



Ā N Ā H Ā T Ā
Y O G A S H A L A

Online Yoga Teacher Training RYT200

First Name	
Surname	
Date of Birth	
Passport Nationality	
Passport number	
Country & Place of Birth	
Current Country Residence	
Languages spoken	
Religion at Birth	
Current Religious Views	
Highest Level of Education- HighSchool/college/university?	
If yes for University/College; what did you study?	
Please tell us in your own words “Why you want to become a yoga teacher?”	
What style of Yoga do you Love?	
What styles challenges you?	
What styles have you practiced, in all?	
How long have you been practicing yoga?	
How often do you practice, 1-2-3-4-5-6 /week or month?	
How old were you when you first heard of yoga?	

How old were you when you first tried yoga?	
What do you remember about the class/teacher?	
Do you remember the 2nd teacher ever teaching you yoga, tell us more...	
What does Yoga mean to you?	
Sacred Yogi Texts "Bhagavad Gita" states, YOGIS require DISCIPLINE; DEDICATION, DETERMINATION, Letting go, stripping away of the Ego and Surrender your Free Will - for the Divine Sovereign Will - with unconditional LOVE, do you feel & think you have those qualities?	
Any old injuries - in the last 6 months, we should know about, do you have a DR.'s ok to practice yoga?	
Any injuries older than 6 months?	
The path of a Yogi, is one path... the path of the Yoga Teacher is a whole new path of ACCEPTANCE of your shadow & light, as well as every other student and being. Yoga Alliance talks about Equality & Ahimsa - Non-Violence, describe your view of the ideal/perfect or well balanced yoga teacher?	
Karma Yoga - tell me in your honest words, what does Karma yoga mean to you & how do you feel about Serving Humanity?	
Is there any other things you would like to tell us?	
Signature	Full Name Date