



Serenity Stream

YOGA & WELLNESS SPA

Name:	Sex:	Date of Birth:
Address:		
Home Phone:		
Cell Phone:		
Fax Number:		
Email:		
Current Occupation:		
Emergency Contact:		

To enroll in the Serenity Stream Teacher Training School Teacher Training Program, please submit the Application for Admission, reference letter, resume and the \$50 application fee (check only, made payable to: Serenity Stream).

Applications should be sent to:

Ellen MacKay, Assistant Director
Serenity Stream Teacher Training School
11954 Boyette Road
Riverview, FL 33569

Resume- Using an outline form, summarize your educational and employment history.

Letters of Recommendation- You may obtain a letter of recommendation from your yoga teacher(s) or another colleague, friend or teacher supporting your application.

Acceptance and Notification- You will be contacted upon receipt of your application and an admissions interview will be scheduled. In person interviews are preferred.

Payment-The total cost of the program is \$2500 plus the cost of food and accommodations. See below for the payment plan:

\$500 due within 30days of acceptance

\$500 due by February 1, 2010

\$500 due by March 1, 2010

\$500 due by April 1, 2010

\$500 due by May 1, 2010

5-day intensive at beach

\$200 deposit due by March 31, 2010

Balance is due by June 1, 2010

Please respond to the following questions. Include the original question with your response.

Essay Questions:

1. Do you currently teach yoga? If so, where have you been trained and what style(s) do you teach? Describe your current teaching.
2. If you do not currently teach yoga, why do you want to teach?
3. Why do you want to take this program? What are your expectations for the training? What do you hope to gain, learn or improve?
4. How long have you been practicing yoga? Do you have a daily practice? If so, please describe it briefly.
5. Do you have a daily meditation practice? If so, please describe it briefly.
6. What teachers have influenced you the most? Give a detailed summary of your yoga background including all workshops and training sessions you have attended.
7. Please describe two influential events in your life; one that has challenged you and second that has been life-affirming.
8. Describe some of your other interests and hobbies.
9. Describe your physical health (major illnesses, injuries, surgeries, physical conditions).
10. List all injuries and illnesses, past and present.
11. Have you ever been injured from your yoga practice? If so, please describe in detail.
12. Have you studied other Eastern systems or philosophies?
13. How would you compare self-practice to studying in a class with a teacher?