

## **A DELICATE BALANCE: THE ART OF TEACHING YOGA**

Oct. 17 - Nov. 21, 2010

Sundays, 10am-6pm (Oct. 17, 24, 31 and Nov. 14, 21)

Mondays, 7-9pm

Wednesdays, 7-9pm

Thank you for your commitment to yoga and to your interest in continuing education. Thank you also for applying to this particular course and for answering the following questions. Please be methodical and candid, as this will demonstrate the level of your commitment.

Please type your answers and email to [info@yogamandalastudio.com](mailto:info@yogamandalastudio.com). If you prefer to hand-write your answers, you can drop them off at the Yoga Mandala front desk. Once we receive your application, we will get back to you as soon as possible.

### **APPLICATION**

1. Please list all previous instructor related courses and workshops that you've taken. Include, when, where, how long, and if certification of any kind was awarded. This may also include a reference person's contact information.
2. Please list your current teaching experience - when, where, how long.
3. What is it that you expect to get from this particular course?
4. In what situations are you, or do you see yourself, teaching?
5. Why do you teach or want to teach yoga?
6. List your principle teachers, and, or studios that most of your study has occurred with. This may be different from the training programs you have taken.
7. Is there a specialty group that you'd like to instruct?
8. Please list any physical injuries and how you adapt or work with these in your practice.
9. What does your practices currently consist of?
10. What questions do you have for us?