



Modular Advanced Yoga Studies (MAYS) & Teacher Training

Personal Information

Name _____ Age _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ - _____ Work Phone _____ - _____

Email _____

Program Information

Indicate which program you are applying for (check the full course or individual modules):

Full 9-Month Teacher Training Course (completing ALL 3 MAYS modules in succession)

Or:

MAYS Module #1 (The Foundation)

MAYS Module #2 (The Asanas)

MAYS Module #3 (The Teacher)

Note: Modules 1 & 2 can be taken in any order, but must be completed prior to starting Module 3

How did you learn about the Modular Advanced Yoga Studies and Teacher Training program?
(Check one option)

Internet Search _____

I practice at Green Lotus _____

Advertisement _____

Friend _____

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About You

1. How many years have you been practicing yoga _____

2. How many times per week do you practice yoga? _____

3. What style(s) of yoga do you usually practice? _____

4. Do you have a home practice? Yes _____ No _____

5. Who have been your primary yoga teachers? _____

6. Do you practice meditation or pranayama? _____

7. Is this your first advanced yoga study/teacher training? Yes _____ No _____

If No, please list prior trainings: _____

8. Are you currently teaching yoga? Yes _____ No _____

If Yes, for how many years have you been teaching? _____

Where do you teach? _____

What style(s) do you teach? _____

9. Why are you interested in Green Lotus Advanced Studies Program? _____

10. What are your expectations for this training? What do you hope to achieve at the completion of the program? _____

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11. In what way has yoga most profoundly affected your life? _____

12. Upon completion of this program, do you plan to teach? If so, what are you most excited about sharing with the community? _____

Medical History

Please complete the Medical History section below so that we can be sure to respond to any emergencies should they occur during your training. Please note that none of your responses will exclude you from being accepted into the program.

1. How would you evaluate your current health? _____ Fair _____ Good _____ Excellent

2. Current health challenges (describe briefly): _____

3. Do you suffer from any chronic conditions? (please describe) _____

4. Are you currently or during the last two years have you been under the care of a physician or mental health care professional? Yes _____ No _____

5. Please list any prescription medications you are taking: _____

6. Is there any additional health-related information we should be aware of about you? _____



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Payment Information

A deposit must accompany your application in order to secure your space in the training. You may choose to pay the deposit or make full payment at this time (please circle choice below). Full payment for individual modules or the full three-module program is required no later than the start of the program. Green Lotus accepts payment by cash, check, or credit card (Visa/MasterCard only).

I am paying: FULL FEE _____ or **DEPOSIT ONLY** _____ (check one option)

I am paying: CASH (DO NOT mail cash – call 952.373.0055 to schedule payment)

I am paying: CHECK Check # _____

I am paying: CREDIT CARD Visa ___ MasterCard ___ (We do not accept AMEX or Discover)

Credit Card # _____ Exp. Date ____/____

Name as it appears on card _____ CCV # _____

Is your billing address the same as your mailing address? Yes ___ No ___ (enter billing address below)

My billing address is:

Street _____

City _____ State _____ Zip _____

I hereby authorize the above payment of \$ _____

Full Name _____

Signature _____ **Date** ____/____/____



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Application Process

1. Print out this PDF document
2. Enter the information by hand – please use black ink as this form will be scanned
3. There are 3 ways to submit your application

a) Mail completed application to:

Attn: Candy Bell E-RYT
Green Lotus Yoga & Healing Center of Lakeville
17940 Kenyon Avenue
Lakeville
MN 55044

OR:

b) Scan the completed application as a PDF or Word doc and return it as an email attachment to:

info@greenlotusyogactr.com

OR:

c) Drop off the completed application in person at the Green Lotus Yoga & Healing Center

4. Each applicant will be contacted by a member of the Green Lotus Yoga MAYS training staff to discuss their individual needs and expectations, and to answer any other questions

Thank you.

*green lotus yoga & healing center of lakeville
18480 kenyon avenue, lakeville, minnesota 55044
952.373.0055 ~ www.greenlotusyogactr.com*