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APPLICATION FOR ENROLLMENT IN 200 HR PROGRAM

2019-2020

**Meeting Dates:**

September 13-15

October 11-13

November 1-3 and 8-10

December 6-8

*-winter break-*

February 7-9 and 21-23

March 6-8 and 20-22

April 3-5 *Graduation!*

*NOTE: Attendance of all 180 contact hours is required to complete the course.*
 **Personal Information:**

Today’s Date:
Name:

Address:

Birthdate:
Home phone:
Cell/Work:
Email:
Occupation:
Emergency Contact (phone and address):

How did you hear about our training?

Medical and Health History: *(please attach any additional comments in a separate document)*

**The Ivy Yoga School’s** curriculum includes vigorous asana practice. We require that applicants have at least two years of a consistent asana practice.

How would you evaluate your current health?

Do you suffer from any medical conditions? (diabetes, epilepsy, mental health challenges, etc..) ?

Do you have any injuries that are currently bothering you? If so, please describe in detail.

What injuries have you sustained in the past (broken bones, strains, sprains, dislocations, etc…) Have any of them been reoccurring? Please describe each in detail.

Are you currently taking any medications, vitamins, or supplements?

If so, please list them below.

Is there any other medical or health information you feel we should be aware of?

About You and Your Yoga History:

How long have you been practicing yoga?

How many days per week do you practice?

What style of yoga do you currently practice?

Do you practice at a Studio? If so, which one?

Do you have an established home practice?

Who have been your primary teachers (past and present)?

Have you been instructed in meditation or pranayama? If so, who were your teachers?

Have you attended yoga workshops or advanced trainings in the past? If so, what were they?

Are you currently teaching yoga? If so, where?

**Essay:**

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1. What area of Yoga practice challenges you the most right now? (physically and mentally)

2. What are your expectations for this training? What do you hope to achieve by the end of this training? *(please be specific)*

3. Why is yoga important to you? (please include any additional questions or comments)