



Yoga Teacher Training & In-Depth Studies

PROGRAM APPLICATION

Please complete this form accurately and in full as it forms the initial stage of the admission process. The application deadline for the Winter 2011 course is December 30th. A deposit of \$225 is due upon receipt of this application. Pay your tuition in full by December 1st to save \$100. For complete information on the program, requirements, cost and certification, please consult the program description available online at www.markstephensyoga.com.

PART ONE – PERSONAL INFORMATION

Intended Initial Participation Level: In-Depth Studies Only RYT 200 RYT 500

Legal Name: _____ Nickname: _____

Mailing Address: _____
Street City State Zip

Telephone: _____
Home Cell Work

Email: _____ Website: _____

Emergency Contact Information:

Name: _____ Relationship: _____

Telephone: _____
Home Cell Work

PART THREE – YOGA EXPERIENCE

1. How long have you been consistently practicing yoga? _____

2. What types of yoga have you practiced? Please indicate how long you have practiced each type. _____

3. How often do you practice? Please indicate how often you attend a class, practice at home, with friends, etc. _____

4. Please list the name(s) of your current yoga teacher(s). _____

5. What yoga teachers have most influenced your practice? Please briefly summarize their influence on your practice. _____

6. List yoga workshops you have attended in the last three years. Please give approximate date, venue and instruction. (Continue on a separate sheet if necessary.) _____

7. List titles and authors of yoga books you have read (continue on a separate sheet if necessary)._____

8. Have you previously participated in a yoga teacher training program? If so, please indicate when, where and with whom as the principal instructor(s)._____

9. Do you currently teach yoga? If so, please indicate dates, location and style. _____

10. What first motivated you to practice yoga? _____

11. Why do you practice yoga now? _____

12. What are your main interests or hobbies outside of yoga? _____

13. What qualities (from your education, work experience, life experience) do you think you would bring to this program? _____

14. What are your goals in this program? _____

PART FOUR – DECLARATION

I have read and understand this entire application and the terms and conditions covered in the complete Vinyasa Flow Yoga Teacher Training and In-Depth Studies Program description. The facts set forth in this application are, to the best of my knowledge, true and complete.

Signature: _____ Date: _____

Please send or deliver your completed Application for Admission along with your \$225 deposit to:

Mark Stephens
Santa Cruz Yoga
402 Ingalls Street, Suite 11
Santa Cruz, CA 95060

Should you have any questions, please call (831) 331-3955 or email Mark Stephens:
mark@markstephensyoga.com.