

Application
Daoist Flow Yoga Teacher Training
With Jean Hall and Mimi Kuo-Deemer

Name: _____
Address: _____
City: _____ County/State: _____ Post Code: _____
Country: _____
Phone: _____
Email address: _____
Occupation: _____

Date of Birth: _____
Gender: _____ Ethnicity: _____

Name and contact of nearest relative or friend in case of emergency
Relationship to you:

Application guidelines:

All people from different social, ethnic, gender, age, and religious backgrounds are welcome to apply. We also encourage an openness and willingness to explore yoga experientially. We recommend three years of regular yoga practice before applying, and suggest students have a general understanding of yogic philosophy.

Please provide a recent headshot of yourself and (upload it here ??) staple it to the upper right-hand corner of this application form.

Please provide a teacher reference, preferably from someone with whom you have studied Yoga. Attach/upload your letter to this form. Please ask that the reference include the person's name, title, email address and details on how they know you.

1. How did you find out about this training?
2. Please describe your Yoga experience, noting the number of years you have practiced, your teachers and styles that have influenced you, and if you also practice qigong, meditation or other mind-body movement disciplines such as somatics or Alexander Technique.
3. What are your current key focuses in your practice?

4. What do you hope this course will offer you?

5. Have you attended classes, workshops, immersions or retreats with either Jean or Mimi in the past? If so, please indicate the occasions.

6. What is your educational background? Please schools, vocational training or other certificates and degrees you have received.

7. Do you have any physical, mental or emotional conditions that would affect your participation in the training? Are you taking any medications? If so, please describe them below.

8. Is there anything else you would like Jean or Mimi to know with regards to your application to the Daoist Flow Yoga Teacher Training?

I have answered the above questions honestly and submit them with my application.

Name (signature)

Date:

IMPORTANT: Please return the completed application form to: justyna@triyoga.co.uk