

Application Form

Please don't send application form in until you have taken a minimum of six Level One Vinyasa classes with Tom. All information is completely confidential. This is an intensive program over a long period of time. It will challenge you on every level. It will open your mind, body and emotions in very powerful ways. Because of the intensity of this program, it is important for me to ask many personal questions. I want to know how best to serve you as you enter this transformational process.

Name:

Mailing Address:

City:

State:

Zip:

email address:

circle which phone number you want me to call first.

Day Telephone number:

Evening Telephone number:

Cell phone:

Age:

Birthday: (we sometimes have cake)

Occupation:

1. On a separate sheet of paper: Please write a handwritten statement of intention. Why are you taking this training? What is the most important reason for taking this training? Please spend some time incubating this and be as specific as you can. I like this statement of intention handwritten because pen and ink convey so much feeling and more information than a computer. It is okay if your handwriting isn't perfect. In this training, you absolutely do not have to be perfect.

2. What best summarizes your intention? (pick only one)

- a) I am mostly wanting this training to deepen my yoga practice.
- b) I am wanting to deepen my yoga practice and I might want to teach yoga.
- c) I definitely want to teach yoga part time.
- d) I want to teach yoga full time.

3. Do you wish to only take the 100 hour Vinyasa Teacher Training?

4. Do you want to take the Certification program? Why?

5. How is your physical health? Please describe details, add extra pages if necessary. All information given is held in strict confidence.

6. Are you on any medications? Please describe details.

7. Have you had any surgery or medical procedures in the last 7 years? Please describe details.

8. Have you been in psychotherapy? Please describe for how long, for what condition and what insights you may have gained.

9. Please give me some idea of your family background. How would you characterize your relationship with your parents? (If they have passed away, please describe how your relationship was.)

10. Commitment Statement

I, _____,
understand that this Vinyasa
Yoga Teacher Training is
intellectually challenging and in
order to get the most out of this
training it will require many
hours of reading, studying and
pondering the philosophical
insights of the Yogic Tradition. I
am committing my full attention
to this work for the next few
months (to May 7, 2007, the end
of Part One.)

(signed)

11. Emergency contact person:

Their phone number:

Their relationship to you: