

BRAHMANI YOGA
Vinyasa Flow 400 hour Teacher Training

APPLICATION FORM

*Please read through the application first and then go back and answer the questions. Be as thorough and descriptive as possible with your answers. We would rather hear more about you, than less. Type your answers in a different coloured font for clarity. Do not hesitate to email Julie with any questions regarding this application.

Once completed, please return directly to Julie Martín by email. Please title your application/attachment with your name followed by “app” and send to:
Juliemartin65@hotmail.com

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1. Full name and contact details, Email address, Telephone and current age.
2. Give us a brief history of your relationship with yoga itself. How long ago did you start, what made you decide to try yoga, how did you find it at first, etc.
3. How long have you been practising Vinyasa Flow Yoga as your preferred form?
4. Do you have any experience of Ashtanga Vinyasa Yoga? If so, how much and with which particular teachers.
5. Who is your main teacher (who you practice with at least 3 times a week)? Also list any other teachers that you regularly do workshops or classes with.
6. Do you or have you practised any other form of yoga regularly?
7. What is your current regular practise? How often, how much in classes or at home self practice, duration of each practice. Also list here any problems, limitations or old injuries you may have and how they affect your practise.

8. Why do you want to teach? If you already teach, why did you start?
9. Why do you practise Vinyasa Flow and why do you think the practise works for you?
10. This course will be limited to 10-12 students allowing for individual attention. What do you want to accomplish through attending this course?
11. Why are interested in doing a course at Brahmani as opposed to somewhere else? Have you already practiced with us in the past?
12. This course is very intensive and involves a lot of hard work and preparation beforehand. Do you see any problems with completing the pre-home work (about 50 hours) or having enough energy to get through the course?
13. Describe your professional background outside of yoga and any other training you have had that might be relevant to this course.
14. Please give two reference contacts (emails please). One should be your regular teacher and the other should be a friend or colleague that knows you well. These references will be contacted so please ask their permission beforehand. Also website details for the centre where you practice regularly should be added.

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