



## **Application for "The Alchemy of Transformation" with Darcy Lyon**

To dive into an intensive in our practice is a serious commitment that demands energy, time and money. The intention of this application is for you to consider more deeply why you are drawn to this work and what you hope to get out of it. Through this process of reflection and clarification I hope to best support you. You may share to whatever extent you wish. The more I know about you the better I can tailor our focus and direction to serve you.

**Please complete and return this application along with a \$300 deposit to hold your spot to:**

**Darcy Lyon, Heartfire Healing Arts  
306 Waller St.  
San Francisco, Ca. 94117  
(503) 975-2685**

**Please provide the following:**

Name:

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Age:

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Current injuries:

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Yoga History:

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Other movement, dance, meditation or relevant history:

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Who have been your favorite teachers and why?

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What are the five principles of Anusara and their basic components? (If you don't know just answer "I don't know")

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What questions, if any, do you have about the five basic principles, the loops or other alignment systems in Anusara?

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How would you describe the Tantric system of philosophy? What questions do you have about the philosophical system of Anusara?

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Do you currently have a meditation practice? If so, how often do you practice and for how long? (HONESTLY- not what your *intention* is to practice)

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Why do you want to do this immersion?

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What are current life/career/spiritual or practice issues that are coming up for you now?

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What is your experience/ background with therapy or group process?

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This immersion involves a fair amount of self-reflection and group sharing. Of course, the individuals always have control over what and how much they want to share. Are you willing to engage in this process?

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If you have questions about this workshop please ask me:  
<mailto:darcy@heartfirearts.com>