



Sakhi Yoga Teacher Training Application

Name: _____

Address: _____

City/State: _____

Zip: _____

Email: _____

Phone (Home): _____ (Work): _____
(Cellular): _____

Personal Information:

Gender: M ___ F ___ Marital Status: _____

Age: _____

Describe your current state of physical health and fitness:

Describe your current state of mental health:

What do you see as your biggest challenges in life right now?

Yoga Experience:

How long have you been practicing yoga?

What style(s) of yoga do you currently practice?

Do you currently have a regular teacher? _____ If yes, how often do you practice under this teacher's guidance?

Have you attended any previous trainings or intensives? _____
If so, with whom and where?

Do you have teaching experience? _____ Please describe any training or education that may be relevant to this experience.

How would you describe your current personal practice?

On a separate sheet of paper, please write a brief (300 words or less) explanation of your intention for this training.