

OMEGA

Rhinebeck, New York

OFF THE MAT, INTO THE WORLD® LEADERSHIP TRAINING
COURSE 1902-641
JUNE 12-14, 2009
APPLICATION FORM

Name _____ Birth date ___/___/___

Phone (____) _____ Fax (____) _____

Email _____

Address _____

City _____ State _____ ZIP _____

Please submit this form by May 27th to: Hala@offthematintotheworld.org

Thank you for your interest in the Off the Mat, Into the World® leadership training. This training is for people interested in deepening their leadership skills in holding space for healing and transformational work. Some leaders may be interested in leading Off the Mat's small group program, Yoga In Action, and others may be interested in using the skills acquired to enhance the work that they are already doing. Completing a leadership training does not guarantee that you will go on to lead a Yoga in Action group, that is to be decided by the OTM staff.

1. How long have you been practicing yoga on a regular basis?
2. Do you presently teach yoga? _____ If yes, for how long? _____ Where?
3. What is your greatest strength as a teacher?
4. What is your biggest challenge as a teacher?
5. If you do not teach now, would you like to teach? (If so, how would you foresee answering questions 3 and 4?)
6. What has your personal journey of introspection and self-awareness entailed? (i.e. therapy, group work, mediation)
7. What has been the greatest gift of this personal work in your life?
8. What is your educational and/or training background? (yoga trainings, bodywork, university, etc.)
9. Have you had any teaching experience in any other field?
10. What is your experience in social or environmental activism/ service?
11. How do you foresee using the skills and information offered in this training ?
12. Any additional comments or questions?

Awakening the Best in the Human Spirit