





# Home-Simply Yoga 200 Hour Teacher Training

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[www.homesimplyyoga.com](http://www.homesimplyyoga.com)

## EDUCATIONAL BACKGROUND

Institution	Degrees Received	Date Graduated
_____	_____	_____
_____	_____	_____
_____	_____	_____

Illness and Injuries \_\_\_\_\_  
Prescribed Medications \_\_\_\_\_

### Emergency Contact Information:

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Telephone \_\_\_\_\_  
Email \_\_\_\_\_

### Teacher Training Essay Questions:

Please prepare thoughtfully each of the following essays on separate sheets of paper (typed, double spaced, about one sheet per essay)

1. What does yoga mean to you?
2. Write a brief history of you and yoga.
3. What do you hope to accomplish by taking this training?
4. What do you plan to do with this training once it is completed?