



**200-hour
Yoga Teacher Training
at Yoga Sutra**



**501 Fifth Avenue, 2nd Floor
New York, NY 10017**

Tel: (212) 490-1443 ♦ Email: info@yogasutranyc.com ♦ www.yogasutranyc.com

Educational Background:

Institution Degree(s) Received Date Graduated:

Illnesses and Injuries (if any):

Prescribed Medications (if any):

Emergency Contact Information:

Name _____
Address _____
Telephone _____
Email _____

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 Registrar, Megan Alexander.

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?