

## YOGACURSUS TEACHERS' TRAINING APPLICATION FORM

The completion of this application form serves to know if you are eligible to attend the TTC. Acceptation of your application form does not confirm your participation; only payment of the course fee can do that. Places are given on eligibility and on first paid first served basis.

**\*\*NOTE: All \* Marked fields are mandatory.**

**TTC running over 6 months in Brussels (Belgium) and starting on 10<sup>th</sup> March 2017.**

### PERSONAL DETAILS

First Name \*

\_\_\_\_\_

Last Name \*

\_\_\_\_\_

Gender \* (Male / Female)

\_\_\_\_\_

Date of Birth (mm/dd/yyyy) \*

\_\_\_\_\_

Marital Status(Single/Married/Divorcee/In a relationship)

\_\_\_\_\_

Address \*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Email \*

\_\_\_\_\_

Contact Number \*

\_\_\_\_\_

Nationality \*

\_\_\_\_\_

Emergency Contact Person:

- Name
- Phone
- Email

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Do you have a minimum level of English language proficiency, both written and oral? \*(Yes / No)

\_\_\_\_\_

How did you learn about Yogacursus?

---(Through Google / Yoga Alliance / Yoga Finder/ Shambho /  
Yoga Asia / Facebook / YogaLife Newsletter / A former student)

\_\_\_\_\_

### RECENT HEALTH (for the past 12-24 months)

Illnesses \* (Yes / No) (If yes, please specify...)

\_\_\_\_\_

Allergies \* (Yes / No) (If yes, please specify...)

\_\_\_\_\_

Surgery \* (Yes / No) (If yes, please specify...)

\_\_\_\_\_

Accident \* (Yes / No) (If yes, please specify...)

\_\_\_\_\_

Medication \* (Yes / No) (If yes, please specify...)

\_\_\_\_\_

Family antecedents \* (Yes / No) (If yes, please specify...)

\_\_\_\_\_

Others \*

\_\_\_\_\_

### PHYSICAL CONDITION

Joints \*

Muscles \*

Bones \*

Sight

Hearing

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## LIFE STYLE

Smoking Pattern \_\_\_\_\_

Drinking Pattern \_\_\_\_\_

Recreational Drugs \_\_\_\_\_

Occupation Type \_\_\_\_\_

Physical Fitness 1 to 10  
(1 is low & 10 is high)  
\_\_\_\_\_

Level of stress 1 to 10  
(1 is low & 10 is high)  
\_\_\_\_\_

Level of happiness 1 to 10  
(1 is low & 10 is high)  
\_\_\_\_\_

No of hours of sleep per  
night \_\_\_\_\_

## CHARACTERSTICS

Weight \_\_\_\_\_

Height \_\_\_\_\_

Blood Pressure \_\_\_\_\_

Rest Pulse \_\_\_\_\_

## DIET

Vegetarian  
(Yes /No) \_\_\_\_\_

Vegan  
(Yes /No) \_\_\_\_\_

Meat eating pattern  
\_\_\_\_\_

Cereal eating pattern  
\_\_\_\_\_

Dairy/eggs eating  
pattern  
\_\_\_\_\_

Favorite cooking style  
\_\_\_\_\_

Meal time & composition  
\_\_\_\_\_

Any intolerance  
\_\_\_\_\_

Tea, coffee, chocolate  
\_\_\_\_\_

Food Allergies or  
dislikes  
\_\_\_\_\_

## PASTIME, PHYSICAL ACTIVITIES & HOBBIES

## HEALTH / WELL-BEING RELATED QUALIFICATION (PHYSIOTHERAPIST, MASSAGE THERAPIST, MEDICAL OR PARAMEDICAL DEGREES)

\*

## CHANGE

Are you motivated to change: 1 to 10 (1 is low 10 is high)?  
\_\_\_\_\_

Are you determined to change: 1 to 10 (1 is low 10 is high)?  
\_\_\_\_\_

## YOUR YOGA PRACTICE

1. What style of Yoga do you practice? \*

\_\_\_\_\_

2. Since when do you practice? \* (length, frequency, content)

\_\_\_\_\_

3. Do you have a self-practice? \* (Yes /No)  
(If yes, please specify...)

\_\_\_\_\_

4. Are you already teaching Yoga? \* (Yes /No)  
(If yes, please specify...)

\_\_\_\_\_

5. What areas of your Yoga practice do you have difficulty in?

\_\_\_\_\_

6. How do you integrate Yoga into your daily life?  
(Max.250 characters)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

