

**PIEDMONT YOGA STUDIO  
DEEP YOGA 2009-2010 ADMISSION APPLICATION**

**PERSONAL INFORMATION**

Contact Information

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_ Occupation: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_  
Name Phone Relationship

**Optional:** Please attach a recent photograph of yourself.

**Yoga History**

1. Years/months of practice: \_\_\_\_\_ / \_\_\_\_\_ Primary style of Yoga: \_\_\_\_\_

2. Briefly describe a typical week's practice: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. Primary teacher(s):

Name of teacher	Style of Yoga	Years/Months studied	Contact information
_____	_____	_____	_____
_____	_____	_____	_____

4. Prior training(s), if any:

Name of program	Style of Yoga	Length of training	Certification earned (if any)
_____	_____	_____	_____
_____	_____	_____	_____

5. Teaching experience, if any:

Location	Begin (month/year)	End (month/year)

6. Why are you interested in this program? What are your short- and long-term goals?  
 (Complete your answer on the back of this sheet if necessary).

7. What is Yoga? (Complete your answer on the back of this sheet if necessary).

**Medical Information**

1. List any prescribed medications you are taking or significant medical treatment you are currently undergoing:

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2. Is there anything we should know about your health, such as high or low blood pressure, diabetes or low blood sugar, epilepsy, heart problems, depression or anxiety, neck, back, shoulder, wrist or knee injuries?

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**Note on pregnancy:** *If you become pregnant after the start of the program, please let us know right away.*

**ADMISSION APPLICATION DEADLINE**

This form must be returned with your completed application, along with a \$25 nonrefundable deposit, in our hands no later than **July 20, 2009**. Be sure to complete all pages. We'll consider late applications only if space is available. Please do not leave your application at PYS.

Mail it to:  
Piedmont Yoga Studio  
ATTN: Caryn Dickman, DY '09 Manager  
PO Box 11458  
Oakland, CA 94611