



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 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: Friday Evenings 6pm-9pm (*In Studio*)
- Tuesdays 11:00am-2:00pm

Applications can be emailed to melissa@unplugyoga.com

Deadline to Apply is December 1st, 2021.

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