

# Application for 2010 Mentorship Program

Name

Home Phone

email

Address

Work Phone

fax #

Occupation

How many years have you been practicing yoga?

How many years practicing Anusara Yoga?

Please list your studies in Anusara Yoga. List the Anusara Yoga teachers that you have studied with, including how often and how long you have studied with them. (please attach a separate page – signed Anusara Log Sheet if possible.)

Have you studied the Anusara Yoga Teacher Training Manual by John Friend? YES NO

Do you feel that you have a strong understanding and working knowledge of the Universal Principles of Alignment? YES NO

Have you completed a 100 hour Anusara Yoga Immersion? YES NO

If so, where, when, with whom?

Have you practiced meditation, and if so, for how long?

Where, when & with whom?

Have you taken any teacher training programs before? If so, with whom & when?

Do you teach yoga? YES NO If so, how many years have you taught?

What is the average number of students that you teach per week?

What styles have you focused on?

Are you currently certified in any other methods of Yoga? If so, which styles?

Are you interested in becoming a certified Anusara Yoga teacher? If so, what is your current status?

Do you now or have you had any significant injuries or illnesses? If so, please explain.

For each of the following questions, please attach a separate page if necessary.

1. Why do you want to attend this Anusara Yoga Teacher Training Course?

2. What are your expectations for this training? What do you hope to gain from it?

3. What are some of your strengths and weaknesses as a practitioner and teacher?