



## Beyond Asana Student Application

### **STUDENT INFORMATION**

<b>Full Name</b>	
<b>Address</b>	
<b>City, State, Zip Code</b>	
<b>Email</b>	
<b>Phone</b>	

<b>Emergency Contact</b>	
<b>Phone</b>	
<b>Relationship</b>	

### **QUESTIONS**

- How did you hear about Unplug & Be Mindful Yoga's Beyond Asana Program?
  
- 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
  
- How long have you been practicing yoga?



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- 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 like to attend the trainings.

Options for Beyond Asana Program beginning June 2021 thru November 2021

### Bi-Weekly

- Weekday Evening Option: Tuesday Evenings 6pm-9pm (*In Studio*)
- Wednesday Evenings 6pm-9pm (*Virtual*)
- Thursday Morning 9am-12pm (*virtual*)

Applications can be emailed to [melissa@unplugyoga.com](mailto:melissa@unplugyoga.com) Deadline to Apply is May 15th, 2021.

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