

APPLICATION TO JOIN SHANTI YOGA SCHOOL
COURSE 1 - FOUNDATION YOGA TEACHER TRAINING

Please use block capitals and print very clearly, especially your postcode and email address.

Name; _____

Address; _____

Postcode _____ Email _____

Land line phone no. _____ Mobile phone no _____

How long have you been practising yoga? _____

Current or recent occupation—please describe what you do, or did, and not just a job title

How often do you practise yoga at home _____

How often do you attend a class _____

Please answer these fully.

How were you led to take up yoga—why and by whom?

Have you read any books, attended any course—please say what you feel about the process

Can you describe what mental / emotional benefits you have received from yoga?

Can you say why you wish to undertake this course

Any other comments you wish to make

Please sign your normal signature here _____

Payment Details: Please delete as appropriate.

I enclose/do not enclose the following payment: Deposit of £400.00 or
Full Payment of £1,200 (which includes the full payment discount).