

{sacred} thread yoga
“BELOVED COMMUNITY” Scholarship
Email Completed Application to info@sacredthreadyoga.com

Name:

Address:

Phone Number:

Email:

How long have you been practicing yoga?

How many hours do you typically practice a month?

Where do you currently practice yoga (home, studio, etc)?

Is there a yoga teacher that we may contact as a reference? (If yes, please provide name and contact information)

Do you think Yoga Teachers need to possess certain qualities? What are they?

Outside of the physical practice, what is your favorite aspect of your yoga practice?

Undertaking Training is an amazing journey but requires a fair bit of prioritization. Please confirm you are able to attend all of the training dates (July 1st- July 30th in Cuba) and share how you've made arrangements to clear this time?

Talk to us a little bit about your financial situation? While we are looking for more than just financial need this is certainly part of the equation. At the same time this is a partial scholarship...what arrangements are you making to fund travel to and the remainder of training costs?

At points during this training we will require a daily mantra practice (and a daily yoga practice (mixture of home practice and studio practice for 30 days or a daily group practice for our Cuba participants) – while these do not require a huge amount of time describe your willingness (and why) to commit to something of this nature.

Please confirm you have or will have a valid Passport at least 45 days prior to the trip.

This next section is important to distinguish where you are on your path and what will motivate you as a teacher. **You may answer the following questions either in this form or in a video posted on YouTube. Please indicate the website address for your video if you choose to answer in that format**

How has yoga benefited your life?

What has yoga taught you about yourself?

Why Yoga Teacher Training now?

What are your goals relative to teaching? It's ok not to know or to not have a desire to jump into teaching. But understanding your goals helps us mold an experience that fits our group.

What special gifts, talents and attributes do you feel you bring to this course and to your goals?

What can you tell us about yourself that you think will help you be successful in the training and as a teacher after the training?

Is there anything else you think is important for us to know about you?