



# Shanti Niketan Ashram

## 500 Hour Teacher Training Application



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

Phone: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Email: \_\_\_\_\_

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

Current age and state of health:

How long have you been practicing yoga?

Please describe a little of your relationship to the ashram and why you wish to study at the ashram.

How do you currently apply the 10 precepts of Yoga (Yama and Niyama) in daily life?

How will you make time for daily practice?

Vegetarianism and freedom from alcohol are requirements for this training. Are you prepared to follow these requirements? How?

How will you meet the financial requirements?

Other comments:

If you require more space, please attach additional sheets of paper.

\*If you require more space, please attach additional sheets of paper.\*  
Kindly mail your completed application with your deposit or payment in full to:  
Shanti Niketan Ashram, 1103 Imperial Rd, Cary NC 27511  
Please email us with any questions: [info@shantiniketanashram.com](mailto:info@shantiniketanashram.com)