



Fox Valley's
500 hr Yoga Teacher Training
with Karen Weber

Application

Thank you for taking the time to apply for our Fox Valley 500 Hour Yoga Teacher Training program. The purpose of this application is for us to get to know you and your background, to help you clarify your intentions and goals and to see how participation in this program can best serve you.

The goal of our Fox Valley 500 Hour Yoga Teacher Training is to produce great teachers that are educated in the full scope of Yoga so they safely and positively affect future Yoga students. It is also to identify areas where greater clarity and joy can enter your life, familiarize you with a personal practice so that you can fully utilize Yoga's tools and to connect you with a community that supports your highest good. Understanding Yoga's role in all aspects of our life not only contributes to our personal evolution but also to the well-being of the world. This is the key to greater understanding, compassion, joy and the spreading of peace and this is the mission and purpose of this program.

Please take your time to fully consider each question and answer them honestly. Please also submit a digital or physical photograph. Thank you. I'm thrilled for this opportunity to work with you and to start this ripple of awareness and support throughout our community.

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|----------------|-------------|------|----------------|
| Date: | Name: | | |
| Address: | | | |
| City: | State: | Zip: | Country: |
| Home Phone: | Cell Phone: | | |
| Email Address: | | | Date of birth: |

1. How did you hear about our Fox Valley 500 Hour Yoga Teacher Training program?
2. Why have you chosen this program?



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3. What do you intend to get out of the program? In other words, what are your goals on a physical, mental, emotional and spiritual level for this program?
4. What were the details around how and when you began practicing Yoga?
5. Describe your background experience, training and practice with Yoga.
6. Which teachings within the scope of Yoga have been most influential?
7. Describe the qualities and experiences you have had with the teachers that you value or have impacted you.
8. Describe your daily practice (Lifestyle, Asana, Pranayama, Meditation, Mantra). If you don't have a daily practice, why not?
9. Becoming a master teacher requires a deep level of commitment, tell me about your experience with commitment.
10. Yoga Teachers have a great well of resource to draw on for guidance when they have lived the practice and have confronted and worked through their own physical, mental and emotional limitations. What powerful experiences have you moved through and how did having a Yoga practice affect them?
11. What challenges are you facing now? How do you think this program or Yoga in general can help with that?
12. Becoming a 500 hour certified teacher comes with an understanding that your reach will broaden. Who do you have in your life that can anchor you, support you while you increase your ability to support others?
13. In what ways and how often do you take time to nourish yourself?
14. What qualities, attitudes and actions will you contribute to this training?
15. What are your short-term goals (life and Yoga)?
16. What are some long-term goals (life and Yoga)?