



ARHANTA YOGA ASHRAM YOGA TEACHER TRAINING COURSE - APPLICATION FORM

Selected Course Date:

- 04.06.2012 -07.07.2012
 31.07.2012 -26.08.2012
 02.10.2012 -28.10.2012
 05.11.2012 -01.12.2012
 04.02.2013 -02.03.2013
 05.03.2013 -31.03.2013

Enclose/ Attach
One
Photograph

**Please fill this form digitally and send by email*

Application for Admission	
First Name	
Family Name	
Gender	<input type="checkbox"/> Male <input type="checkbox"/> Female
Address	
City	
State / Province	
Country	
Zip code	
Phone (Mobile)	
Phone (Home)	
Email address	
Alternate email (if any)	
Birth Date (DD/MM/YYYY)	
Nationality	
Marital Status	<input type="checkbox"/> Married <input type="checkbox"/> Divorced <input type="checkbox"/> Widowed <input type="checkbox"/> Single <input type="checkbox"/> Partner
Current Occupation	
Monthly Income	
Education/Vocational Skills	
Languages Spoken	
How did you learn about AYA? (Google / Yoga Alliance / others)	
Are you applying for the scholarship	<input type="checkbox"/> Yes <input type="checkbox"/> No
<i>*Eligible only if your monthly income is less than Euros 1000 (income proof may be asked)</i>	
Accommodation choice	<input type="checkbox"/> Shared <input type="checkbox"/> Single room

Emergency Contact	
Name	
Phone	
Relationship	

Yoga Experience	
How long have you been practicing Yoga?	<input type="checkbox"/> Not at all <input type="checkbox"/> Six months to one year <input type="checkbox"/> More than one year
If more than one year: How many years?	
If you are already a Yoga practitioner, which style/tradition do you practice	

Briefly describe your Yoga practice if you have one:

If you have studied with a teacher from AYA, at what location and how many months have you studied:

If you have previously studied with AYA, please name the teachers with whom you studied:

Which Yoga style you wish to teach?

Do you have any experience teaching Yoga?

Yes No

If yes, how long have you been teaching and in which tradition/style:

Please describe any other spiritual or meditation practices which are important to you:

--

Health Information

The following will be used by our training staff to better assist you during the TTC. If you answer yes to any of the following questions, please briefly substantiate your responses below. Your answers will be kept in strict confidence within TTC Administration only, with a view to guiding your individual program.

Are you currently taking medication for any physical or psychological condition?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you have any chronic physical limitations or disabilities?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you have a history of psychological or emotional illnesses, or issues?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you have a communicable disease?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Have you had a serious illness or major surgery within the last five years?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Are you currently pregnant or trying to become pregnant?	<input type="checkbox"/> Yes <input type="checkbox"/> No

If you answered YES to any question above, please substantiate your reply with a short explanation. If there is anything else about your physical or psychological health that you feel might affect your participation in the TTC, please explain:

--

Have you in the last 12 months used tobacco, alcohol, recreational drugs, or illicit substances?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you currently continue to use any of these substances? If yes, please list substance and frequency of use:	
What is your primary diet?	<input type="checkbox"/> vegan <input type="checkbox"/> vegetarian <input type="checkbox"/> unrestricted <input type="checkbox"/> other If other, please state:
Please list any prescription medications you are currently taking (including birth control):	

Please mention in case you follow any special diet:

--

In-Depth

This section of the application is intended to give us a better understanding of you as a person. We encourage you to include any transformational experiences or turning points in your life that have brought you to your current personal relationship with Yoga and aspiration to become a teacher. Please give short answers (max 200 words each) to the following questions:

What attracts you to spirituality and specifically to the path of Yoga?

What does Yoga mean to you? What should the role of a Yoga teacher be?

Why do you wish to become a Yoga teacher?

What is it specifically about the AYA approach to Yoga that interests you?

