

Namaste.

This is the beginning of a lifelong journey into yoga. We come together to question limitations, redefine possibility and return to our natural state: love.

We are asana-grounded, bhakti-channelled and divinely spiritual. We open our hearts to *seva* (service), *karuṇā* (compassion) and *ananda* (bliss) while teaching the foundations of a yogic lifestyle. Our love revolutionizes the way we live, teach and breathe yoga.

WE CARE ABOUT YOUR EXPERIENCE.

NAME _____ DOB ____ / ____ / ____

EMAIL _____ PHONE _____

CITY _____ STATE _____ COUNTRY _____

GENDER _____ OCCUPATION _____

What program & dates are you applying for?

What is your intention for attending this teacher training?

Why do you practice yoga?

How long have you practiced yoga?

How often do you practice yoga?

What styles of yoga do you practice?

Do you have a meditation or pranayama practice?

Do you have a spiritual practice?

Have you attended any past teacher trainings? If yes, when and where?

Do you have any injuries or health conditions? If yes, please explain.

Are you on any medications? If yes, please explain.

Do you have any dietary restrictions? If yes, please explain.

Do you currently teach yoga? Where do you teach? How long have you been teaching?

Who have you studied with in the past?

What do you currently struggle with in your practice?

Is there anything specific you wish to learn?

Are you committed to being fully present throughout this training?

Please email your completed application to **smile@sufey.org**

Let the adventure begin.

