



ANATOMY OF
ASHTANGA YOGA

Student Questionnaire

This questionnaire is designed to assist you in focusing on your intentions with regard to **The 300 Hour Anatomy of Ashtanga Yoga Teacher Training**, as well as give us an idea of who you are, and why you have chosen this training. Please take your time, and email us your answers. All information given in this questionnaire will remain strictly confidential.

Name _____

Address _____

City, St, Zip _____

Cell phone _____

Email address _____

Emergency contact number _____

Birthdate _____

QUESTIONS:

1. Why have you chosen this particular training...and why at this time?
2. What do you hope to receive from the Training?
3. Tell us about your "yoga history"...how long have you been practicing, what style(s), and with whom?
4. Give us a brief "history" of your life up to this point ("Cliff Notes" version!)
5. What do you have to bring from your life experience and who you know yourself to be as you move into becoming a yoga teacher?
7. Do you have any physical issues that might impact your experience in the training?

If you have any questions about these questions, please give us a call at 215-230-4031. You must your answers to us along with your \$350 deposit in order to be reviewed for acceptance into the Anatomy of Ashtanga Yoga Training (email: sundogyogastudio@verizon.net). Thank you!

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17 West State Street . Doylestown, PA . 215.230.4031 . www.sundogyogastudio.com