IYENGAR YOGA DETROIT ASP APPLICATION 2017

* Attach extra pages as needed.
* Send completed application to badassyoganun@gmail.com by January 1. Previous ASP attenders need not re-apply, but may email me an update/progress report as appropriate.
* If you plan to take an IYNAUS assessment in 2017, let me know ASAP. If you are hoping for my recommendation for an assessment in 2017, let me know by Fall 2016 at the latest.

Date:

Name: email: phone:

History of yoga study

Dates Teacher Type of yoga City

History of yoga teaching

Dates Location Type of yoga Level

History of yoga teacher training

Dates Location Type of yoga

Briefly describe the content and structure of prior training:

Number of hours of training completed:

Have you ever worked as a yoga teaching apprentice? If yes, describe the content, structure, and length of your apprenticeship.

I practice asana on my own \_\_\_\_\_x/week.

I practice pranayama on my own \_\_\_\_\_x/week.

My typical asana practice session is \_\_\_\_minutes long.

A typical asana practice sequence would be:

On another piece of paper, please answer these questions:

1. Do you want to teach Iyengar Yoga?

2. If yes, why?

3. What do you hope to gain from this program?

4. What are your yoga hopes, aspirations, or ideals? Where do you hope to be as a yoga practitioner in 5 years? If you plan to teach, where do you hope to be as an Iyengar Yoga teacher in 5 years?

5. Describe a formative, inspiring, or important yoga experience you have had. (A teacher who influenced you, a life-changing workshop, a break-through of some sort…)

6. Anything else you want me to know?