



A Balanced Approach Hatha Yoga Teachers Training

Application Form for 2019 Programs

Personal information:

Your Full Name: _____

Today's Date: _____

Which program are you applying to:

200 Hour Basic Certification for Yoga Teachers - July Immersion 2019 _____

Yearlong 250 Hour Certification for Yoga Teachers Training Program 2019/2020 _____

Your 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 , concerns and professional development. We will augment the program to meet your interests and 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?

Do you practice meditation and how often?

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

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

Why have you applied to this training in particular? What interested you about this program's focus?

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.

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

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



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

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

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

Thank you for your application to A Balanced Approach Yoga Teacher Training Programs with Allison Ulan and faculty. 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 Programs

