



Absolute Yoga Refined Flow 200 Hour Teacher Training Program

When completed, please return to Leslie@absolutedyogastudio.com

Personal Information

Name: _____ **Today's Date:** _____

Address: _____ **City:** _____ **State:** _____

Home Phone: _____ **Cell Phone:** _____ **Occupation:** _____

Email Address: _____

Emergency Contact: Name: _____ **Phone** _____ **Relationship:** _____

How did you learn about Absolute Yoga Teacher Training:

- | | |
|---|--|
| <input type="checkbox"/> I practice at Absolute Yoga | <input type="checkbox"/> I was referred by _____ |
| <input type="checkbox"/> Internet Search | <input type="checkbox"/> Friend |
| <input type="checkbox"/> My yoga teacher recommended it | <input type="checkbox"/> Other _____ |

Medical History

Please complete the medical history section below so that we can be sure to respond to any emergencies should they arise during the training.

1. How would you evaluate your current health? Excellent Good Fair Some challenges (briefly describe) _____
2. Please let us know if you have any injuries that may affect your ability to fully participate in the training.

3. Please list any medical conditions that may affect your ability to fully participate in the training.

4. Have you had any surgeries in the past year? If yes, please explain.

5. Is there anything else we should know about your medical history?

About You

1. How long have you been practicing yoga? _____
2. How many days per week do you practice? _____
3. What style of yoga do you usually practice? _____
4. At which yoga studio(s) do you currently practice? _____
5. Do you have a home practice Yes No
6. Who have been your primary teachers? _____
7. Do you practice meditation and pranayama? _____

8. What area of yoga challenges you the most:

9. Do you practice inversions? Yes No

10. Do you practice Surya Namaskar (Sun Salutations) ? Yes No

11. Is this your first training? Yes No If no, please list prior trainings

12. In your opinion, what makes a good yoga teacher and why?

13. Why do you want to take Absolute Yoga's 200 hour Teacher Training Program?

14. What are your expectations for this training? What do you hope to achieve at the completion of the training?