

Getting To Know You Application

May 13th - May 31st, 2021

Welcome to Arizona Adventure Yoga Teachers Training™ (AZA YTT), the first 200-Hour YTT immersed in nature on gentle yet spectacular adventures that is registered with Yoga Alliance as a RYS (Registered Yoga School).

This unique residential 200-Hour YTT includes instruction, inspiration, community, meals and accommodations in beautiful locations with transportation on day trips including to Lake Magnificent, Granite Basin Lake, the Verde River and Sacred Sedona as well as day hikes from our eco-luxurious base camp, Heaven on Earth Retreat, in Arizona's gorgeous Granite Dells.

A short list of books to purchase and study prior to the commencement of the YTT will be sent to you shortly after filling this out and returning it via email to: admin@heavenonearthretreat.com or via mail to: Happy Oasis, **Heaven on Earth Retreat**, 4395 Lake Fork Rd., Prescott, AZ 86301

Namaste! We'd like to get to know you better. Thank you for helping us by answering these questions.

Name _____ Phone _____

Address _____ Email _____

_____ Birthday _____

_____ Facebook Name _____

Current Occupation _____ Instagram _____

Emergency Contact _____ Ph _____

Close Friend or Relative _____ Ph _____

Will you be flying into Prescott Airport, driving a car or commuting locally? _____

When and where did you find out about this yoga teachers training? _____

Who told you about this yoga teachers training? _____

About You

To be of greatest service toward your optimal growth as a yoga teacher, plus leader and luminary on the yogic path, please answer these questions as openly, honestly and accurately as possible. Thank you for giving yourself the time to answer these questions. Feel free to extend your answers on additional sheets, if you like.

When, where, and how did you discover yoga?

How would you summarize your yoga story thus far?

Which styles and paths of yoga do you most treasure? Why?

Which facets of yoga do you practice most often and why? (for example, the limbs of ashtanga or raja yoga, meditation, asanas, studying and discussing sacred texts, kirtan, mudras, mantras, etc.)

Which yoga teachers do you most admire? And why?

1. _____
2. _____
3. _____

What are your core values? _____

Have you ever meditated? Yes or No, A Little or Some or _____

If yes, do you have a regular or irregular meditation practice? Please describe _____

How has your yoga or meditation practice transformed you or blessed your life?

What are your most cherished thoughts and feelings about your relationship with yoga and how it can benefit humanity?

What attracts you to Arizona Adventure Yoga Teachers Training™?

What is your intention for participating in this YTT?

What would you love to experience while on this journey of a lifetime with Arizona Adventure Yoga Teachers Training™?

Ideally, our AzA YTT aligns with your areas of interest. How interested are you in focusing on each of these yoga subjects during this training? Please highlight your interest level for each topic.

Enthusiastic • Interested • Slightly Interested • Not Interested

- | | | | | |
|--------------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| • Sunrise Salutations into the Sun | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Morning Mountaintop Meditation | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Yoga Along the Trails | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Guided Meditation w/ instruction | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Silent Meditation | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Being Able to Teach Hatha | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Be Able to Teach Vinyasa | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Restorative & Yin Yoga | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Asana Enhancements | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Yamas & Niyamas | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Partner Yoga | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Aerial Yoga | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Yoga Nidra | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Mandala/Kaleidoscopic Yoga | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Chakra Yoga | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Mudras | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Mantras | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Pranamaya | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Self Actualization | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Understanding the Chakras | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Public Speaking Tips for Teaching | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Bliss Conscious Communication | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Posture and Alignment | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Anatomy & Physiology | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Yoga in Sacred Sedona | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Yoga in the Clifftop Dome | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Yoga on the Rooftop with Views | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Barefoot Yoga on the Edible Lawn | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Yoga in the Pool | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Barefoot Yoga on the Beach | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Chanting Kirtan and Bhajans | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Sacred Circle Singing | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Alchemy | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Yogic Philosophies and... | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Poetry to enhance your classes | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Organic Vibrant Vegan Cuisine | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Half Day Cleanse with Fresh Juices | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Silent solo half-day Vision Quest | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Solo camp & morning Vision Quest | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Yoga for Special Populations | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Others? Please Describe: _____

Is this YTT for your personal development or do you also envision teaching yoga after this YTT?
 If yes, ideally when, to whom and how often?

Which yoga styles and classes are you interested in doing and/or in teaching after this training?

