**MotherHeart Yoga Sangha  
Inner Journey Program Application**

*The Inner Journey Program is an intensive spiritual development and healing program that requires a sincere desire to learn and grow. Participants are guided to honestly and compassionately address internal narratives and past scripts in order to clear a path for lasting spiritual development. For those who wish to go on to teacher certification, Inner Journey program connects to the deep roots of Yoga and oneself first, before developing a teaching lens. This is a deeply heartfelt program, not intended for spiritual elitist or those interested in theory alone.*

Name:   
Email:

Phone:

How long have you been practicing Yoga?

What brought you to MotherHeart?

What is your intention for taking this program?

What do you hope to receive/gain/establish through Inner Journey (or Teacher Training)?

**Health Survey:**

Inner Journey and Teacher Training Programs are not a replacement for health care where there is injury, illness, or trauma. Please answer the following questions honestly.

Have you ever been hospitalized for mental illness or psychosis? If so, when?

Have you received a mental health diagnosis? If yes, please note.

Are you currently seeing a doctor or therapist?

Do you currently take medications?

Do you drink alcohol or do recreational drugs? If so, how often? What drugs?

Do you smoke?

*Lifestyle choices affect our mental, physical emotional well-being. You will not be asked to change your habits directly but being honest and working with the underlying factors of habits that cause suffering will help to improve overall quality of life, health, and relationships.*

*“We carry inside us the wonders we seek outside us” -Rumi*