



**Application for Enrollment
200-Hour Yoga Teacher Training**

Date of School _____

Prices

\$3200 for 200-hour yoga teacher training (books are not included)
Early Bird Discount: \$2500 for first 5 people to enroll with full payment

\$300 discount for registration and full payment 3 months prior to class
\$300 travel discount if over 500 miles away

(Only 1 discount per application)

Accommodation

\$700 for dormitory room in yoga ashram
\$1700 for a private room at the Ayurveda Health Retreat

Deposit

A \$1,000 deposit will secure your place in the training. We take all major credit cards, checks and cash. Please give us a call when you would like to make your deposit or if you have any questions/concerns.

YogaVeda Contact Info

Ayurveda Health Retreat
14616 NW 140th St
Alachua, FL 32615

Email: ahr.yoga@gmail.com

Phone: 352-870-7645

Personal Information

Today's Date:

Name:

Address:

Birthdate:

Phone:

Email:

Occupation:

Emergency Contact (phone and address):

How did you hear about our training?

Medical History

YogaVeda's curriculum includes several hours of vigorous asana practice per day. We strongly recommend that participants have at least 6 months or preferably one year of consistent asana practice before attending this yoga training.

How would you evaluate your current health?

Do you suffer from any medical conditions (eg. diabetes, epilepsy, etc)?

Do you have any current injuries? If so, please describe in detail.

What injuries have you sustained in the past (broken bones, strains, sprains, dislocations, etc.) Have any of them been reoccurring? Please describe each in detail.

Are you currently taking any medications, vitamins, or supplements? If so, please list them below.

Is there any other medical information you feel we should be aware of?

Your Yoga History

How long have you been practicing yoga?

How many days per week do you practice?

What style of yoga do you currently practice?

Do you practice at a Studio? If so, which one?

Do you have an established home practice?

Who have been your primary teachers (past and present)?

Have you been instructed in meditation or pranayama? If so, who were your teachers?

Have you attended yoga workshops or advanced trainings in the past? If so, what were they?

Are you currently teaching yoga? If so, where?

Short Essay:

What area of Yoga practice challenges you the most right now? (physically and mentally)

1. What are your expectations for this training? What do you hope to achieve by the end of this training? *(please be specific)*

2. Why is yoga important to you?

*Thank you for completing this form.
Please email to: ahr.yoga@gmail.com
We look forward to meeting you soon!*