7. What Yoga related books have you read?

\_\_\_\_\_

\_\_\_\_\_

8. Why do you want to attend this TTC?  
(Max.250 characters)

\_\_\_\_\_

\_\_\_\_\_

9. How do you plan to prepare yourself for the TTC?  
(Max.250 characters)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

---

---

## FEE TRANSFER

If you book your TTC up to one month in advance, you are allowed to do an advanced payment of 750€ to confirm your participation. The rest of the full payment of the course fee has to reach our account at least 3 weeks before the start of the training.

By bookings less than a month before the start of the training you will have to transfer the full payment of the course fee.

---

---

## SOME RECOMMENDATIONS

Read the recommended books and more if you can. The more you are exposed ahead of the training the more benefits you will get out of it. We provide a list of "classic" references hereafter.

Students are coming from very different background, culture, schools, and type of practice. We sometime conduct an inception assessment to better adapt the content of our Course. The more you know ahead of the course the more you will learn!

If you have not done so before, start a personal practice.

In any case increase your practice time as much as possible.

---

---

## YOGACURSUS RULES AND AGREEMENT

1. The student's behavior and attitude, both private and public while at the venue, should respect the local culture and enhance the spiritual atmosphere.
2. Standards of Conduct
  - > Student should maintain an atmosphere encouraging mutual respect, civil and congenial relationships and free from all forms of harassment and violence, where everyone can discuss their differences and exchange ideas openly, honestly and respectfully.
  - > Use respectful language without using profanity, vulgarity, insults, abusive language, and verbal threats.
3. Inappropriate Conduct
  - Student should avoid public displays of affection and public nudity.
  - Students should not possess, use, or distribute alcoholic beverages or illegal or recreational drugs.
  - Students should not make false statements about others with malice to cause harm, or publicly disclose another's private information.
4. Unless otherwise specified, photography or video filming is not allowed in the venue during any Sadhana (spiritual practice) times i.e. during Meditation, Satsang, Asana class, lectures, ... This helps to maintain a tranquil and protected environment for all.
5. Attendance and participation in scheduled classes are mandatory. If students expect to be absent from any scheduled event for whatever reason, notice must be submitted to the program coordinator. Too many absences from scheduled classes may result in the student being dismissed from the course and asked to leave the course.
6. Students leaving the course before completion are required to return all their teaching materials.
7. Karma Yoga is an integral part of the training course life. Karma Yoga is required for each student, every day. Karma Yoga is a practical approach to help eliminate egoistic and selfish tendencies in students.
8. All transaction fees are the responsibility of the registrant. Cancellation Policy 500 Euro is a non-refundable fee for your application. This amount will increase to 1000 Euro for cancellation 4 weeks before the training starts and the totality of your deposit will be kept for last minute cancellation but could be used for a later TTC.
9. Final confirmation of the TTC will happen for 2-3 weeks ahead of the starting date. If you are making any travel arrangement prior to this confirmation, we would advise you to subscribe to a cancellation insurance as Yogacursus cannot be responsible to any cost incurred for cancellation of your travel.

As a Course Participant of the Yogacursus, I do hereby agree to participate in all activities. I assume full responsibility for my personal property and myself and will endeavor to make a genuine effort towards my own self-improvement according to the teachings of Yoga. I understand that if I should break any of the rules I may be asked to leave. No refunds will be granted in any circumstance.

I hereby confirm that I understand that the training program is of intense nature and will be challenging. The course is a full time

commitment. I declare that I have disclosed on this form all relevant details and by submitting these details to Yogacursus I take full responsibility for myself in attending the course.

I agree with the terms & conditions (Yes / No) \_\_\_\_\_

Date \*: \_\_\_\_\_

Name \*: \_\_\_\_\_

---

*"Yoga is not a work out; Yoga is a work in" — Sanjeev Bhanot*