Any additional comments about your application:

Ashram Rules and Regulations:

- 1. The Arhanta Yoga Ashram is dedicated to creating a more conscious and compassionate world. Our mission is to create a safe and sacred environment to promote spirituality, ethical behavior, respect and trust.**
- 2. The student's behavior and attitude, while at the ashram, should respect traditional Indian culture and enhance the spiritual atmosphere of the Ashram. The Ashram is not a social club or resort.**
- 3. Students 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.**

4. Students should use respectful language with each other. Any negative gossiping, spreading of rumors may result to expulsion from the course.
5. Tobacco, alcohol, non-prescription drugs, meat, fish, eggs, garlic and onions are NOT allowed while staying in the ashram.
6. Students should not make public displays of affection. Public nudity is forbidden. Celibacy as part of the spiritual discipline is encouraged while staying at the Ashram. Modest dress (shoulders, midriff and legs covered) should be maintained at all times including asana classes.
7. Students should not leave the ashram premises without permission of the director.
8. Observe silence before morning satsang, after evening satsang and during meals. Lights out after 10:30pm.
9. Students are not allowed to use mobile phones in the ashram.
10. Participation in scheduled classes, karma yoga and Satsang is mandatory.
11. Photography, video, audio recording is not allowed during the classes without prior permission of the director.
12. Candles, incense, mosquito coils etc. should not be burned unattended in rooms and dorms due to fire hazard.

Terms & Conditions:

1. Students leaving the course or changing the program before completion are required to return all their teaching materials/ manual and uniforms.
2. Even in possession of the student the Yoga teacher training manual stays property of the ashram and is forbidden to share / distribute it.
3. Students are responsible for their own medical and health care. They should carry their own medicines if necessary. Very limited medical care is available at the ashram and can be provided only in case of emergency.
4. Arhanta Yoga Ashram cannot be held liable for any accidents, injuries or thefts during the course.
5. If students who receive scholarship decide to change the program or to not follow the complete program, the scholarship will be revoked and they must pay the balance to meet the regular fees.
6. All fees are payable 10 weeks before the course starts, after that the registration will be cancelled and the deposit may be forfeited.
7. All fees are non-refundable in any circumstances. A credit note will be issued for the unused portion which may be applied towards another course or Yoga vacation / retreat at our ashram. This credit note is good for one year from the date of issue.
8. In case the course is rescheduled or cancelled due to unforeseen circumstances. AYA's liability is limited to the refund of deposited fees only.
9. Arhanta Yoga Ashram reserves the right to use group pictures taken during the course and activities for its records and promotional purposes.

Refund Policy

1. All fees are non-refundable. If a student withdraws from the TTC before the training commences under any circumstances, all fees are non-refundable. A student can only transfer from one course before the start of that course, to attend another, once only within a period of one year. After this time fees are forfeited.
2. If a student is expelled from the course due to non observance of ashram rules/ regulations his/her fees will be forfeited.
3. In case of cancellation or rescheduling of the course by the AYA, students have the choice to transfer to another course or to receive a full refund of the paid fees. Our liability is limited to the refund of the deposited fees only.

Full Disclosure

In order to make informed decisions, the teachers and staff at AYA must be able to rely on the truthfulness of information provided by applicants. The information an applicant provides on this form is treated as confidential and will only be seen by those teachers and staff involved with the Teacher Training Course.

"By checking the signature box and typing my full name below, I affirm that the information provided on this application form is true and complete to the best of my knowledge. False, incomplete, or misleading information is grounds for rejection of this application, expulsion from the program, or revocation of certification after completion of the program."

- By checking this box, I indicate my signature as verification of the statement above.
- By checking this box, I confirm that I am in appropriate mental and physical health to be able to follow the course and I am not addicted to alcohol or drugs.
- By checking this box, I indicate that I have read and agreed on the Rules & Regulations and Terms & Conditions of the Ashram and I understand that non-observance of these rules can result in expulsion from the program.

Full Name OR Signature

Date

**This is a digital form and it is not required to sign it manually.*