

LivFree**®️** Chair Warriors Yoga Certification

First Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Last Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Cell: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Why seniors?:**

What is your experience working with seniors?

What interests you the most about this population?

Name three of your gifts/talents.

**Your Goals:**

What is your goal for this training?

**Your Yoga:**

Are you a certified Yoga Teacher?

What level of certification are you?

Are you registered with Yoga Alliance?

How long have you been practicing yoga? How often do you practice?

What makes a yoga class stand out as special to you?

Please tell us about other senior and/or trainings that you have participated in.

Do you have any physical injuries that we should know about?

Is there anything else you want us to know?