# Application

Thank you for applying to be a part of **Trini Yoga**’s 200-hour, three-week residential yoga teacher training program at Vida Asana in Costa Rica! We are so excited to begin this journey with you and would appreciate you taking a few minutes to share a little bit of yourself with us. We hope you are prepared – as we are – to show up fully throughout this training and take seriously your own evolution.

Once you complete this application and sign your agreement, please send it to us at [triniyogatt@gmail.com](mailto:triniyogatt@gmail.com). We will contact you within seven to ten days regarding your application status or to request additional information we may need. If you have any questions for us, please don’t hesitate to ask!

Namaste,

Keri, Tiffany, and Emily

**APPLICANT INFORMATION**

*FULL NAME*:

*ADDRESS*:

*CITY, STATE ZIP CODE*:

*PHONE NUMBER*:

*EMAIL*:

*DATE OF BIRTH*:

1. **How many years have you practiced yoga?**
2. **What is the primary style(s) of yoga you have practiced during that time?**
3. **How would you characterize the impact that yoga has had on your life?**
4. **What makes you want to pursue a teacher training?**
5. **After completion of the program, do you aspire to teach yoga or are you seeking to deepen your personal practice? Please explain.**
6. **Are there any significant physical, mental or emotional limitations or situations that you are experiencing or have experienced in the past that may prevent you from completing this training?**
7. **Do you have any present or past injuries that you are currently dealing with? If so, what are they?**
8. **Is there anything else that you would like to share?**