# Application – Meditation Teacher Training

Thank you for your interest in the Institute’s programs! Please complete this Application and send or deliver it to us with your $50 Application fee.[[1]](#footnote-1) All information is confidential.

**Meditation practice:** You should have already established a personal practice of meditation for a period of at least one year. Naturally the more experience and consistent practice you have had with meditation, the better.

It is not necessary that you have a hatha yoga (postures) practice.

**Prerequisite course:** The Raja Yoga Intensive is a prerequisite to taking the Meditation Training at the Ananda Institute. It is shown in the Institute curriculum information or on the Ananda Seattle website ([www.AnandaWashington.org](http://www.anandawashington.org)). Special fees apply to students taking the raja course “for credit” as part of the Institute. (The Raja course is a prerequisite for the Meditation Teacher Training (MTT) course.)

So, if you’re ready, let us begin! (PLEASE PRINT!)

Name & Address:

|  |  |
| --- | --- |
| Name |  |
| Friends call me |  |
| Street address |  |
| City, State |  |
| Zip |  |
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Phones

Home: ( ) \_\_\_\_ - \_\_\_\_\_\_\_\_\_ Best Times: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Work: ( ) \_\_\_\_ - \_\_\_\_\_\_\_\_\_ Best Times: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cell: ( ) \_\_\_\_ - \_\_\_\_\_\_\_\_\_ Best Times: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email:

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Other: \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_@\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Raja Yoga Intensive:** Have you taken this prerequisite course? \_\_\_\_Yes \_\_\_\_No; if YES, did you take it for credit (by paying the requisite fees, and completing the homework and final exam?)

Dates and locations taken: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Have you paid the one-time, lifetime (nonrefundable) $50 Institute Application fee?

If so: when? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Have you paid the $45 raja documentation fee? If so, when: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Your Interest in the Institute

Please describe your interests or goals in enrolling in the Meditation Teacher Training:

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Your Current Life Responsibilities

1) Which best describes your life at this time?

\_\_\_\_\_\_Student \_\_\_\_\_\_Full time Career \_\_\_\_\_\_ at home parent

\_\_\_\_\_\_Part time work \_\_\_\_\_\_\_Transition \_\_\_\_\_\_ Retired

2) This course requires attendance at 10 Saturdays (11 a.m. to 2:15 p.m.) and 10 Tuesdays (7 to 8.30 p.m.); auditing two meditation classes[[2]](#footnote-2) and time for reading and homework. Do you feel that your current duties will allow you time for these commitment? If a parent of minor children, do you have child care coverage? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3) Describe any known travel commitments during the period of enrollment in the Meditation Teacher Training program?

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5) Do you have a car for attending classes at the Institute? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If not, please explain how you might obtain transportation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### Your Health

# Medical Information

*All responses are confidential. We use this information only to better assist you during the program, not to screen participants. Attach additional sheets if necessary.* Date of Birth \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Briefly describe your current overall health

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Summarize any health or disability issues that might pose challenges for you during this course? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Blood Pressure (circle one) **High / Low / Normal.** When was this last checked? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Describe any history of cardiovascular problems. If you don’t have any cardiovascular problems but are considered to be “at risk”, then please indicate this as well.

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If you are pregnant, when is your baby due? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

We share (vegetarian) lunch together, what dietary restrictions would you want to explain?

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During our 6+-hour classes, there is a need to sit up, be alert, and take notes, write, or read. Floor sitting is fine but laying down is discouraged unless there is a medical necessity. Will you be ok with class-style sitting? (We have breaks, of course, and standing activities, as well.)

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Please indicate any other medications that you are taking that might interfere with your physical balance, wakefulness, ability to concentrate, or mental clarity.

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Please note:

Although the practice of yoga and meditation has been shown to have important physical and mental health benefits, such practices are not to be viewed as a substitute for professional medical treatment, supervision, or counsel. We caution students not to discontinue prescribed medications, treatments, or medical supervision during enrollment in the Institute. It is specifically a condition of attendance at the Institute that students be physically and mentally able to participate, respectful of all, and actively calm.

**Please Tell us About Your Meditation Practice**

Do you practice meditation regularly? **Yes\_\_ / No \_\_**

How many days in the week do you generally meditate? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

In most sittings, how long do you meditate? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

When did this pattern of meditation begin (how long ago)? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What time of day is your best time for meditation? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Which tradition(s) or techniques(s)? [[3]](#footnote-3)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you intend or hope to teach meditation to others? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If so, where do you expect to teach? \_\_\_\_Ananda? \_\_\_\_\_Yoga studio \_\_\_\_\_from home? \_\_\_\_Workplace? \_\_\_\_\_ Other?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Is there anything about your spiritual journey and/or meditation practice or training that you would like to share? [religious upbringing, if any; other spiritual trainings or studies; etc.]

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What other aspects of your life might you wish to share? [place of birth, education, hobbies, sports, talents, interests, languages, past jobs, extent of travels]

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Are you involved (member) with Ananda? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_[[4]](#footnote-4)

Are you a “kriyaban” of Ananda? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Application fee is nonrefundable. Most likely you have paid this already when (if) you’ve taken the Raja Yoga Intensive previously or perhaps if you took Yoga Teacher Training. [↑](#footnote-ref-1)
2. The audit will be of the zoom recording of the classes which are also held on Tuesday nights. [↑](#footnote-ref-2)
3. For training purposes we will use the “Hong Sau” concentration technique as our core. It has many variations throughout the world and is perhaps the most best known technique: “watching the breath” with mantra or word formula. [↑](#footnote-ref-3)
4. Membership, affiliation or participation in Ananda is not required to take this course. [↑](#footnote-ref-4)