



## Teacher Training Application

(Please use additional pages if needed. Also, you can use any format to submit your application, e.g., you can re-create this application or submit your questions into the body of an email.)

Name	
Email	
Cell Phone Number	
Address	
City, State, Zip	

<p>1. Why are you drawn to the Synergy Yoga Teacher Training?</p>
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2. Please share with us about your yoga practice and experience. How long have you practiced? What styles of yoga have you practiced in the past, and what is your practice today? Who do you consider your most inspirational and influential teachers?

3. Have you taken other teacher training courses? Are you currently teaching?

4. Do you have any injuries? Are you taking any medications? Are you receiving medical care? If yes, please explain:

5. Do you have experience with Ayurveda? If yes, please describe:

6. What are your self-care practices? In other words, how do you nourish yourself?

7. Do you have a spiritual practice? If yes, please describe:

8. The Synergy Yoga School training is a joyful, in-depth course focusing on the classical teachings of yoga. We will have very full weekend sessions once per month, frequent Friday evening sessions, as well as our three-night retreat on Whidbey Island at the end of the course. Sessions will be varied, but will include practicing yoga, pranayama and meditation, attending lectures, group discussions, practical sessions, assigned readings, etc. Our expectation is that students will attend all sessions and be present and participatory. This kind of commitment requires great maturity and positivity. The practice of yoga requires us primarily to show up to ourselves on and off of the mat as we are. If there is physical injury, if we are moving through something emotionally, if we are exhausted, we practice anyway. Our practice can always be modified to suit our needs. In this training you are expected to come to class as you are. You are always welcome to do an alternate restorative practice but there is immense benefit in being present within the practice space simply witnessing ourselves as we are in that moment. This ultimately is the greatest lesson of yoga and this is why we require full attendance. Is this a commitment you can make? Please share your thoughts with us below:

9. What is your educational and/or professional background?

10. How did you hear about the Synergy Yoga Teacher Training?