

## Pranayama 9-month Course Application

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

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

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (cell) \_\_\_\_\_ (work) \_\_\_\_\_ (home) \_\_\_\_\_

Email \_\_\_\_\_

This Pranayama course is designed for students who want to learn beginning to intermediate pranayama techniques and how to sequence them for different practices.

*On another sheet of paper or using our online application please answer the following questions:*

**Are you a yoga teacher? If so, please describe your style and experience.**

**Do you have a current pranayama practice? Please describe.**

**How do you plan on incorporating pranayama into your personal practice and/or into your student offerings?**

**Are you taking this course for personal development or are you interested in taking this for certification?**

**How did you learn about this program?**

**Is there any thing you would like us to know about your practice, interests, or goals?**

Requirements for certification are the following:

- Participate in 13 of 18 phone calls, weekend workshops, and listen to recordings of missed calls.
- Commit to a minimum 6 day-a- week, 20 minute-a-day pranayama practice.
- Practice-teach the techniques you are learning in public classes or in private sessions with students, family or friends.

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- Maintain a regular asana practice.

You can elect to take this course without certification; however, please note that participation in phone calls and workshops are strongly encouraged.

If you would like to discuss the course content, requirements or its suitability for you, please feel free to email Linda Oshins at [Linda@YogaonHigh.com](mailto:Linda@YogaonHigh.com). Once Yoga on High has received your application we will contact you with further information. Thank you.