

# September 2021-December 2021 100 Hour Yin Yoga Training 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 Yin Yoga Teacher Training Program?
  
- What is the primary reason you are interested in Yoga Teacher Training? (**check all that apply**)
  - Occupation: To Teach Yin Yoga
  - Personal Growth
  - Both
  - Not Sure
  
- How long have you been practicing yoga? Do you practice Yin Yoga currently?

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- Do you practice pranayama (breath work)?
- Do you practice meditation?
- What style(s) of yoga do you practice?
- Please describe how you found yoga (or yoga found you):
- Is this your first Yin Yoga training ? Have you taken any other yin yoga certification programs?
- 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?

***Thank you for your interest in our Yin Yoga Teacher Training Program and taking the courageous steps to improve your life and the lives of others. Namaste.***