

THERAPEUTIC YOGA & AYURVEDA IMMERSION

+

TEACHER TRAINING

Lead by Yasmin Fudakowska-Gow & special guests

APPLICATION

Participant's name: _____ Date of Birth: _____

Address: _____ Postal Code: _____

Tel: _____ Alt. Tel: _____

Email: _____ Website: _____

My Interest :

- I am interested in PART I & PART II – I want to do the whole thing & get a 300 hour certification!
- I am interested in PART I (and maybe PART II, we'll see) – I want to deepen my practice & understanding of ayurveda
- I am interested in PART II – I am already a teacher & want to grow

My experience - Regular Yoga Practice :

- 2 years
- 2-4 years
- 4< years

Details : I currently practice yoga at _____

My yoga teacher is or I have studied with this teacher: _____

My experience – Meditation:

- I am new to meditation
- I meditate off & on
- I have a regular, daily meditation practice

My experience – Ayurveda

- I am a total newbie to Ayurveda
- I know a little bit about Ayurveda
- I have studied Ayurveda before

Details: _____

My experience practicing or studying with Yasmin : _____

My experience practicing or studying with another Senior Teacher : _____

Favorite style(s) of yoga: _____

Application Questions:

(Please offer complete answers with detail and use a separate piece of paper)

1. Describe why and how you came to practicing yoga.
2. Describe your current yoga, meditation and wellbeing practice.
3. What does therapeutic yoga mean to you?
4. What do you know about Ayurveda?
5. Describe yourself: How do you spend your time? / What do you do for a living? / What interests do you have?
6. Do you want to teach therapeutic yoga? (if you already teach yoga, what do you love about it?)
7. Why do you want to study with Yasmin and do this program?
8. Do you have any injuries or health issues? If so, please describe them.
9. Is there anything that might stand in your way of completing the program? (ie family, health, business, etc.?)
10. Do you have any questions or concerns about this program?

