

Pura Vida School of Yoga
"Pure Life"

Student Application

Name: _____ Birthday: _____ Gender:

Address:

Home Phone: _____ Cell Phone:

Email:

Emergency Contact

Name: _____ Relationship:

Phone: _____

1. How long have you practiced yoga? How has your experience with yoga been so far? What styles? How often do you practice?

2. What inspired you to become a certified yoga instructor?

3. What are you wanting to experience during this training?

4. What is the current state of your physical/emotional/mental health?

5. What is your current lifestyle? (Religious practices, education, career, family life, marital status, place of residency, diet, fitness regimen, etc.)

6. Please list any other activities, hobbies, or interests.

7. What are you passionate about?

8. How can we assist you with your goals during this training?

9. Are you taking any medications, or have any allergies?

10. List any other information that is vital for us to know about you.

11. Are you prepared to refrain from any alcohol\ drugs (including marijuana) for the duration of this training?

12. Are you 100% committed to being authentic and true to yourself during this training? Are you 100% committed to respecting your peers while they experience their own personal journey?

13. How did you hear about Pura Vida School of Yoga, and this training in particular?