



Welcome to the Journey! Please complete the information below and email to jen@realhumanperformance.com. Your response gives Kori and Jen insight into the aspirants of the Real School. All responses are held with care, respect and confidentiality. Namaste.

General Information

Name:

Address:

Phone:

Email Address:

Occupation & Location:

Date of Birth:

Emergency Contact:

Emergency Contact Relationship:

Emergency Contact Phone:

How did you hear about REAL School of Yoga and Mindfulness?

Tell Us About Your Yoga Practice

How long have you been practicing yoga, meditation and/or mindfulness? Please describe your practice(s).

Why do you practice yoga?

Why do you want to join the Real School? What do you hope to gain, learn, or improve?

Tell Us About Your Yoga Practice (continued)

If your plan is to teach, why do you want to teach yoga?

Do you plan to integrate the teachings into your life? If so, how?

List any relevant yoga education, trainings or workshops you have taken along with teacher names and (general) dates.

What does the word yoga mean to you?

Your Wellbeing, Mindset and Commitment

Describe your overall health and wellbeing.

This program requires a dedicated time commitment for certification. Do you have any other major commitments (school, more than one job, or other?) that would prevent you from participating fully?

Complete the application and email to: jen@realhumanperformance.com. All responses are held with the upmost care, respect and confidentiality. I declare the information in this application is true and complete. Namaste.

Signature + Date