



INTEGRAL YOGA® TAMPERE BASIC TEACHER TRAINING APPLICATION

PLEASE NOTE: The application form consists of five pages. Your application will be processed upon receipt of all three completed pages. You may use additional sheets of paper, if necessary. If your application is successful you will be sent details of payment. Your place on the course is confirmed after receipt of the deposit and the remainder of the course fees are due at the start of term.

Please print and send the application to:

**Om Yoga –koulu, Paula Kiuru
Näsilinnankatu 34 A 31
33200 Tampere, FINLAND**

NAME: _____

ADDRESS: _____

TOWN: _____ POSTCODE: _____

BUSINESS ADDRESS (if applicable): _____

PHONE NOS. (home): _____ (work): _____

E-MAIL ADDRESS: _____

AGE: _____ DATE OF BIRTH: _____ SEX: _____
M _____ F

MARITAL STATUS: _____ OCCUPATION: _____

Who should be contacted in the case of emergency? Name: _____

PHONE Nos. (H): _____ (W): _____

Relationship to the person above:

Level of your personal Hatha Yoga Practice: “ Hatha I “ Hatha II “ Hatha III

Level of your personal Meditation Practice: “ Beginner “ Experienced

Could you please tell us where you heard about the Integral Yoga Teacher Training (e.g. Friend? Yoga Teacher?):

Do you currently attend any Yoga classes other than Integral Yoga®? Please give details

Do you attend Satsang? Please give details

Do you do any other form of activities e.g. sport / fitness / martial art? Please give details

Are you receiving any medical / hospital treatment or medication or psychiatric care? Please give details

About your Personal History:

We want to ensure that you have enough background experience to become a Yoga teacher and are committed and dedicated to the IY Training course. The aim of this section is that we can get to know you as well as offer you the support you ask for and need. Also, to confirm that you have the aptitude to embark on what is inevitably a profound and transforming journey both as an individual and part of a group.

In addition to the written answers, you are warmly invited to include photographs, drawings, inspirations, poems etc. – anything you feel comfortable to share with us to make your application personal and alive.

Please use additional paper to answer the following questions:

Thank you for taking time to answer these questions...

1. When and where did you begin your Yoga Practice?
2. What is your current daily practice?
3. Have you taken regular Integral Yoga classes? If so please give details
4. What inspires you most about Integral Yoga®?
5. What is it about Integral Yoga®? You feel most attracted to?
6. What is your experience / knowledge of Sri Swami Satchidananda and the teachings of Integral Yoga®?
7. Please briefly describe any Integral Yoga® programmes or retreats / workshops you have participated in and your personal experience of them.
8. Do you have a regular meditation practice? If so, please describe when you began the practice and what it consists of.
9. Do you have any physical, mental or health restrictions / challenges? If so, please give details.
10. What are your special talents, skills, hobbies and interests?
11. Please describe the elements of your life/spiritual journey that have led you to apply for this Teacher Training program?
12. Why do you want to become an Integral Yoga® Teacher?
13. Please outline your basic life / spiritual beliefs what you consider is your personal role / in life.
14. Please describe:
 - a. any qualities you have that you feel / hope the training will bring out/ enhance
 - b. any qualities / issues that you recognise may be challenging for you during this training
15. Please briefly tell us about your family, those closest to your heart (e.g. if you have children etc.)
16. Is this your first Yoga Teacher Training Program? If not please give details of previous courses.

INTEGRAL YOGA® TEACHERS' RECOMMENDATION

Teachers Name and contact details:

How long have you known the student and how long/regularly have they attended classes?

Please write a brief recommendation for this student to participate on the IYTT programe

Are you willing to support your students training by allowing them to participate what they have learned in any of your classes?

Any other notes?

Signed _____ Date: _____