



## Living Yoga Teacher Training and In Depth Studies Course

### About You

Describe your family

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Extracurricular activities

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Emergency contact information

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Describe your physical health

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Describe your emotional and mental health

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List all injuries, past and present

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Are you currently taking any medications? If so, please list in detail

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Do you smoke tobacco? \_\_\_\_\_

Other major commitments

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This program requires a significant time commitment. Is there anything that would prevent you from participating fully?

Support network

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The practice can bring up a lot of emotions. You'll want someone to talk to about personal issues that may arise throughout the program.

How did you hear about this program?

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Which program(s) are you interested in?

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About Your Practice

How long have you been taking yoga classes and/or practicing?

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Why do you want to take this program?

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Do you teach yoga now?

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Do you plan to teach yoga after completing the program?

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Describe your religious beliefs.

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Have you taken classes at Living Yoga Center?

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Have you studied yoga anywhere else?

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Self-practice vs. class with a teacher?

Are you willing to maintain a daily practice (minimum 15-20 min.) to become a certified teacher?

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Please list any other interesting things you think we should know about you.

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Mailing Address and Lead Trainer:

Mary Wolters  
302 W. Elm St.  
Urbana, IL 61801

**Ways to Prepare for the Program**

- Establish a regular practice, 3-4 times per week. Attend as many classes at Living Yoga Center as possible to experience different styles and teaching methods.
- Create a balance between activity and rest. Most of us do not get enough sleep. During rest, the body and mind have a chance to regenerate. Commit to getting 8-9 hours of sleep per night.
- Eat a healthy diet rich in whole foods, such as grains, vegetables, and fruit. Reduce or eliminate red meat, processed foods, caffeine, and alcohol. Drink plenty of pure water.
- Clear your schedule of activities, commitments, and distractions. This training will require at least 20 hours of your time every week.