



At Svadhyaya Yoga Studio the focus is on the Self. Our practice as teachers is to assist our students in accessing the many aspects of the practice in order to find their own paths. We practice and teach Patanjali's 8 Limbs as described in the Yoga Sutra. We draw from a variety of styles of teaching and utilize each style as needed in order to reach our students. The primary focus of practice at the studio is Raja-Hatha. Thus, we not only focus upon the physical, but also the devotional/spiritual aspects of the practice. We are a non-dogmatic studio. Although we utilize and discuss the influences of various religions on Yoga, we do not use dogma as a form of teaching or practice.

Name: _____ RYT # _____

DOB: _____ Email: _____

Phone: _____ (C) _____

Mailing Address: _____ State _____ ZIP _____

Current Employer: _____

Where did you receive your Yoga Teacher Training? _____

At what level are you registered with the Yoga Alliance? 200hr 200E-RYT 500hr 500E-RYT

For how long have you been teaching? _____

Please describe why you became a Yoga teacher _____

What do you expect to bring to our studio? _____

Please Initial:

I understand that teaching Yoga is not a reliable source of income _____

I am willing to commit to at least 3 months of teaching on a regular (weekly) basis _____

Signature

Date

