



## **Yoga School Application** **200hr Teacher Training Program** **& Yoga Immersion Track**

*Namaste. We are so glad that you are considering applying to one of Blue Banyan Yoga School's two exciting programs of study: Teacher Training or the Yoga Immersion Program! Obviously you are drawn to something in the practice and experience of Yoga that drives you to a deeper exploration and even toward the possibility of teaching. We are honored that you are considering Blue Banyan to be the school that might guide that transformation. Thank you.*

*Now...take a deep breath...We have intentionally crafted an application of great magnitude – one that will demand much of you. We do not expect you to already know the answer to every one of these questions. We do, however, expect you to answer each as honestly and completely as you can, and in some cases, take the time and spend the energy to find out the things you do not already know. The modern yogi(ni)-in-training must use all things at his/her disposal – ask friends, ask teachers (not Sophie or Jake), consult books, surf the internet...use your resources...but please take the time to answer the questions to the best of your ability.*

*And know that we are primarily concerned with your curiosity, your work ethic, and your exposure to the breadth of yogic topics that will be explored throughout the course of this program (not that you've got all the facts down). You should also feel free to present this application in a way that reflects your own personality, creativity and energy.*

*In addition to the completion of this application, all applicants need a minimum of 2 years of regular practice. Prospective students are also expected to take at least one class with both Sophie and Jake. (At which time, please note that you are doing so in pursuit/investigation of a Yoga School Program).*

*The schedule and application deadline for both programs is posted on the Training Page of our website. Please note that space is limited for BOTH programs.*

*Please include the following information at the top of your application.*

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_



**BLUE  
BANYAN  
YOGA**

Phone \_\_\_\_\_

Email \_\_\_\_\_

How long have you been practicing Yoga? \_\_\_\_\_

What style(s)? \_\_\_\_\_

Who have been your teachers? \_\_\_\_\_

*Application questions on the following page.*

### **Questions to be answered without the use of additional resources:**

1. What does it mean to practice from a beginner's mind?
2. Flexibility translates as many things.  
Do you consider yourself a flexible person? How so?
3. What is your definition/description of Spirituality. How is it manifest in your life?
4. What yoga posture/pose are you most adverse to? Please explore why this might be so.
5. What is your understanding of Ayurveda?
6. What are your expectations, hopes, fears around participation in this program?
7. Describe your yoga journey thus far, and how it has brought you to this application.

The following questions to be answered by Teaching Track Applicants only.

8. How is Savasana a culmination of a practice?
9. At Blue Banyan we feel it is crucial for teachers to come to the mat regularly as a student in order to maintain a solid teaching practice. How does this resonate with you?
10. Some attributes of a "good" yoga teacher can be taught, some cannot. What are those attributes and why/how might this be so.

### **Questions that may be answered with the use of additional resources:**

1. What are the Yoga Sutras?
2. What is a chakra? How many are there? List the names, locations, and associations of each.
3. Astanga is Sanskrit for "8 limbs". Name the 8 limbs of yoga and offer a brief description of each.
4. What is Pranayama? What forms/techniques are you familiar with/have you practiced?
5. Who is Krishnamacharya?