

# anaama yoga -- yoga from the inside

## Application for Teacher Development and Mentoring

name \_\_\_\_\_

birth date \_\_\_\_\_

address \_\_\_\_\_

telephone \_\_\_\_\_

\_\_\_\_\_ postal code \_\_\_\_\_ email \_\_\_\_\_

### **Please answer the following on separate pages:**

If you could take some time to reflect on and to distill the important elements of your yoga background. As well showing your readiness for this program, this will be of help in shaping the experience to meet your needs while drawing on your experience.

1. How long have you been practising yoga?
2. List your teachers with their approach and give the dates/time of study.
3. Do you currently hold teaching credentials? Please list.
4. If you are teaching, outline where and when and how much. Do you have a special area of expertise or interest?
5. Describe your own personal practice: frequency, time of day, length, content. Does this include pranayama, meditation, etc?
6. Do you have specific problem areas in the body that need special attention or adaptation? How do you approach these?
7. Have you had previous experience with the Desikachar's approach? Give details.
8. What would you like to gain through teacher development and mentoring?
9. Do you have a sense of your direction in yoga and in life over the next 1-5 years?
10. Is there anything further you would like to include?

*Thank you!*

Please call to book a **private lesson**, a pre-requisite for your application to be considered.

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