

Application for Yoga Teacher Training with Jade Skinner

Please complete the following application form in full and print legibly.

Name:

Address:

DOB:

Phone:

Email:

Emergency Contact + Relationship:

Personality:

Describe yourself in 5 words

Yoga Experience:

Please list all previous yoga experience, trainings, workshops, etc.

Practice:

How many times do practice in a week and for how long?

What style of Yoga is your primary practice? Ashtanga, Iyengar, Hatha, Flow, Power Flow, Rocket, Restorative, Yin

Do you have a Meditation practice? If yes, for how long?

Do you have a Pranayama Practice? If yes, what techniques do you practice and for how long?

Briefly describe a few things about your yoga practice:

Include strengths and weaknesses that you perceive in your practice.

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Daily Health Practices:

Describe your eating routine (vegetarian, vegan, pescatarian, carnivore, omnivore), health practices, exercise routines/activities & beliefs

Physical and Emotional Health Conditions:

Inform us about your physical & mental health (including current medications, recent surgeries, ailments, injuries limitations, therapy, abuse, depression, addictive behavior, eating disorders, etc....). Indicate whether your conditions may result in temporary absences and/or early withdraws from this course.

****Please note that any difficult times that you've gone through will be a bonus to your students who have their own difficult times.**

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Source of Interest:

You do understand that it takes more than 200hrs to become a Teacher. This is a Foundational Program to teach and provide you with the tools necessary to begin your journey as a student first, teacher second. Why do you want to become a Yoga Teacher?

In addition to your answer, please list 5 qualities that you believe makes for a great teacher.

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Why are you interested in this Teacher Training Program?

Goals:

Do you have expectations for this training? If so, please explain.

Do you have a specific field of interest (ie. anatomy, philosophy, ayurveda, physical practice)?

What do you wish to accomplish by the end of the Training?