

# conscious application form (sufey yoga teacher training)

Namaste, dear yogi. This is the beginning of a lifelong journey into yoga. We come together to question limitations, redefine possibility and return to our natural state: love.

We are asana-grounded, bhakti-channelled and divinely spiritual. We open our hearts to *seva* (service), *karuṇā* (compassion) and *ananda* (bliss) while teaching the foundations of a yogic lifestyle. Our love revolutionizes the way we live, teach and breathe yoga.

## WE WELCOME YOU HERE.

NAME \_\_\_\_\_ DOB \_\_\_\_ / \_\_\_\_ / \_\_\_\_

EMAIL \_\_\_\_\_ PHONE \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ COUNTRY \_\_\_\_\_

GENDER \_\_\_\_\_ OCCUPATION \_\_\_\_\_

TODAY'S DATE \_\_\_\_\_ PROGRAM START DATE \_\_\_\_\_

What program, location and dates are you applying for?

How did you hear about this teacher training?

What is your intention for attending this teacher training?

Why do you practice Yoga?

How long have you practiced Yoga? How often do you practice?

What styles of Yoga do you practice?

Do you have a Meditation or Pranayama practice?

Do you have a spiritual practice?

What teachers have you studied with in the past?

Have you attended any past teacher trainings? If so, when and where?

What is your educational background?

Do you have any prior experience in movement/ mindfulness/ fitness/ healing practices?

Do you have any injuries or health conditions? If so, please explain.

Do you currently teach yoga? If so, where do you teach? How long have you been teaching?

Why do you wish to study with Sufey?

In your opinion, what are the qualities of a good Yoga teacher?

Is there anything specific you wish to learn?

Are you fully committed to showing up as your highest self throughout this training? :)  
(A resounding "hell yeah" will do here!)

Please email your completed intention form to **smile@sufey.org**  
**Lokah Samastah Sukhino Bhavantu** | May all beings everywhere be happy and free.

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