

## **Pura Vida 200 Hour Yoga Teacher Training Application**

*Please fill out all these questions to the best of your ability. Email us your response or drop it by our clinic.*

*Full Name:*

*Birthday:*

*Gender:*

*Address:*

*Phone Number:*

*Email:*

*Emergency Contact (name, number, and relation to you):*

1. What has your yoga experience been like up to this present day?
2. What styles of yoga do you practice?
3. How often do you practice?
4. Why do you want to become certified? What inspired you?
5. What are you passionate about as an individual?
6. What is your lifestyle like? (Include any loved ones, daily activities, work, hobbies, religion, routines, diet, etc.)
7. What are your future goals with yoga? What are you hoping to receive from this training?
8. What is the current state of your physical/emotional/mental health?
9. Do you have any injuries, allergies, or diagnosis we should be aware of?
10. Can you commit to being authentic and honest with yourself and others during this training?
11. We challenge all of our trainees to remain abstinent from mind altering substances such as alcohol and marijuana, or choose something else to abstain from during the training. Do you feel like you can commit to this? If not, let us know why. (Note this challenge is not a requirement, it is a suggestion and we will discuss this deeper day 1.)

12. Give us any other information you feel we should know about you.

13. Lastly, how did you hear about this training?

We will get back to you as soon as we can. We look forward to getting to know you.  
Namaste. Sonja & Gabbi