

***NAMASTE!***

*We would like to warmly Welcome You to*

 **QUATERNITY YOGA TEACHER TRAINING 200**

*We will be diving into a yogic lifestyle for 21 days. This will be a time of immense transformation and at the same time deep release and relaxation on all levels. Our Shankalpa (inner wish) for the course is that we all come together in these 21 days and become very present and allow ourselves to be in the moment, leaving behind our fears, worries, our day to day problems and dedicate the time for ourselves, bringing all our awareness inward and giving ourselves the space, time and patience to discover our true nature. To ensure your own convenience during the course please complete that*

ENROLL FORM

Complete on computer and Email to:quaternityogaschool@gmail.com

In the subject : Your name and Course

**CONTEXT**

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## SECTION 1- PERSONAL INFORMATION

|  |  |
| --- | --- |
| insert your id photo |  |
| FAMILY NAME / FIRST NAME |  |
| DATE OF BIRTH |  |
| POSTAL ADDRESS |  |
| TOWN/CITY |  |
| COUNTRY / STATE |  |
| ZIP CODE / POSTAL CODE |  |
| TELEPHONE NUMBER |  |
| EMAIL ADDRESS |  |

## SECTION 2- PERSON TO BE CONTACTED IN EMERGENCY

|  |  |
| --- | --- |
| FAMILY NAME / FIRST NAME |  |
| TELEPHONE NUMBER |  |
| RELETIONSHIP |  |

## SECTION 3 – ENGLISH COMPETENCY

|  |  |
| --- | --- |
| Country of Birth |  |
| NATIONALITY |  |
| IS ENGLISH YOUR FIRST LANGUAGE? |  |
| RATE YOUR FLUENCY OF ENGLISH: | GOOD/ VERY GOOD/ EXCELLENT |
| SPEAKING |  |
| COMPREHENSION |  |
| READING |  |
| WRITING |  |

## SECTION 4 – EDUCATIONAL & PROFETIONAL INFORMATION

|  |  |
| --- | --- |
| EDUCATION LEVEL |  |
| PROFETIONAL SKILLS  |  |
| QUALIFICATIONS |  |

## SECTION 5 – YOGIC INFORMATION

|  |  |
| --- | --- |
| HOW LONG HAVE YOU BEEN PRACTICING? |  |
| HOW REGULARLY? |  |
| WHAT STYLES? |  |
| WHICH YOGA CLASSES? |  |
| REGULARITY OF YOUR OWN PRACTICE |  |

## SECTION 6 – PREVIOUS YOGIC TRAINING

|  |  |
| --- | --- |
| NAME OF THE COURSE |  |
| ORGANIZATION |  |
| YOGA STYLE |  |
| LOCATION |  |
| DATE OF THE COURSE |  |

## SECTION 7 – TEACHING EXPIERENCE

|  |  |
| --- | --- |
| DO YOU TEACH YOGA? |  |
| HOW LONG? |  |
| HOW MANY CLASSES PER WEEK? |  |
| WHAT YOGA STYLE? |  |
| WHAT TYPE OF CLASSES? |  |

## SECTION 8- HEALTH INFORMATION

|  |  |
| --- | --- |
| GENERAL STATE OF HEALTH |  |
| PAST SURGERY  |  |
| CHRONIC MEDICAL ILLNESS |  |
| INJURIES |  |
| ALLERGIES |  |
| BACK CONDITIONS |  |
| DIZZINESS |  |
| LOW / HIGHT BLOOD PRESSURE |  |
| HEART CONDITIONS |  |
| ASTHMA |  |
| DIABETES |  |
| URINARY TRACT |  |
| GASTROINTESTINAL / ULCER |  |
| ARTHRITIS |  |
| EPILEPSY |  |
| PSYCHIATRIC DISEASE |  |
| DEPRESSION / ANXIETY |  |
| MENTAL STATE |  |
| EMOTIONAL STATE |  |
| CURRENTLY TAKING MEDICATIONS /SUPPLEMENTS |  |
| OTHERS |  |

## SECTION 9 – PERSONAL GOALS

|  |
| --- |
| WHY DO YOU WANT TO UNDERTAKE THE INTENSIVE TEACHER TRAINING COURSE?: |
|  |
|  |
|  |

## SECTION 10 – BOOK LIST

Here’s a list of books that need to be purchased. During the course these books will be used as manuals so please bring them with you.

