

Awaken Yoga Teacher Training 2010

Application for Enrollment

Applicant's Name: _____

DOB: _____

Telephone #: _____

Email Address: _____

Home Address, City, State

Are you currently recovering from any injuries or have previous injuries or conditions that may restrict your asana or breath practices? If so, please list conditions and dates of injuries.

Are you currently on any medications or have any medical conditions? If so, please list dates and details.

Please answer the following questions using your own knowledge and words:

Do you think or feel that yoga is a religion? Please explain your answer.

Why do you want to take this training?

What is yoga? (This is not a textbook answer but your own personal view)



Awaken yoga prides itself on self-acceptance, truth, openness, and higher consciousness. Your training will be a balance of physical, mental and spiritual journeys and challenges. We cannot teach what we do not know or have experienced. Each student will be faced with different challenges as each individual is different in their air of creativeness and expression. At anytime during your program that you are not satisfied, feeling supported or struggling with inside or outside issues, I ask that you communicate that to a teacher or friend of our community, as you will see this as journey of awakening, and I ask that we all share in the support we need on this journey. Respect yourself and treat others and the earth with Ahimsa and you will connect to the yoga within.

I look forward to sharing this experience with you.

-Jennifer Langsdale E-RYT

Director of Awaken Yoga School

Do you currently practice asana and meditation? Please describe in detail your practice: how many days a week, how much time a day and what styles of yoga and/or meditation you practice.

What are the top 3 things you wish to learn in your training?

Who is your best teacher (yoga or non yoga) and why? (you do not have to give any specific names)

Your teacher training is almost a year long, what is your intention in that year or what are you looking to find on this journey?

Please Mail your application:

***Awaken Yoga School
291 East 222nd St. Room 239
Euclid, OH 44123***

*You will be contacted with your
acceptance letter, agenda for our
first class and assignments.*