

YOGA TEACHERS' TRAINING APPLICATION FORM

.....
The completion of this application form is to find out if you are eligible to attend the TTC. The acceptance of your

Application form does not confirm your participation; only the payment of the course fee does. Places are given

on eligibility and on a first-come-first-served basis.

****NOTE: All * Marked fields are mandatory.**

.....

I'M REGISTERING FOR THE FOLLOWING YTTC

.....
CITY

FROM / / UNTIL / /

.....

PERSONAL DETAILS

.....
First Name *

Last Name *

Gender * (Female / Male).....

Date of Birth (mm/dd /yyyy) *

Marital Status (Single / Married / Divorced / In a relationship).....

Address *

.....

.....

.....

Email *

Contact Number *

Nationality *

Emergency Contact Person:

Name.....

Phone.....

Email.....

FURTHER PERSONAL DETAILS

.....

Do you have a minimum level of English language proficiency, both written and oral? *
Yes / No

How did you learn about Yogalife?.....

.....

RECENT HEALTH (for the past 12-24 months)

.....

Illnesses * (Yes / No) (If yes, please specify...)

.....

Allergies * (Yes / No) (If yes, please specify...)

.....

Surgery * (Yes / No) (If yes, please specify...)

.....

Accident * (Yes / No) (If yes, please specify...)

.....

Medication * (Yes / No) (If yes, please specify...)

.....

Family antecedents * (Yes / No) (If yes, please specify...)

.....

Others *

PHYSICAL CONDITION



Joints *

Muscles *

Bones *

Sight *

Hearing *

LIFE STYLE



Smoking Pattern.....

Drinking Pattern.....

Recreational Drugs.....

Occupation Type.....

Physical Fitness 1 to 10 (1 is low & 10 is high).....

Level of stress 1 to 10 (1 is low & 10 is high).....

Level of happiness 1 to 10 (1 is low & 10 is high).....

Number of hours of sleep per night.....

CHARACTERSTICS



Weight..... Height..... Blood Pressure..... Rest Pulse.....

DIET

.....

Vegetarian (Yes /No).....Vegan (Yes /No).....Meat eating pattern.....

Cereal eating pattern..... Dairy/eggs eating Pattern

Favorite cooking style Meal time & composition

Any intolerance..... Tea, coffee, chocolate.....

Food Allergies ordislikes.....

PASTIME, PHYSICAL ACTIVITIES & HOBBIES

.....

.....

.....

HEALTH / WELL-BEING RELATED QUALIFICATION (PHYSIOTHERAPIST, MASSAGE THERAPIST, MEDICAL OR PARAMEDICAL DEGREES)

.....

.....

.....

CHANGE

.....

Are you motivated to change: 1 to 10 (1 is low 10 is high)?

Are you determined to change: 1 to 10 (1 is low 10 is high)?

YOUR YOGA PRACTICE

-
- What style of Yoga do you practice? *
 - Since when do you practice? * (length, frequency, content)
.....
 - Do you have a self-practice? * (Yes /No)(If yes, please specify...)

.....

- Are you already teaching Yoga?* (Yes /No)(If yes, please specify...)

.....

- What areas of your Yoga practice do you have difficulty in?

.....

- How do you integrate Yoga into your daily life? (Max.250 characters)

.....

.....

.....

- What Yoga related books have you read?.....

- Why do you want to attend this TTC? (Max.250 characters)

.....

.....

.....

- How do you plan to prepare yourself for the TTC? (Max.250 characters)

.....

.....

.....

FEE TRANSFER

.....

If you book your YTTC up to one month in advance, you are allowed to do an advanced payment of 500€ to confirm your participation. The rest of your payment of the course fee has to reach our account at least 3 weeks before the start of the training.

By bookings less than a month before the start of the training you will have to transfer the full payment of the course fee.

SOME RECOMMENDATIONS

.....

Please read the recommended books and more if you can. The more you are exposed ahead of the training the more you will benefit from the course. We provide a list of "classic" references hereafter.

Our students are coming from very different background, culture, schools, and type of practice. We sometime con-duct an inception assessment to better adapt the content of our Course. The more you know ahead of the course the more you will learn! If you have not done so before, start a personal practice. In any case increase your practice time as much as possible.

YTTC RULES AND AGREEMENT

.....

- The student's behavior and attitude, both private and public while at the venue, should respect the local culture and enhance the spiritual atmosphere.
- Standards of conduct
- Student should maintain an atmosphere encouraging mutual respect, civil and congenial relationships and free from all forms of harassment and violence, where everyone can discuss their differences and exchange their ideas openly, honestly and respectfully.
- Students shall use a respectful language without using profanity, vulgarity, insults, abusive language, and verbal threats.
- Inappropriate Conduct
Student should avoid public displays of affection and public nudity. Students should not possess, use, or distribute alcoholic beverages or illegal or recreational drugs. Students should not make false statements about others with malice to cause harm, or publicly disclose another's private information.
- Unless otherwise specified, photography or video filming is not allowed in the venue during any Sadhana (spiritual practice) times i.e. during Meditation, Satsang, Asana class, lectures, ... This helps to maintain a tran-quiet and protected environment for all.

- Attendance and participation in scheduled classes are mandatory. If students expect to be absent from any scheduled event for whatever reason, notice must be submitted to the program coordinator. Too many absences from scheduled classes may result in the student being dismissed from the course and asked to leave the course.
- Students leaving the course before completion are required to return all their teaching materials
- Karma Yoga is an integral part of the training course life. Karma Yoga is required for each student, every day. Karma Yoga is a practical approach to help eliminate egoistic and selfish tendencies in students.
- In Yogalifes' Website: <http://yogalife.org/terms> we mention very important information about the registration process, payment, cancellation, personal liability, refund policy, usage of Photos & Videos, use of materials, policy modification and program modification. Please send this form signed **AFTER READING AND AGREE TO OUR TERMS AND CONDITIONS.**

I have read and I agree with the YTTC rules and agreement as well as the terms & conditions (Yes / No).....

"Yoga is not a work out; Yoga is a work in"

Sanjeev Bhanot