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Boundless yoga teacher training application 200-hour, 2009-10

Answer each question, giving as much information as feels appropriate to help us understand more about you and your yoga practice. There are no right or wrong answers.

1. How long have you been practicing yoga?
2. Who is your current yoga instructor?
3. With what teachers, and/or in what styles of yoga, have you practiced?
4. Which style and/or teacher do you prefer and why?
5. Describe your current practice, including any meditation, chanting, mantra, or prayer.
6. For what reason are you interested in the Boundless Yoga Teacher Training program?
7. What other programs have you looked into, if any?
8. What is your work/life situation like? Are the people in your environment supportive of your yoga practice and your interest in teaching yoga?
9. What impediments to your commitment to this program do you foresee?
10. Describe the types of poses you like and why.
11. Describe the types of poses you don't like and why?
12. What experiences have you had with your breath in yoga class? Have you noticed changes in your breath since you began practicing yoga?
13. What efforts are you making toward self-improvement?
14. Do you want to teach yoga? Why?
15. Why do you think you would be a good yoga teacher?
16. What other studies have you taken on in your adult life, hobby or otherwise? How do you spend your free time?

17. What is the highest level of education you've received? Do you have any interest in more studies later in life?
18. What is your occupation?
19. In what religion were you raised?
20. Do you believe in God or divine intelligence?
21. What is your main ambition in life?
22. What are you doing to accomplish that goal?
23. Describe your current spiritual practices.
24. What are a few of your favorite books?
25. Describe what you're reading right now.
26. List all the books and/or (regular) magazines you've read in the last year.

Please submit to Boundless Yoga, andreac@boundlessyoga.com, by August 1, 2009, with a \$30 non-refundable deposit fee. Program starts September 1; all deposits due August 15.