

**Yoga Arts**  
**Questionnaire & Registration Form**  
**Level 1 Yoga Teacher Training**  
**200 hrs Yoga Alliance Accreditation**

Thank you for your interest in our Level 1 Yoga Teacher Training course. This course is both practical and theoretical. It is designed to be intense and challenging on a physical and emotional level. Some days you will do up to five hours of asana practice. We ask that you are self-motivated, punctual, and know how to take care of yourself. The teachers will guide you and offer support, but ultimately it will be up to the individual to accept the exciting changes and challenges that this yoga training offers.

Please understand that following this training, you will not necessarily be ready to teach yoga. For students who are very experienced, this course can give the edge needed to begin teaching, but for those who may not be so experienced, this course will deepen their knowledge and inner inquiry as a stepping-stone towards teaching. Teaching yoga takes many years of passionate dedication, persistence, consistency of practice and inner transformation. Ultimately, the objective of this training is to prepare the student on an inner reflective level to move towards spiritual maturity and greater self-understanding.

Louisa Sear is the Director of Yoga Arts and is the course coordinator of the Yoga Arts Yoga teacher trainings.

**Please answer the following questions about your own yoga practice. We do not expect that you respond with 'yes' to everything. This is simply a way for us to assess your practice and understanding of yoga.**

**Name:**

**Email address:**

**Which Level 1 course are you applying for?**

1. Please give a detailed outline of your yoga history and experience.
2. What style of Yoga do you practice, including meditation?
3. Do you have a self-practice? If so, please provide details, including length, frequency and content.

4. Do you practice pranayama and meditation? If so, how often and for how long?

5. Who have your teachers been and do you attend regular classes?

6. What are your personal challenges in your yoga practice?

7. Are you already teaching? If so, where and how often?

8. Are you familiar with the eight limbs of yoga?

9. What is your understanding of the essence and purpose of yoga beyond the techniques?

10. Can you do the following postures?

- Chaturanga - holding yourself off the floor
- Padmasana (Full Lotus)
- Urdhva Dhanurasana (Backbend) - pushing up from floor
- Ustrasana (Camel Pose)
- Vrksasana (Handstand) – freestanding
- Vrksasana – against a wall
- Sirsasana (Headstand) – freestanding
- Sirsasana – against a wall
- Pincha Mayurasana (forearm balance) – freestanding
- Pincha Mayurasana – against a wall
- Bakasana (Crane posture)
- Ardha Chandrasana (Half Moon)
- Virabhradrasana 3 (Warrior 3)

11. Can you sit (in stillness) in meditation for a minimum of half an hour?

12. Do you have an injury or disability that restricts your yoga practice?

13. How do you minimise the possibility of injury in your practice?

14. How do you integrate your understanding of yoga into daily life?

15. What are your expectations of this course?

16. Please confirm that you understand the intense nature of the course.

17. Please forward us references from two qualified yoga teachers

you have studied with. Please ask them to write their assessment of your practice – the strengths and challenges of your practice, your commitment and dedication to yoga and their understanding of your readiness for a yoga teacher training. It's fine for the references to be emailed directly to us.

Thank you for completing this questionnaire. Please fill in the registration details below.

Please note that once you are accepted onto the course, the only way to secure your place is to pay the deposit at any Zen Yoga studio.

## **Registration Form**

**Address:**

**Date of Birth:**

**Phone:**

**Email:**

**Mobile:**

**Current occupation:**

**Male or Female:**

**Emergency contact person including contact details:**

**Please list any medical history, current medication, recent or past injuries (To be kept confidential)**

**How did you hear about this training?**

**Your non-refundable and non-transferable deposit of AED3,000 is payable to Zen Yoga at time of registration.**

***Refund Policy: If a student withdraws from the course before the course commences, the AED3,000 deposit is non-refundable and non-transferable. The balance of the course fee must reach Zen Yoga by April 13, 2012. If a student withdraws from the course, the following refund policy applies to the balance of the course fee (not the deposit). If the student withdraws 28 days or more prior to course commencement – the student will receive the course fee balance minus an administration fee of AED 250. If the student withdraws 15 – 27 days prior to the course commencement, the student will receive 75% of the course fee balance. If the student withdraws 5 – 14 days prior to course commencement, the student will receive 50% of the course balance. If the student withdraws 1 – 4 days prior to course commencement or withdraws after the course starts, the student will receive no refund.***

***NB. A minimum number of students are required for the viability of this course. In the event of insufficient numbers Zen Yoga and Yoga Arts have the right to cancel or postpone the course up until 2 weeks prior to commencement - full refunds will be given in this case.***

**Signature.....(or name if by email) to indicate you understand and agree to our refund policy.**

**Please email completed form to Lucy Roberts at [shushumnalucy@gmail.com](mailto:shushumnalucy@gmail.com)**

**You will be notified as soon as your registration is approved**

**Thank you :)**