

## Application for Study Yoga Mentoring Group

Tell us about your yoga journey and practice experience thus far.

Why do you want to participate in a mentoring program/study group?

Please share with us any additional experience that you may think is relevant to your admittance into this program.

What are your expectations for a mentoring relationship/study group?

What skills do you hope to learn or work on?

Do you have any current or chronic injuries or health conditions (including mental health) we should know about?

To apply, submit a letter via email to [studyyoga@atmacenter.com](mailto:studyyoga@atmacenter.com) by mail to Yoga Study Group, Atma Center, 2319 Lee Road, Cleveland Heights, OH 44118. Include answers to the following questions in short, essay form. Once we receive your application, Sandy or Atmarupa will call you within a few days to discuss your application and admission to the program.

~Program begins the weekend of October 5<sup>th</sup> but has ongoing enrollment, space permitting.

~We have a cap of 15 people and will allow only 3 drop-ins per session.

~10% discount for Yoga Alliance members.

~Other discounts and scholarships may be available upon request.