

Application

Go Deep Yoga Teacher Training



Thank you for your interest in Go Deep Yoga teacher training. This confidential application is designed to help you clarify your intentions, strengths, and weaknesses, and to help me get to know you a bit better. Please be as honest and clear, and complete yet succinct, in your answers as possible. Once I have reviewed your responses, we will make an appointment to meet and discuss. If you have questions about the program, please speak with me before turning in the application alongside the required deposit.

Please note that a hard-copy, wet-ink signed Financial Agreement is required to process your application. This application document may be typed or hand-written and can be submitted electronically or hard copy. Once your completed application, signed financial agreement, and \$500 deposit has been submitted, your space in the cohort will be considered secured. If you need to make alternate financial arrangements, please speak with me as soon as possible and prior to submitting your application.

Also please note: to be accepted into this course, **you must be able to attend the *entire* first and last YTT weekend sessions**, as best you can predict and God willing.

Address: Ti Harmony 603 Nunn Street, Chapel Hill, NC 27516

Email: Tj@GoDeep.Yoga - if you have questions, feel free to ask

Phone: 919-969-7228 - this is a landline; text messages don't work but voicemails are welcome

Name: _____ Age: _____ Birthday: _____

Mailing address: _____

Email address: _____

Phone number(s): _____

Educational background:

Previous yoga (or related) experience and trainings or workshops:

Current yoga or other spiritual practices and how long have you been doing them (please give details of any practices you are now engaged in):

How long have you been practicing yoga? Where? What styles or influences? How regularly?

Why are you interested in this training at this time in your life? What do you hope to get out of it and what do you envision doing with what you receive?

What personal strengths do you bring to this course?

What personal weaknesses do you bring to this course? What do you think will hinder you the most during this course, personally and in your daily life?

Who are or have been the most influential people in your life and why?

Please tell me two people (and their phone numbers) who I could contact as a reference for you.

How would you evaluate your current health and if you have any challenges, please explain?

Do you have any injuries, medical conditions or surgeries that may affect your ability to fully physically participate in the training? If yes, please explain.

Do you have a history of mental illness that may become an issue during the training or affect your ability to fully participate in the training? If yes, please explain.

Is there anything else Ti should know about your medical history?

Are you familiar with chanting Sanskrit mantras? Do you chant as part of your practice?

Do you have any issues with the word or concept of "god?" If so, please explain.

Does your family (or friends) support you doing this training?

How do you plan to make time for studying and practicing yoga?

Do you anticipate any difficulties with meeting the financial agreement?

Do you anticipate any difficulty writing a spiritual autobiography and sharing it with your fellow students? (The autobiography is a requirement to participate in the course)

Thanks for taking the time to consider all this and to share this information with me. I look forward to chatting about it with you. -Ti