



GHERANDA SAMHITA HATHA YOGA TEACHER TRAINING®
FOUNDATION LEVEL 1 ADVANCED - 250 HOUR-17 DAYS INTENSIVE
ADMISSION FORM

Last Version. Updated 1.9.2015

To qualify, Applicants must complete this Course Admission Form and include details of their yoga background and experience. In addition they must provide a letter of recommendation from a certified yoga teacher indicating that the student has practiced Ashtanga Vinyasa or any Hatha Yoga styles for a minimum of one year.

Each application is considered on an individual basis. After you submit the Admission Form you will be contacted via email to arrange an interview over the telephone with the Training Course Director.

A one year minimum of consistent yoga practice in Vinyasa Yoga (Ashtanga Primary Series) or Flow Yoga/Vinyasa (Hatha) is required to enrol.

IMPORTANT NOTE: *The INTENSIVE 17 days 250 hour program has an intensive practicum schedule of eight hours classroom hours and 2 hour homework per day including weekends for the entire course duration, and curriculum that is physically, mentally, and emotionally demanding. In considering whether or not to enrol, let it be emphasized that there is an extensive quantity of advanced Yogic material condensed into 17 days training. Please do not underestimate the mental and physical demands which will be placed on participants. We ask that you seriously evaluate your levels of physical, psychological, and spiritual maturity before enrolling in this course. There will be no day off during the 17 day live training.

To be admitted, you must demonstrate medical and mental health and readiness to fully participate in the demands of the program.

APPLICANT'S PERSONAL DETAILS	
Name and Surname	
Date of birth	
Address (cannot be a PO BOX)	
Email	
Phone number	
Occupation	
Where did you hear of us?	

SUMMARY OF GENERAL EDUCATION AND QUALIFICATIONS

Course	Location	Date obtained

YOGA EXPERIENCE: Describe your yoga practice e.g. style(s) you practice; how long you have practiced; where you currently practice; how many classes you attend each week & who is your regular teacher(s).

DESCRIBE YOUR SELF PRACTICE E.G.: How often do you do self-practice; how long for and what your practice involves. Please provide detailed information.

Weekly hours of practice:

TEACHING EXPERIENCE PRIOR TO THE TRAINING COURSE: Do you currently, or have you ever, taught yoga? Please give details.

GIVE DETAILS OF ANY RETREATS/WORKSHOPS/COURSES YOU HAVE ATTENDED (CONTINUE ON A SEPARATE SHEET IF NECESSARY).

Date

Retreat/Workshop/Course details & location

Teacher (s)

HOW DID YOU HEAR ABOUT THE GHERANDA SAMHITA HATHA TEACHER TRAINING COURSES AND WHY DO YOU WISH TO STUDY WITH US?

PLEASE DESCRIBE YOUR LEVEL OF PHYSICAL FITNESS. NOTE: Upon acceptance to the training course applicants will be provided the health questionnaire they must sign.

PLEASE INCLUDE TWO LETTERS OF REFERENCE (IF APPLICABLE) WITH YOUR APPLICATION.

Your referees should comment on your yoga practice, give an assessment of your suitability for the course and give a brief character reference.

1st Referee: Should be from your Yoga teacher.

2nd Referee: Recent college/course tutor or a recent or current employer/ colleague/second Yoga Teacher

If the second Referee is not available or cannot be contacted please state the reasons.

Please return the Admission Form and letter of references by e-mail via the **contact us page**. Upon receiving your application we will assess your experience and confirm your eligibility. An interview with one of our tutors will be arranged.