

Application for Tias Little's Prajna Yoga Training

PERSONAL INFORMATION

Name

Gender

Address

Home Phone

Cell Phone

Email

Date of Birth

Emergency Contact Name and Phone

Is English your Primary Language

Please indicate which Teacher Training you are planning on attending.

PERSONAL PRACTICE & INTENTION INFORMATION

- 1) How did you hear about Tias Little?
- 2) Have you taken workshops or classes with Tias in the past? Where?
- 3) How long have you practiced yoga? How often do you practice?
- 4) What tradition(s) have you been trained in? Who have been your primary teachers?
- 5) Do you have a meditation practice? For how long? In what tradition?
- 6) Tias teaches an alignment-based asana influenced by the Iyengar and Ashtanga Yoga systems. Do you have previous training in alignment in yoga?
- 7) Have you had any experience with chanting?
- 8) Do you currently teach? If yes, please describe your classes.
- 9) Do you wish to teach yoga or is your aim primarily to deepen your practice and knowledge (Prajna) with Tias Little?

- 10) Do you have a background in the Healing Arts? (Acupuncture, massage, Feldenkreis etc.)
- 11) Do you have a background in the social services? (Working with children, nursing, counselling, etc)
- 12) Do you have experience teaching, in any subject?
- 13) Have you studied anatomy before? In what context?
- 14) What books on yoga, yoga philosophy or Yogic Wisdom have most influenced you in your practice and study?
- 15) Do you have any previous experience studying the Yoga Sutras of Patanjali?
- 16) Have you any previous exposure to the teachings of the Buddhadharma?
- 17) Why do you wish to study with Tias and Surya Little as opposed to other teachers?
- 18) What is or will be your purpose as a yoga teacher?
- 19) Do you have any physical limitations, health related issues or injuries that may impact your study and practice?
- 20) What expectations do you hope to achieve from this training?

In regards to lodging at Upaya.

- 1) Do you have any dietary restrictions?
- 2) Do you have a roommate preference?
- 3) Do you snore?

MISSION STATEMENT: -

In the space below, please feel free to add additional information you regard as relevant to your study of yoga: