



Hi Shelly,

Wow, I am so excited!! I just finished reading the website about Bikram Yoga Teacher Training seminars. I have just a couple questions that I could not find on the FAQ section. In regards to the application process can you elaborate on how extensive is necessary for admittance to the program if the past 6 months has been home study? I began studying Bikram a few years back. I averaged two or three classes a week for a while and then I fell out of practice. A year ago I joined Peace Corps and I am currently serving in West Africa. Last month I was on home-leave and I came across Bikram's new book. While in Africa I felt the need to practice again and began doing a little bit but was unsure of the correctness of postures and the order of the sequence. I finished his book in two days and I have already begun my practice again. I love it!

I still have another year of service. What would constitute enough home study practice that would make me eligible to apply for the teacher training? Ideally, I would be interested in applying for the fall of 2008. Any suggestions you have would be great. Thanks for your input.

Sincerely,  
Lizzy Shuster

