



200-hour Teacher Training at Yoga Sutra



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Educational Background:

Institution	Degree(s) Received	Date Graduated

Illnesses and Injuries _____

Prescribed Medications _____

Emergency Contact Information:

Name _____

Address _____

Telephone _____

Email _____

Teacher Training Course Essays

Please prepare thoroughly each of the following essays on separate sheets of paper (typed, double spaced, about one page per essay) and submit to Guta Hedewig at Yoga Sutra.

Essays:

1. What does yoga mean to you?
2. Write a brief history of you and yoga.
3. What do you hope to accomplish during this course?
4. What do you plan to do with this training, once you are finished?