1. “Asana Pranayama Mudra Bandha” Sri Swami Satyananda Saraswati, Bihar Publication Trust
2. “Dynamics of Yoga” Sri Swami Satyananda Saraswati, Bihar Publication Trust
3. “The Key Muscles of Yoga: Scientific Keys” Volume I, Ray Long

ALL BOOKS SHOULD BE PURCHASED IN PAPERBACK!



## SECTION 11 – LOGISTIC

One we get all the details of everyone we will see if we can pick up a couple people at a time. This means if one person is arriving some time later he/she will be asked to wait for the rest. Please resend all your personal flight details:

|  |  |
| --- | --- |
| DATE OF ARRIVAL |  |
| TIME OF ARRIVAL |  |
| ARRIVAL AIRPORT |  |
| DATE OF DEPARTURE |  |
| TIME OF DEPARTURE |  |
| DEPARTURE AIRPORT |  |

## SECTION 12 – TRAVELING LIST

Please try bring the following things to make your stay more comfortable and fun. We will have a laundry machine, but it is best if you plan a change of clothes for about one week.

**PERSONAL THINGS**

* Swimming suite, sunscreen, cap, towel
* Warm socks, sweater, hat, jacket (evenings may be chilled)
* Sandals, running shoes
* Short & Long sleeves T-shirts
* Personal toiletries

**YOGA STUFF**

* Books (see book list)
* Note book, pens, folder to keep all the handout together
* Neti Pot, Tongue scraper, Mala
* Yoga cloths, Karma Yoga cloths, shawl for meditation

##  Prerequisites & ​Regulations

APPLICANTS MUST HAVE SOUND MORAL CHARACTER, MATURITY, ACADEMIC ATTITUDE , AND COMMITMENT TO THE STUDY OF YOGA. QUATERNITY RESERVES THE RIGHT TO ADMIT OR REJECT APPLICANTS AT ITS SOLE DISCRETION AT ANY POINT IN THE ADMISSIONS PROCESS. QUATERNITY IS NON-DISCRIMINATING; IT WELCOMES STUDENTS OF ALL RACES, AGES, RELIGIOUS BELIEFS, ABILITIES, NATIONAL ORIGIN AND MARITAL STATUS.

* Students should have at least three years’ experience as a student in a yoga class before apply for the YTT.
* Students are required to read and sign the application form before commencing the course
* Our Yoga programs have no religious approach. However the applicants should be aware that Yoga is a heritage of Indian culture & Vedic tradition. It is integral part of the course, the study of Indian scriptures of religious-philosophical nature (like the Bhagavad Gita, etc) along with the chanting of Vedic mantras and the study and memorization of Sanskrit vocabulary;
* Trainees are requested to maintain a Yogic atmosphere of sincerity and positivity
* Illicit drugs, alcoholic drinks are under no circumstances allowed during the course
* A minimum of 90% attendance is required to be eligible to receive the certificate.
* Create and maintain a safe, clean and comfortable environment for the practice of yoga.
* Respect the rights, dignity and privacy of all students peers.

## SECTION 13– TRAVEL INSURANCE

It’s a condition of registering that you take out adequate travel insurance, including cover for medical treatment, accidents, repatriation, personal injury, travel delay / cancelation. It is your responsibility that you have appropriate comprehensive travel insurance.

## SECTION 14– CANCELLATION, CHANGES & REFUNDS

To ensure your registration, a 400 Euro, non-refundable deposit is required. Course fee is due in full 8 weeks before the start of the training. For any cancellations made more than 6 weeks before the start of the event, 70% refund will apply. Cancellations made less than 2 weeks before the start date are non-refundable. If You find Yourself unable to attend an event, please alert us as soon as possible.

## SECTION 15– PUBLISHING RIGTHS

Do you agree for publishing photos with your images?

YES / NO

## SECTION 16– DECLARATION

I DECLARE THAT THE INFORMATION GIVEN IN THIS APPLICATION IS TRUE AND ACCURATE TO THE BEST OF MY KNOWLEDGE.

SIGNATURE: DATE:

**SEE YOU VERY SOON!**

*Quaternity Team*