



## Simply Power Yoga

732 Middleton Way  
Loveland, Ohio 45140  
513-583-1700

Send Applications to [www.heidi@simplypoweryoga.com](mailto:www.heidi@simplypoweryoga.com)

Or Mail to: Heidi Fricke, 6701 SandyShores Drive, Loveland Ohio 45140

1. Name:

2. Email:

3. Address:

4. Phone:

Home:

Cell:

5. Date of Birth:

6. Gender: Male or Female

7. Emergency Contact:

8. Marital Status:

9. Previous yoga related teacher trainings you have attended (dates and certifications).

10. List any non-yoga seminars attended (dates and certifications).

11. List Yoga Experience, Teachers and Types of Yoga you have practiced. What teacher has been most influential in your practice.

12. Do you currently Teach yoga? If so, how long have you been teaching.

13. What is your intention for this program?

14. What are your expectations for this program?

15. What in your personal life, teaching and prior trainings can you contribute to this program?

16. What is your involvement with your community? Please give specifics.

17. Name one thing in your physical, emotional and spiritual life that you would like to have a break- thru in. Where do you struggle most in your life and why?

18. Are you willing to commit 100% to the program, the other students and to the teachers? In what ways are

willing to commit?

19. How do you receive feedback? Are you willing to take constructive feedback and apply it to your teachings and personal growth?
20. What is your greatest strength and weakness?
21. Describe one experience that has impacted you most in every aspect of your life.

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