

# LIVE PURNA YOGA

## OPEN YOUR HEART. LIVE YOUR PURPOSE.

### 200-hour Teacher Training Application

**Start Date of Course:** \_\_\_\_\_

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**City, State Zip** \_\_\_\_\_

**Phone Numbers - Main** \_\_\_\_\_ **Alternate** \_\_\_\_\_

**Email** \_\_\_\_\_ **Date of Birth** \_\_\_\_\_

**Occupation** \_\_\_\_\_

#### **High School Education**

**Name, City, State** \_\_\_\_\_

**Graduation Date** \_\_\_\_\_ **or GED Date** \_\_\_\_\_

#### **College Education**

**Name, City, State** \_\_\_\_\_

**Dates Attended** \_\_\_\_\_ **Degree Earned** \_\_\_\_\_

**How did you hear about Live Purna Yoga?** \_\_\_\_\_

\_\_\_\_\_

**How would you rate your overall health?** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Do you have any current medical conditions?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Please answer the following questions on separate paper (typed, no more than 2 sheets total please):**

1. What styles of yoga and meditation have you done and for how long? Which teachers have most inspired you?
2. Briefly describe your current yoga and meditation practice. Include your current challenges and breakthroughs.
3. Have you taken any courses in Purna Yoga? If so, which one(s)?
4. Have you done a yoga teacher training course before? If so, which one(s)?
5. Please share your thoughts about yoga teaching. Are you taking this course because you want to teach or already teach yoga? Or, are you taking the course for personal enrichment? If you currently teach, please share about your teaching style. If you want to teach, share about why you want to teach.
6. Why are you choosing a *Purna Yoga* Teacher Training? What are your expectations and what do you hope to learn?
7. Do you know how to do the following Purna Yoga Sequences on your own: Morning Series, Hip Series, and Classical Surya Namaskar? If not, please attend the Prep Class to learn these series.

Thank you!

## Submitting Your Application

Courses do fill, so we recommend you apply as early as possible. Send your completed application to:

The College of Purna Yoga at Live Purna Yoga  
240 Columbia Street  
Wakefield, RI 02879

Include:

Application (this 2-page document)  
Your typed answers to the questions above  
Your \$300 Non-Refundable Registration Fee (Paid to Jude Monteserrato)

## Tuition and Fees

Early Bird Tuition (if paid in full by November 2nd)

\$ 300	Registration Fee - due with application
<u>\$ 2,600</u>	Early Bird Tuition Payment - due November 2nd
\$ 2,900	TOTAL

Regular Tuition (paid in full by November 23rd)

\$ 300	Registration Fee - due with application
<u>\$ 3,000</u>	Tuition Payment - due 1 week in advance
\$ 3,300	TOTAL

## What Happens Next?

We will contact you by email within 3 weeks to confirm your enrollment. In order to receive the Early Bird discount, your tuition balance must be paid in full within 4 weeks of the start of your course. For the regular tuition, your tuition balance must be paid within one week of the start of your course.