Have you ever lived in an ashram or community setting? If yes, where, when and for how long?

Injuries / Health Conditions Do you have any injuries or health conditions (mental, emotional or physical) we should know about? If yes, please explain. _____

Are you currently on any medications? Yes _____ No _____ If yes please explain what and for which condition(s)? _____

Food Allergies / Nutritional Preferences Do you have any food allergies or nutritional preferences we should know about?

Yes _____ No _____ If yes, please explain. _____

Meals Are you comfortable eating mostly organic vibrant vegan vegetarian cuisine for the duration of the course?

Yes _____ No _____ If no, please explain. _____

Pets/Service Animals: Please note that no pet or service animals of any kind are permitted on or nearby the premises at any time. Please know that we are very much animal lovers and only make this guideline to enhance our ability to focus on the teachings of this training. In addition, Heaven on Earth Retreat is an important wildlife sanctuary that protects wildlife whose lives count on drinking from the retreat's pond oasis. Do you agree to abide by this guideline? Yes ___ No ___

Smoking, Vaping and Ingesting: No smoking or vaping, etc, of cigarettes or marijuana, etc, are permitted anywhere on the premises at any time of day or night. Do you have a smoking or vaping habit that you are wishing to give up or refrain from at least during this retreat? Yes _____ No _____ If yes, please explain. _____

If you are wishing to give up smoking, you are welcome to apply. We have helped those sincerely wishing to give up smoking to do so.

Do you have a medical marijuana need? Yes _____ No _____ If yes, please explain _____

No mind-altering substances of any kind including alcohol and recreational or pharmaceutical drugs are permitted during the course of this retreat, unless absolutely necessary and prescribed.

Do you agree to abide by this guideline? Yes _____ No _____

Cell phone and computer use policies: Students are encouraged to leave their cell phone at home, if possible, or off during all weekdays except for Sundays. If daily contact is necessary due to family

members, students are asked to communicate as briefly as possible after walking along the canyon trails sufficiently far away from anyone and the premises so that they cannot be heard to prevent encroaching upon anyone's silence. Sounds carry surprisingly far in the desert so no phone calls are to be made anywhere on the premises of Heaven on Earth Retreat. To keep the focus on the here and now, students agree to refrain from texting in public places. **Do you agree? Yes _____ No _____**

Quiet mornings policy: To deepen and integrate the teachings as well as provide personal contemplative space and privacy in a group setting, quiet hours are from 9:30 pm to 1 pm each day, except during morning class time discussions that offer plenty of opportunity for group communications. **Do you agree? Yes _____ No _____**

Thank you for understanding that we have established these guidelines for the benefit of all participants to ensure a healthful, high-quality, fun, kind, wise and harmonious experience for all!

Please attach a close-up Photo of Yourself without sunglasses.

Cancellation policy: If a student needs to cancel for any reason after the first day of the training, a refund of \$35 per day will be allotted for the time that remains.

Your decision to attend **Arizona Adventure Yoga Teachers Training™** is an important step into self-inquiry requiring an open heart, humbleness, effort and self-enquiry.

We take your success in achieving results from this training seriously, which is why we hand-select our students. Instead of *quantity*, this training assists in developing *high quality* yoga instructors, yoga practitioners and wonderful human beings.

Once you've decided to participate, a \$500 minimum deposit reserves your space. If you cancel for any reason, the deposit is non-refundable. If we cancel for any reason, your money is fully refundable. If you have not paid a deposit yet, it may be paid by credit/debit card over the phone or via Paypal. Alternatively if you choose to pay by check please make the check payable to: **Heaven on Earth Retreat™**. 4395 Lake Fork Rd, Prescott, AZ 86301. Payment is due in full on or before April 1, 2020.

Thank you for giving yourself time to share honestly and authentically with us. We look forward to nurturing your growth as we deepen into practice and explore what's possible together.

Arizona Adventure Yoga Teachers Training™ provides the rare gift of immersing oneself in yoga wisdom while living in natural beauty. **Arizona Adventure Yoga Teachers Training™** is designed to up-level your confidence and ability to share your truth and light with the world as you shine on more brightly than ever!

**Warm Welcome to Arizona Adventure YTT!
With Blissful Blessings,**

Happy and Free

*Heaven on Earth Retreat™ Hosts and
Co-Founders of Arizona Adventure YTT
(928) 308-2146 Happy and (928) 227-7925 Free*