

*Uplifted*™

# Yoga Teacher Training

## What is Yoga?

Led by

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Write a description of what Yoga is to you. You don't need to look up definitions...this is just your personal definition.

Also, describe how long you've been practicing yoga, the style or styles you've studied and your teachers. Include any injuries and/or conditions you have that could impact your practice.

Finally, write about what you would like to get out of this training. Bring this writing assignment with you to your first day of YTT. Can't wait to see you!

Thank you!

Lesley and Brett

