

## APPLICATION FOR IN-DEPTH STUDIES

First Name: Last Name:

Street Address:

City: State: ZIP:

Home Ph: Work Ph:

E-mail address:

Website(s):

1. Please describe how, when and why you began your yoga practice.
  
2. Please describe your current yoga practice.
  
3. Please describe previous yoga training, workshops, classes you have completed. Do you have any training in psychology, social work, massage therapy etc.?
  
4. Do you currently teach? If so, where, and which aspects of yoga do you hope to explore further?
  
5. Please discuss what you hope to learn, cultivate and explore in Yoga Therapy and/or In-Depth Studies.
  
6. Please discuss the aspects of yoga you like to share with others.
  
7. Please discuss 3 qualities you consider essential in a In-Depth Yoga practitioner.
  
8. Please discuss any physical challenges you may have had and how they have affected or enhanced your practice.
  
9. Please discuss your training/relationship with yoga philosophy as it pertains to classical yoga texts such as Hatha Yoga Pradipika, Patanjali's Yoga Sutra, as well as pranayama, meditation, yoga spirituality and any other advanced yoga and meditation training.
  
10. Please describe all populations you have practiced/ with and taught yoga to.

Mail Form and \$225 Registration Fee to:

Ema Stefanova

P.O. Box 1033

Ann Arbor MI 48106

Or Pay Online using Paypal and bring your application form with you to your appointment:

EmaStefanova@cs.com