triyoga Education

Application for Accredited Teacher Training Diploma

## Contact Information

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| Name |  |
| Street Address |  |
| Town Postcode |  |
| Mobile Phone |  |
| Home Phone |  |
| E-Mail Address |  |
| Website |  |

## Personal Information

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| --- | --- |
| Date of Birth |  |
| Nationality |  |
| Gender |  |
| Current Profession |  |
| Are you fluent in English? |  |

## Health Considerations

Do you have any current health considerations (e.g. injuries, recent surgery, chronic medical conditions) that may affect your ability to practice yoga and participate on the teacher training? If so, please list and explain them:

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If so, have you received guidelines from a health practitioner for working with this condition? Please elaborate:

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Have you ever suffered from a mental illness or been prescribed medication for depression, anxiety or other psychiatric issues?

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Have you been diagnosed with dyslexia?

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## Asana Yoga Practice

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| When did you begin practising asana (i.e. ‘physical’ yoga, as opposed to meditation, chanting, etc.)? |  |
| Do you have a home practice? (yes/no) |  |
| If yes, how often do you practise each week? |  |
| What level practitioner are you? (Level 1, Level 2, Level 3) |  |
| Do you currently attend asana classes? (yes/no) |  |
| If yes, how often? |  |
| Who is/are you teacher/s? |  |
| What style of yoga do your teachers teach? |  |
| Have you previously practised yoga with either Anna Ashby and Tony Watson? If so please provide details. |  |

Please list any major workshops you may have taken in the past two years, including the teacher’s name(s) and date(s)

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## Yoga Teaching

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| Do you hold a yoga teacher training certificate already? (yes/no) |  |
| If yes, from which school? How long was the training? |  |
| Do you teach yoga? If so where/to whom? |  |

## Meditation Practice

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| Do you currently meditate? (yes/no) |  |
| If yes, how regular is your practice? |  |

## Contemplation

Please answer in bullet point format on no more than one side:

1. Why do you want to take this training?

2. Do you see yourself wanting to be a yoga teacher as a main vocation at the end of the training?

3. What are the strengths of your asana practice?

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## Teacher Recommendation

*This form is to be filled out by the applicant’s teacher of two years or more.*

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| Applicant Name |  |
| Teacher’s Name |  |
| How long have you known the applicant? |  |
| How long has the applicant been a student of yours? |  |
| What classes and/or workshops has the applicant taken with you? |  |
| **Asana performance section** |
| What are the applicant’s strengths? |  |
| In what areas could the applicant improve? |  |
| Why do you recommend the applicant to this teacher training programme? |  |
| Signed |  |

**Applications will be processed once we have received:**

a) Your application, filled out completely

b) One portrait photo (passport photo) of you in electronic form (png or jpg) via **email** to flavia@triyoga.co.uk

c) A4 typed contemplation (part of this applicationin bullet point format via **email** to flavia@triyoga.co.uk

d) A recommendation from your yoga teacher via **email** to flavia@triyoga.co.uk

e) £20 application fee - this fee will be deducted from the course fee if you are accepted into the programme. Payment can be made via:

1. Cheque made payable to ‘triyoga UK Ltd’

To be sent to: FAO Flavia Cerrone, triyoga Education, Unit 4, 122A Gloucester Avenue,

London, NW1 8XS

1. Credit / debit card – please call 0207 449 3151 to make payment
2. BACS transfer (please confirm via email to flavia@triyoga.co.uk once payment has been made). triyoga’s bank details are as follows:

**Bank Name:                LloydsTSB**

**Account Name:          triyoga (uk) Ltd**

**Account Number:      01331197**

**Sort code:                   30-94-81**

**Reference:                   “SURNAMETT24” e.g. “JONESTT24”**

(Please do not leave your application form or other documents in the triyoga centres – they get lost!)

NOTE: Contact us if you cannot make the application deadline.

**Please refer to the website for the other important dates, i.e. Information evening, Interview Day**

**and Training Start date**