

Application Procedure:

Your first step is to meet with Chris Dormaier. Before this meeting, please:

- Fill in and submit this application questionnaire.
- Include two letters of recommendation from individuals that you have known at least two years and who are not relatives. At least one letter shall be from someone who knows you in a professional or educational context. The letters are to include the writer's opinion of your communication skills, mental and emotional maturity and stability, and your general strengths and weaknesses.

You can call Chris at 206-938-8195, or email her at info@soundyoga.com

Successful applicants will be notified of their acceptance into the SoundYoga Teacher Training program. A deposit of \$500 is due when your registration is accepted. Applicants who are not admitted at this time will be offered some direction for their studies if they wish to reapply at a later date. In certain situations, an applicant may be asked to participate in tutorial sessions prior to being accepted for the program.

Name: _____ Gender: ___ Date of Birth: _____

Address: _____

Telephone Number: _____ Cell: _____

Email: _____ Website: _____

Occupation: _____ Highest Degree: _____

Name of your mentor (if applicable) _____

Please answer the following questions as clearly as possible. Feel free to answer these questions on a separate sheet of paper.

- How long have you been practicing, studying and/or teaching yoga?
- Do you practice yoga at home or attend group classes or do both?
- Do you currently have a teacher or mentor guiding you and if so who is she/he?
- Are you familiar with the teachings of Krishnamacharya and T.K.V. Desikachar? If so, in what context?
- Do you have previous teacher training and if so from what tradition?
- What goals do you hope to achieve in taking and completing this course?
- Please comment on your current state of health regarding the energy needed to meet the requirements of this course.

- As a student in this course, you will be required to undergo assessments that may include presentations, both written and oral tests, and completion and presentation of projects. Are you comfortable with these evaluations methods?
- What are your personal strengths and limitations? In what areas are you most accomplished and where do you need improvement?
- Please share a little about your family situation and occupation. Consider the compatibility of your family and work obligation in regard to the commitment of the training course and its completion. How would you overcome any conflict or obstacles?