





# 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)

### 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?