

APPLICATION FOR IN-DEPTH STUDIES AND MENTORING with Ann Arbor Yoga and Meditation  
www.YogaAndMeditation.com

First Name: Last Name:  
Street Address:  
City: State: ZIP:  
Home Ph: Work Ph:  
E-mail address:  
Website(s):

Please obtain information regarding fee schedule and payment options from Director of Studies. Space is reserved with 50% of total fee payment. The balance of 50% is required no later than 72 hours before the first day of class unless payment plan entered. Students paying in full may get discounts of up to 3% of total class fee at the time of payment!

Now answer the following questions. Then call to schedule your "Interview and Private Practice Session". Fees paid toward "Interview and Private Practice Session" will be applied to your total class fee payment.

1. Please describe how, when and why you began your yoga practice.
2. Please describe your current yoga and meditation practice.
3. Please describe previous yoga training, workshops, classes you have completed. Do you have any training/college credits in anatomy, massage therapy, nursing, physical therapy, psychology or social work?
4. Do you currently teach? If so, what exactly, where, and which aspects of yoga do you hope to explore further to add to your teaching?
5. Please discuss what you hope to learn, cultivate and explore in Yoga Therapy and/or In-Depth Studies.
6. Please discuss 3 qualities you consider essential in a skillful yoga and meditation guide.
7. Please discuss any physical challenges you may have had and how they have affected or enhanced your practice.
8. Please discuss your training/relationship with yoga philosophy and yoga as a lifestyle. List classical yoga texts you have studied.
9. Have you had any advanced yoga and meditation training? Please, list all and be prepared to document.

Mail Form and \$295 Application, Registration, and "Interview and Private Practice Session" Fee to:

Ema Stefanova  
P.O. Box 1033  
Ann Arbor MI 48106

Or Pay Online using PayPal and submit application form answers to us via e-mail.

We look forward to meeting you in person and working with you soon!