



## Beyond Asana Student Application

### **STUDENT INFORMATION**

Full Name	
Address	
City, State, Zip Code	
Email	
Phone	

Emergency Contact	
Phone	
Relationship	

### **QUESTIONS**

- How did you hear about Unplug & Be Mindful Yoga's Beyond Asana?
- What is the primary reason you are interested in the Beyond Asana Program? (**check all that apply**)
  - ☐ Personal Growth
  - ☐ Developing a Personal Yoga Practice (pranayama, asana, meditation)
  - ☐ Understand the deeper meanings of yoga and its philosophies
  - ☐ Learn about Ayurveda
  - ☐ All of the Above
  - ☐ Not Sure



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- How long have you been practicing yoga?
- How often do you practice yoga asana (postures) currently?
- Do you practice pranayama?
- Do you practice meditation?
- What style(s) of yoga do you practice?
- Please describe how you found yoga (or yoga found you):
- How is your physical body? Do you have any medical conditions or have had a recent injury that we need to be aware of?
- Is there anything else that you would like us to know about you?
- Please indicate which day/time you would to attend the trainings? In addition to the weekly class, there will be 6 (possibly 7) weekend intensives. This program will take seven months to complete

Options for Beyond Asana Program beginning October 2020

- Weekend Option: In Person and/or Virtual Sundays 10:30am-1:30pm
- Weekday Option: In Person and/or Virtual Tuesdays 11:30pm-2:30pm
- Weekday Evening Option: In Person and/or Virtual Friday's 6:00pm-9:00pm



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Deadline to Apply is September 27<sup>th</sup>, 2020

***Thank you for your interest in our Beyond Asana Program.***