



**Intermediate Junior Assessment Levels 1, 2 & 3**

**Personal Questionnaire**

Notes for completing the Personal Questionnaire

* Please type the questions in full followed by your answers
* Write your name and the date at the top of each page
* Number each page, e.g. p 1 of 2, p 2 of 2
* Print three copies of your answers, where possible print on both sides (please do not print cover sheets)
* Where there is more than one sheet, staple each set of papers together (please do not bind the papers or use plastic sleeves)
  1. How often do you practise? Is it alone or in a group? Please give details.
  2. Please list any Yoga books that you have read which you have found most helpful. Briefly explain your choices.
  3. Do you practise Pranayama? If so give details.
  4. (a) Briefly explain why you teach Yoga and how you expect the Intermediate Junior certificate will benefit your practice and your teaching.
     + 1. What problems have you met in your practice?
       2. What rewards and difficulties have you encountered as a teacher?

5. How many classes do you teach at:

* 1. Beginners level (i.e. Introductory Level 1 asanas)?
  2. General/Intermediate level (i.e. Introductory Level 2 asanas)?