

Yoga Studies Application

To complete your application to Yoga Studies, submit the application and along with a \$300 deposit to:

Ben Vincent
5354 40th ave S.
Minneapolis, Mn. 55417

Please address checks to Ben Vincent

You can also submit the deposit via credit card by contacting Ben Directly at 612.203.4485

Please send a copy of your application to ben@vincentyoga.com

I am applying for (circle one): Tuesday Weekday Program or Weekend Program

The deposit will be refunded if your application is not accepted.

1) Describe your experience/ personal history with yoga (including meditation). What styles have you practiced, with whom and for how long? How consistently do you practice? Do you have a home practice?

2) Do you currently teach yoga? If you are applying for a yoga teacher's discount, please provide certification and current teaching schedule for verification.

3) What compels you to apply for this program? What are your long-term goals in yoga practice?

4) In your experience, what are the most important qualities in a good student? And a good teacher?

5) What will you bring to this program as an individual?

6) Describe one personal pattern, challenge or limitation you face regularly in your life. How do you work with it?

7) Do you have any injuries, physical or mental health conditions, past or current, which may affect your participation in this program?

