

BRAHMANI YOGA - Ashtanga Vinyasa 500 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 Martin by email. Please title your application/attachment with your name followed by "app" and send to:

Juliemartin65@hotmail.com

1. Full name and contact details, including email, telephone number 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 practicing Ashtanga Vinyasa Yoga specifically?
4. Who is your main teacher? Also list any other teachers that you regularly do workshops or classes with.
5. Have you ever completed a designated "Beginners course"? If so what Yoga Centre? Or did you join in with general level classes and pick up the basics along the way?
6. Do you or have you practiced any other form of yoga regularly? If so what forms.
7. What is your current regular practice? How often, how far in the series, with who, etc. Also list here any problems, limitations or injuries you may have and how they affect your practice.
8. Why do you practice Ashtanga Vinyasa and why do you think the works for you.

9. Why do you want to teach? If you already teach, why did you start?
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 others?
(Please note that Brahmani is not a strict "Mysore style" school and our methods borrow from many other styles of teaching in order to suit the student. If you prefer to work the strict "Mysore way" than this course is not for you).
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 80 hours) or having enough energy to get through the course?
13. Describe your professional background outside of yoga and any 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.

When completed please send to Juliemartin65@hotmail.com