

2009 Anusara® Yoga Immersion Application

{please add as many pages as necessary to complete}

PERSONAL INFORMATION:

Your name:

Address: _____ City: _____ State: _____

Zip: _____

Phone number: _____ Cell:

E-mail: _____ Date of Birth:

Profession: _____ How long:

HEALTH BACKGROUND:

1. Do you have any physical injuries or medical conditions? If yes, please describe below.

2. How is your overall health?

3. Please list whom we should contact in case of an emergency. Include phone number.

YOGA BACKGROUND:

1. Total length of time you have practiced hatha yoga:

2. How long have you practiced Anusara Yoga?

3. Please list whom you have studied Anusara Yoga with and for how long.

4. Please list your most influential yoga teachers other than the Anusara Yoga teacher/s that you listed above. How long did you study with them?

5. Have you studied the Anusara Teacher Training Manual?

6. How would you rate your knowledge and understanding of the Anusara Universal Principles of Alignment?

7. Have you had any training in anatomy or yoga related subjects? If so, what?

8. Please describe your home practice. Include how often, the duration, and for how many years you have maintained this home practice.

9. Are inversions a part of your practice? If so, which ones, how long, and how often?

10. How is Anusara Yoga different from other styles of hatha yoga?

11. Are you currently teaching yoga?

12. If yes, what is your teaching background?

13. If no, are you interested in continuing toward teacher training?

14. Why do you want to take this Anusara Immersion training?

15. How important is it to you in becoming a Registered Yoga Teacher through the Yoga Alliance?

16. Was your decision to apply for this program based on becoming a Registered Yoga Teacher through Yoga Alliance?

APPLICATION CHECKLIST:

1. Recent headshot photo.
2. Letter of recommendation from one of your yoga teachers.
3. The cost of the **Anusara Yoga Immersion** is **\$450**. A \$75 deposit is due upon submitting your application to reserve your spot. *Final tuition payment is due one week before the Immersion begins. {*Payment Plan may be arranged on a case by case basis for final tuition.*}
4. The deposit will be fully refunded if a student applicant is not accepted in the program. ***The deposit is fully refundable until one week before the Immersion weekend begins, minus a \$50 cancellation fee. Refunds are not given for any reason less than one week prior to the first Immersion weekend, unless your spot can be filled from a waiting list.***
5. Books and other required course materials are not included. A reading list is available upon request.
6. Send application, all attachments and fee to:

**Jodi Earls ~ Immersion Application
Epiphany Yoga Center
1299 Pine Street • Saint Helena, CA 94574
707 • 963 • YOGA (9642)**



Or

**Courtney Willis ~ Immersion Application
Ubuntu Restaurant & Yoga Studio
1140 Main Street • Napa, CA 94559
707 • 251 • 5656**

