

Ananda Institute of Living Yoga

“Where Yoga Comes to Life!”

APPLICATION – MEDITATION TEACHER TRAINING

Thank you for your interest in Meditation Teacher Training! Please complete this application and send or deliver it to us with your \$50 application fee*.

All information is confidential. *Membership, affiliation, or participation at Ananda are not required to take this course.*

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 Art and Science of Raja Yoga is a prerequisite course to taking Meditation Teacher Training. If you are taking the Art and Science of Raja Yoga while taking Meditation Teacher Training, special fees apply as you will be taking the Raja course for ‘credit’ as part of the Institute.

So, if you are ready, let us begin! **(PLEASE PRINT CLEARLY!)**

Name: _____

Friends call me: _____

Street address: _____

City, State, Zip: _____

Email: _____

Phone: _____ Circle one: Cell – Home – Work

Art and Science of Raja Yoga

Have you taken the Raja Yoga course? Circle one: Yes – No

When did you take it? _____ Circle one: Bothell – East-West Bookstore

Did you take it for credit (by paying requisite fees & completing the homework)?

Circle one: Yes – NO – I’m Not Sure

*Application fee is non-refundable. If you enrolled in the Institute when you took the Art and Science of Raja Yoga course, you may have already paid this fee.

Your Interest in Meditation Teacher Training

Please describe your interest or goals in enrolling in Meditation Teacher Training:

Your Current Life Responsibilities

Which best describes your life at this time? Circle one:

Student

Part-time work

Full-time work

Transition

At-home parent

Retired

This course requires attendance for 6 Saturdays (10:30am-5:30pm, or it taking for Yoga Alliance credit 9am-5:30pm.) You also are required to audit two meditation classes (online or in-person) and will need time for reading, assignments. There will be an in-class final exam.

Do you feel you have time for these commitments?

If a parent of minor children, do you have child care coverage?

Describe any known travel commitments during the period of enrollment in the Meditation Teacher Training course.

Do you plan to take the course in-person or online? If in-person, do you have transportation for attending classes? If online, do you have access to a computer with a camera and internet?

Your Meditation Practice

Do you practice meditation regularly?

How many days in the week do you generally meditate?

In most sittings, how long do you meditate?

What time of day is your best time for meditation?

Which tradition(s) or technique(s) do you practice? *

Do you intend or hope to teach meditation to others?

If so, where do you expect to teach? Circle all that apply:

Ananda Yoga studio from Home Workplace

Senior Center School Medical Setting Other?

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

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, etc.)

*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 best know technique: “watching the breath” with mantra of word formula.

Your Health

All responses are confidential. This information is used only to better assist you in the program, not to screen participants.

Date of birth:

Briefly describe your current overall health:

Summarize and health of disability issues that might pose challenges for you during this course:

Blood pressure, circle one: High Low Normal

When was your blood pressure 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.

If you are pregnant, when is your baby due?

We share a (vegetarian) lunch together. Do you have any food allergies or medical issues with food?

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

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

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 medication, treatments, or medical supervision during enrollment in courses at the Institute. It is specifically a condition of attendance at the Institute be physically and mentally able to participate, be respectful of all, and actively calm.

One More Thing!

How did you hear about this course?

Thank you and with blessings!

Your Meditation Teacher Training teachers and staff

www.anandawa.org/425-806-3700 sita@anandawa.org

23305 Bothell Everett Hwy, Bothell, WA 98021

For Staff Use

Date application received:

Tuition received:

Welcome email:

Binder picked up:

PowerChurch: