

## 200 Hour Application for Holy Yoga Instructor Training through Dwell Yoga Studio

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Email \_\_\_\_\_

Phone Number \_\_\_\_\_ Current Age \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ ZIP Code \_\_\_\_\_

What is your current occupation? \_\_\_\_\_

### Emergency Contact Information

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Email \_\_\_\_\_

Phone Number \_\_\_\_\_

Relationship to You \_\_\_\_\_

### Tell Us a Little Bit About Yourself

Tell us a little about who you are generally; what you are passionate about; your family; work life; and your sense of purpose.

Describe your personal yoga home practice. If you don't have a personal practice, what do you see as the barrier(s)?

### About Your Interest in Our Program

What do you hope to learn and experience in this 200 Hour Training Program? Describe your expectations of this program.

Is there an aspect of a yoga practice that is most important to you? Describe briefly.

What is your yoga background? How long, what types, where and with whom have you practiced (studios, individuals)? Please make your information as specific as possible.

Are you currently practicing outside of your home? If so, what are the styles that most resonate with you?

Do you have a meditation practice? If so, please describe.

What are some additional goals you have for yourself?

## Holy Yoga Statement of Faith

- We believe there is only one God, who exists for all eternity in three persons: the Father, the Son and the Holy Spirit. (Deuteronomy 6:4, Revelation 1:8)
- We believe that God has revealed Himself to us both through His creation and His Word. (Romans 1:20, Hebrews 1:3)
- We believe God continues to reveal Himself to His people through the indwelling of the Holy Spirit. (Romans 8:9, John 16:13-14, 1 Corinthians 2:12-14, 2 Corinthians 6:16)
- We believe that there is only one way to God, through His Son, Jesus Christ. (Isaiah 43:10-13, John 14:6)
- We believe that God made forgiveness and redemption available to all who accept Jesus Christ as their personal Lord and Savior. (1 Timothy 2:3-4, John 3:16-18, 1 Corinthians 15:3-5)
- We believe the Bible is absolute truth. It is the divinely authored and authoritative Word of God. It is complete in its current canonical form. (2 Timothy 3:16-17, 2 Peter 1:20-21, Luke 24:27)
- We believe that those who are His will be made known by their love for God and for all people. (Mark 12:30, John 13:34-35)

We believe that Jesus is the one and only Son of God (John 3:16). He was present with God at the beginning of time and through Him all things were made (John 1:1, Colossians 1:17). In the incarnation, He was fully God and fully man (Colossians 2:9). Through His perfect life and sacrifice on the cross, we may receive forgiveness of our sins and justification before God (1 John 2:2, Romans 3:23-26, 2 Corinthians 5:21). He is the fullness of truth and the only way to God (John 14:6). Jesus is the head of the body of believers, known as the church (Colossians 1:18). He pursues us with intention (Luke 19:10). He is both our role model (1 John 2:6, 1 John 3:16, John 15:12) and worthy of our worship and adoration (Revelation 5:12).

## Statement of Practice

We know that yoga is a spiritual discipline much like fasting, meditation, and prayer that cannot be owned by one specific religion. While yoga predates Hinduism, Hindus were the first to give yoga a written structure. Yoga postures were originally named in Sanskrit. Holy Yoga teaches instructors to teach in their native tongue to avoid any confusion. Holy Yoga embraces the essential elements of yoga: breath work, meditation and physical postures. In all of these elements, Christ is the focus of our intention and worship. There are other concepts and traditions that may be part of some yoga practices that are not typically a part of Holy Yoga, such as chanting "OM" or using chakra theory to explain the interplay of the physical and energetic dynamic in the human body.

About Your Current Health

How would you evaluate your current health?

Excellent \_\_\_\_\_ Good \_\_\_\_\_ Fair \_\_\_\_\_ Some Challenges \_\_\_\_\_

Are you currently, or at any point in the last two years, been under the care of a physician or other health care professional for any reason?

Yes \_\_\_\_\_ No \_\_\_\_\_

If yes, please describe.

Do you have any injuries, chronic or acute?

Yes \_\_\_\_\_ No \_\_\_\_\_

If yes, please describe.

Is there anything else you would like us to know?



By my signature below, I acknowledge the information in this application to be truthful. My signature also affirms that my faith and my intention to teach Holy Yoga classes align with the Holy Yoga Statement of Faith and Statement of Practice.

Name of Participant \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_