

**200 HR TEACHER TRAINING FOUNDATION IN JAPANESE YOGA
OCTOBER 2019**

Confidential Enrolment Application

Name

Email

Phone

Address

Date of Birth

Occupation

1. What's your experience of yoga up to now? I.e. Please describe your practice, who your regular teachers are, style practiced, how long, etc.

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2. Have you done any related teacher training or practice? eg. meditation, healing arts, martial arts etc.

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3. Can you attend all the scheduled contact hours?

October 12 & 13	(Introduction to Japanese Yoga)
November 2 & 3	(Wood element)
30 Nov & 1 December	(Fire element)
January 11 & 12	(Earth element)
February 1 & 2	(Metal element)
February 22 & 23	(Water element)
March 7 & 8	(Integration)
April 4 & 5	(Practical Assessments)

Session times are as follows: Saturdays 10am – 8pm Sundays 8am – 4pm

Please note below any planned absences. A private session with the tutors will be required at additional cost in order to catch up.

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4. What are your intentions and goals for doing the course?

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5. Do you have any injuries (old or new), weak areas, physical impairment or mental health conditions, or are you currently pregnant? Please provide details including any medications being taken so that we can assess if the training will be appropriate to undertake at this time.

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Please return the Enrolment Application: stretch@mosmanvillageyoga.com.au

NEXT STEPS:

1. Application is reviewed and acceptance confirmed
2. After confirmation of acceptance, please pay your deposit to secure your place and the balance by the due dates as published
3. Visit the studio to collect textbooks and complete registration of online profile in MindBodyOnline

Visit our website for more information, or email/call us with any questions
0417 065 186 (Anne)
0418 139 232 (Peter)