

## **YogaReach Application**

Thank you for embarking on the *YogaReach* journey. We are grateful for your interest to help you expand your teaching skills as well as your own practice on and off the mat.

We would like to know more about you and your intentions for participating in the *YogaReach* Mindful Movement for Parkinson's Professional Training Workshop. We ask that you please complete the entire application. Once your application is completed, please send it to Char at [yogareachpd@gmail.com](mailto:yogareachpd@gmail.com)

### **Please complete the following information.**

#### **Contact Information (please print)**

Name:

Date of Birth:

Address:

City:

State:

Zip Code:

Cell #:

Email:

#### **Emergency Information:**

Name (relationship):

Phone Number:

### **Please respond to the following questions:**

Where and when did you complete your trainings? (Yoga, Pilates, Allied Health, or other Professions, if applicable)

Are you a Registered Yoga Teacher/Therapist or Certified /Licensed Professional. Please explain.

Are you currently teaching or have you recently instructed people diagnosed with Parkinson's disease? Where and how often?

Have you or do you work with private clients with PD or other medical challenges? Recent dates.

Do you have Individual (Yoga or other) Liability Insurance? \_\_\_\_yes \_\_\_\_no

Identify the policy and date of expiration. \_\_\_\_\_

Do you have CPR/AED Certification? \_\_\_\_yes \_\_\_\_no

Please attach a copy of certification.

**Personal Assessment:**

What are your current strengths as a yoga teacher/therapist/ Allied Health/ or within your profession.

What are the primary teaching skills you wish to develop and refine?

What qualities do you wish to cultivate as an instructor/volunteer?

Do you have any injuries or medical conditions that you need to share?

Please write, utilizing 200-300 words, your reason for wanting to attend our Mindful Movement for PD Workshop.

If you have questions, please contact Char.

Email: [yogareachpd@gmail.com](mailto:yogareachpd@gmail.com)

Thank you for completing the application. You will be sent additional information soon.

**Char**

Char Grossman, M.A., NCSP, C-IAYT, YACEP

Director+Founder YogaReach® LLC

Therapeutic Yoga Specialist

Nationally Certified School Psychologist

[www.yoga-reach.org](http://www.yoga-reach.org)



