



Advanced Yoga Study & Teacher Training Application Form

Assist & Adjust Yin CancerCare Restorative Chakra

Personal Information

Name: _____ Age: _____

Address: _____

City: _____ State: _____ Zip: _____

Daytime phone: _____ Evening phone: _____

Email address: _____

Check here if you do NOT wish to receive emails from Green Lotus. We never sell or share information.

Medical Information

Please complete the Medical History section 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 this training.

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?



Program Information

How did you learn about the Teacher Training Program? (Check one option)

- Internet Search
- I practice at Green Lotus
- Advertisement _____ (publication)
- Friend
- Other _____ (please specify)

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 personal practice? _____
5. Who have been your primary yoga teachers? _____
6. Do you practice mediation or pranayama? Yes No Frequency _____
7. Is this your first Teacher Training? Yes No
 - a. If no, please list prior trainings: _____

8. Are you currently teaching yoga? Yes No
 - a. If yes, for how many years? _____
 - b. What styles do you teach? _____
9. What aspects of this training speak to you? _____

10. What are your expectations for this training? _____

11. What tools do you want to acquire? _____
 - a. How do you plan to incorporate those into your teaching? _____
 - b. How do you plan to incorporate those you're your personal practice? _____
