



6. Has the study and practice of yoga changed your life? If so, in what ways? Has the transformation been more physical or emotional?

---

---

---

7. Have you ever experienced an emotional release in a class or workshop? If yes, did this change your practice and in what ways?

---

---

---

8. Do you have a personal practice? If so, what does this consist of and what are your strengths and weaknesses?

---

---

---

9. What are your goals or objectives in taking the teacher training program? Do you want to teach full-time or part-time? Are you taking the course to expand your personal practice? What is your long term vision?

---

---

---

10. Do you have any experience with Pranayama?

---

---

---

11. Why are you interested in becoming a teacher?

---

---

---

12. How, in your daily activities do you practice the eight limbs? Which limbs do you find the most challenging and why?

---

---

---

13. Who in the yoga community, either in Alberta or beyond has been your strongest influence?

---

---

14. Do you have any injuries, physical ailments or illnesses? If any, has yoga aided your recovery? Have you ever had surgery?

---

---

---

20. Have you ever been injured during a yoga class? If so, how did the injury occur and what did you learn from this experience?

---

---

---

21. Do you currently practice any other lifestyle choices that promote health and wellness? (For example: diet, meditation, homeopathy, acupuncture, etc.)

---

---

22. Do you have any education or experience in studies related to health and wellness?

---

---

---

23. What is your current occupation?

---

---

24. If you were to describe yoga to someone who has never heard of yoga, how would you describe it to them?

---

---

---

25. What is your favorite part of a yoga class?

---

---

---

26. Of the styles of yoga you have practiced, which style do you enjoy the most? Why?

---

---

---

27. What is your favorite pose and why? What is your least favorite pose and why?

---

---

---

28. What yoga books have you read and movies have you watched? (For example: *Light on Yoga*, *Bhagavad Gita*, *Yoga Sutras*)

---

---

29. Are there any questions you have about the training? Do you have any additional comments?

---

---

---

---

---