

This application is our way of getting to know you. Please be as honest and authentic as you answer the following questions. Please email your application as a Word document with a picture attached to [trainings@sarasyogajoint.com](mailto:trainings@sarasyogajoint.com). Make sure you include your name, address, email address, phone number(s). Also, feel free to include any other forms of creative expression in addition to your writing. There is a \$25 (non refundable) application processing fee due with the application.



## IGNITE YOUR SOUL & SHARE YOUR PASSION

### **Your Life...**

What are you passionate about?

What inspires you?

Who are your guides/teachers: beings in your life, history, presences that influence your journey? Why?

What are you most grateful for in life? Why?

How would you describe your relationship to spirituality?

Name three gifts/talents you possess and three challenges in life you are currently working on.

### **Your Goals...**

What are your dreams? What does your heart long for?

Name your primary goals for entering Yoga U.

How would your presence be an asset to this training?

What else do you want us to know about you?

### **Your Yoga...**

How long have you been practicing yoga? How often do you practice?

What other spiritual/physical practices do you have (meditation, martial arts, etc) and for how long?

What schools, styles, teachers of yoga do you most resonate with?

Do you or have you taken classes from Saraswati's Yoga Joint?

What makes a yoga class stand out as special for you?

Have you taken any other yoga trainings before? If so please elaborate.

Have you taught yoga before? If so please elaborate.

Do you have any physical injuries or limitations or medical conditions that we should be aware of? Please list.

Why do you wish to participate in any portion of SYJ's Yoga U?