



# 200 HOUR YOGA

Teacher Training Certification

425-802-7554 | [info@sattvayogaonline.com](mailto:info@sattvayogaonline.com) |

Mail: Sattva Yoga Studios 16541 Redmond Way Suite I, Redmond, WA 98052

## PERSONAL INFORMATION

NAME \_\_\_\_\_

PHONE: \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

EMAIL: \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_

## THE PRACTICE (COMPLETE ON BACK)

Why this program?

What are you hoping to gain from doing this training at this time?

How did you hear of Sattva Yoga?

How long have you studied?

Who are your favorite teachers and why?

## EDUCATION

SCHOOL: \_\_\_\_\_

Favorite Book:

Favorite Song:

Favorite Yoga Pose:

## WHICH PROGRAM

SATTVA SIGNATURE VINYASA \_\_\_\_\_

TRADITIONAL HOT HATHA \_\_\_\_\_

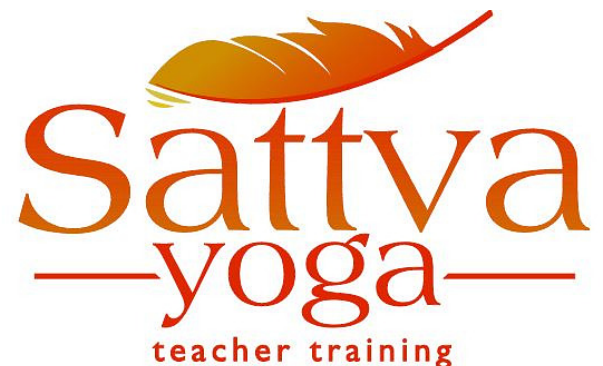
## INJURIES

MUSCULAR

SKELETAL

ORGAN

OTHER



Sattva  
yoga  
teacher training

