

## **FOUNDATION COURSE APPLICATION**

### **WRITTEN APPLICATION**

The application questions are for the purpose of gathering background information and learning more about your personal interests in studying Yoga and mind/body practices. Look at this as a first homework assignment so we can begin planning for your mentoring during the year ahead.

Answer all questions as thoroughly as possible. Compile your answers in a separate document and submit them as an email attachment.

Send all applications/forms to: [info@perriinstitute.com](mailto:info@perriinstitute.com)

To qualify for an early enrollment discount, your application must be received **one week prior to the deadline**. **See the Course Brochure for schedule and deadlines.**

1. Full Name/Email/Phone/Mailing Address

1a. Which course are you applying for? Are you adding an Independent Study (if so, please submit an Independent Study Topic Submission Form as well).

2. Please describe applicable details of your yoga practice history (studio/school, style, teacher(s), how often?).

3. Please indicate any applicable education information (degree programs, certificates, etc).

4. How will you arrange your schedule to include the required yoga classes with TaraMarie and/or teachers from the Perri Institute for Mind and Body?

5. What makes Yoga important to you?

6. Discuss in your own words what you think is beneficial about the following key paths of yoga study:

- a. Asana/postures
- b. Pranayama/breathing techniques
- c. Meditation

7. What other concepts within yoga and mind/body studies do you find worthwhile or have an interest in studying/teaching?

8. What is your favorite asana? Why?

9. Have you ever given thought to teaching Yoga, practicing holistic medicine, or going into another therapeutic field or career path. If so, why?

10. Do you have any special skills, admin experience, or talents that might be beneficial to the Institute? We have very limited work/study hours availability for each year. If you are interested and have any administrative, social media, marketing, photography, film, or other business experience to share, please give us the details here for review.

## **CONSULTATION/INTERVIEW**

Once the application is reviewed, a one-to-one phone or Skype consultation/interview will be arranged with TaraMarie Perri or Maggie Gavin. Applicants can review schedule, ask questions, and begin possible Independent Study plans.

## **APPLICATION STATUS NOTIFICATION/FINAL STEPS**

- Applicants who have been accepted will be notified via email.
- They will receive detailed payment instructions and a reading list with pre-course reading assignments.
- Accepted applicants must confirm their commitment to the course immediately via email to secure their spot.
- If an accepted applicant fails to confirm and/or pay the deposit according to the outlined timeframe, his/her space in the class will be offered to another qualified applicant from the wait-list.