 449-0108



1. What is your background in and experience with yoga? Tell us about your yoga practice and training.

2. Are you already teaching yoga? If so, Please tell us about your teaching experience, including the type of yoga classes you have taught.





5. Why have you chosen to apply for this Yoga teacher training and advanced studies program?

6. What do you hope to gain during and upon completion of this program, both personally and professionally?



7. As a yoga teacher it is crucial to develop the skills of clarity and emotional strength. What kind of support is available to you help you nourish and develop these skills?

8. Have you ever has a personal daily yoga practice? If not, how do you feel about working to develop one for your own growth and development?



9. Do you or have you suffered from any major health problems? Please list them and let us know what treatment(s) you are/were undergoing for the same.

10. How will your resources of time, money and family commitments help you to complete this training? Please explain.

11. As part of this application, please submit two letters of recommendation. The letters of recommendation should be from people who have known you for at least two years and who are able to comment on your character as well as your potential as a teacher.

a. Please list the names and your relationship with the people recommending you:

First reference:

Name:

Relationship:

Second reference:

Name:

Relationship:

b. Why did you choose these individuals?

12. How did you hear about this training?