



# A Balanced Approach Hatha Yoga Teachers Training

Application Form for 2018 Programs

**PERSONAL INFORMATION:**

Your Full Name: \_\_\_\_\_

Today's Date: \_\_\_\_\_

Which Program are you applying to:

200 Hour Basic Certification – July Immersion 2018 \_\_\_\_\_

August 24 – 26, 2018 Advanced Teachers Immersion Weekend \_\_\_\_\_

300 Hour Embodying the Sacred Advanced Training \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Home Phone Number: \_\_\_\_\_

Cel Phone Number: \_\_\_\_\_

Work Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact (Name, Phone Number and Relationship):

\_\_\_\_\_

How did you hear about our Yoga Teacher Training? (indicate first occurrence with a 1, and, if applicable, the second occurrence with a 2) :

Word of Mouth \_\_\_\_\_ Friend \_\_\_\_\_ A Balanced Approach Facebook Page \_\_\_\_\_

Allison Ulan's Monthly Newsletter \_\_\_\_\_ Facebook Advertising \_\_\_\_\_

Other website (please specify) \_\_\_\_\_

Please answer all of the following questions. All your answers and personal details will be kept confidential. The information is to help the faculty of A Balanced Approach Trainings offer you a professional training to suit your needs and augments the experience you already have. (You can attach additional paper or document if needed.)

How long have you been practicing yoga? \_\_\_\_\_

How many times per week do you practice? \_\_\_\_\_

Do you practice at home and how often? \_\_\_\_\_

Where have you studied yoga and with whom?

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Do you practice meditation and how often?

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What form of meditation do you practice if you do have a practice?

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Have you participated in any other training programs, yoga intensives, special workshops or practice intensives? Please list them.

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Why have you applied to this training in particular? What interested you about the trainings focus?

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List your previous education and relevant training experiences

(Please share your experience in the fields of community, education, health, well-being, sports, contemplative life and/or spiritual life.)

Please be specific because this helps us plan the training.

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Do you have any health related issues such as past injuries or health conditions?

Examples of possible conditions are carpal tunnel, a fracture in the body, high blood pressure or low blood pressure?

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Are you on any prescribed medications, vitamins or food supplements? Please list them.

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Do you have teaching or facilitating group learning experience? If yes, please list them.

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Do you already teach? If you do, what do you teach and how often. \_\_\_\_\_

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Thank you for your application to the yearlong A Balanced Approach Teachers Training Program 2018. We will review your application and answer you on your acceptance into the program within 7 to 14 days of receiving your application form.

Thank you for your time and commitment to practice the ancient traditions of mindfulness, compassion, joy and equanimity through yoga and meditation.

Allison Ulan  
Director of A Balanced Approach Yoga Training Program

