

**YOGA AND PILATES IN MALAGA**

**200 hour Yoga Teacher Training application form**

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| **Name** |  |
| **Address** |  |
| **Email** |  |
| **Date of birth** |  |
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| **Previous Yoga experience.** | |
| Please let us know your yoga experience to date.  What styles of yoga have you practiced in the last two years? | |
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| How frequent is your practice? | |
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| What ratio is self- practice to class time? | |
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| What style of yoga do you feel affinity to? (it might not be the one you are able to attend right now) | |
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| What do you feel is the strongest/ weakest part of your yoga? | |
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| Is there any particular part of yoga that you find very challenging? And would you like to address this? | |
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| **Medical history** | |
| Please state in detail any injury, illness, health problem you have experienced in the last 22 months. | |
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| Has treatment for your injury ceased? Or is it ongoing? | |
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| Please list any medications you are currently taking. | |
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| How would you describe your overall health and wellbeing? | |
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| **Education** | |
| We want to make this a rewarding educational experience for everyone, and understand that all of us have different types of prior leaning.  Please state briefly any previous college level or higher qualifications you may have vocational or academic. | |
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| Is there any aspect of learning/study which you find particularly challenging?  (I am slightly dyslexic, and so I learn best through a variety of mediums) | |
|  | |

Name and email

Course and starting date