

300-HOUR ADVANCED YOGA TEACHER TRAINING APPLICATION

Please complete and send to:

Yogshakti Life

shilpa@yogshakti.com

Please answer all of the following questions:

Name:

First Name: Sandra

Last Name: Fernandez

Email Address: saof@protonmail.com

Phone Number: +447596106506

Current Occupation: Self-Employed

How did you hear about the program?

- I practiced at Yogshakti
- Internet Search
- Yoga Alliance
- Referral - Who referred you?

First Name: _____

Last Name: _____

Website: http:// _____

Social Media Link (Facebook): http:// _____

Social Media Link (Instagram): http:// _____

Tell us about your yoga practice and practice goals:

My practice is grounded in Ashtanga, which I started learning in 2006. I try to _____
practice at home at least 4 times a week, and sometimes I will attend vinyasa _____
and yin style classes. My practice depends on time of the month and workload _____
and when I practice at home it is short or long form Ashtanga Primary sequence.

Please include how frequently you practice, whether or not you have a home practice (if yes, describe what your practice consists of), styles of yoga you've been exposed to, styles of yoga you enjoy practicing, and how long you've practiced them. What goals or expectations have you set for your personal yoga practice?

A reason that I enjoy and return to Ashtanga is because the sequence is _____
always the same. I have always struggled with vinyasa style because it changes _____
from class to class. I was first introduced to Yin during my YTT 200 hours in _____
2022 and enjoy it as a compliment to my Ashtanga practice. My goals are to _____
keep learning and growing, unlearning unhealthy practices, and healing myself.

Please list all trainings and certifications (include dates):

October – November 2022: 50 hours Trauma Informed Training _____

September 2022 – January 2023: 200 hours Yoga Teacher Training _____

January 2023 – May 2023: 100 hours Yin Training _____

* I missed the January Yin session and will redo it in January 2024 _____

Tell us about your yoga teaching and yoga career goals:

I am still in the process of establishing myself as a yoga teacher. My goals _____
are to make yoga accessible to as many people as possible and to _____
dispel the idea that only certain bodies can practice yoga. I will offer _____
classes online and in person, and in English, French and hopefully Arabic. _____
I also wish to teach internationally, and teach regularly in Malaysia. _____

If you are not teaching now, why not? If you are teaching now, where do you teach, what type of yoga do you teach, and how often do you teach? What do you envision for your yoga teaching career?

I am not teaching now because I qualified in January and do not have any students yet. _____

Why are you interested in pursuing a 300-Hour Advanced Yoga Teacher Training?

YTT 200 opened my mind to how interconnected everything in yoga practice is and made me realise new things about myself. I feel that 300 hour training is the_ logical continuation of the learning process for me, and if I am to teach internationally_ I should pursue training where I would most like to teach eventually._

What are your strengths as a yoga teacher? What gifts do you have to offer your students?

I bring a capacity to try and understand different people's needs within the yoga space. I have been told I have a solid teaching voice. I also use invitational_ language and am non-tactile which are trauma informed techniques. _

What aspects of teaching yoga would you like to learn more about?

What skills as a yoga teacher would you like to cultivate? For example: anatomy, hands-on assists, how to build a career teaching yoga, pose alignments, sequencing, yoga teaching voice and authenticity, working with energy, injuries and modifications, etc

I would like to cultivate a wider range of ways to offer non-tactile assists, to be comfortable in my teaching body, and to be better at building my career as a_ teacher alongside my academic work. _____

What do you hope to gain from this program or from getting your 300-Hour Professional Yoga Teacher Certification?

I hope to gain more confidence as a yoga teacher and be more able to engage with more flow oriented, less structured methods of practice. I want to keep_ learning and growing, drawing more from my background as an anthropologist_ into what I do in yoga and vice versa. _____

In your opinion, what are the qualities of a good yoga teacher/ yoga class? *Please describe your overall physical health:

For me, a good yoga teacher has the capacity to work with the person as they are and help them find a practice that works for them, and then help them go from_ there. A good teacher holds the space with empathy and does not reinforce a_ hierarchy._

Include any exercise regimens or physical activities (other than yoga), injuries, surgeries, major illnesses, physical traumas, or physical conditions we should know about. Please indicate if any of these conditions may result in early withdrawal from the program or affect your participation in any way. Please describe your overall mental and emotional health:

_I have high blood pressure, a compacted left hip and a sometimes tight left knee. I was also recently told I have small fibroids which are being monitored by my GP. _____

Include depression, any addictions or addictive behaviors, experiences with violence, abuse, or assault, eating disorders, therapy (previous or current), etc. Include type and length of time. **Please note that difficult times you've gone through will be powerful teaching tools of great benefit to students who are going through their own difficult times******

I have anxiety issues and I have some trauma from working in anti-sexual harassment during my PhD. My continued academic work is in the area of gendered violence.

Are you taking any medications? Please describe if these medications may affect your full participation in the training:

I take blood pressure medication but have not noticed an impact on my practice.

Please describe your diet, nutritional philosophy, health and self care practices, and general beliefs about health and well-being:

I have a wheat and a dairy intolerance, and an allergy to raw onions. I stopped eating meat and poultry in 2019 and struggle with anaemia and meal planning during winter months. I struggle with self care because of decades in academia where self care is not prioritised. I think looking after yourself is essential.

Anything else that's interesting about you? Feel free to share!

I am non-tactile in both teaching and practice but assists involving a belt are fine.

By signing the below box you agree to pay a non-refundable RM 800 deposit upon acceptance into the program:

Print Name: Sandra Fernandez

Date: 7th April 2023