



**Ambika Yoga 200hr Yoga TT Diploma Application Form  
APRIL 2022 - MARCH 2023**

<b>CONTACT DETAILS</b>	
Name	
Address	
Home Phone	
Work Phone	
E-mail Address	
Website	

<b>PERSONAL INFORMATION</b>	
Date of Birth	
Nationality	
Gender	
Current Profession	
Are you fluent in English	

<b>EMERGENCY CONTACT</b>	
Name	
Relationship to you	
Mobile Phone	
Work Phone	
E-mail Address	

<b>HEALTH CONSIDERATIONS</b>	
Do you have any current health considerations (e.g. injuries, recent surgery, chronic medical conditions, any special considerations) that may affect your ability to practice yoga and participate on the teacher training? If so, please list and explain them:	

If so, have you received guidelines from a health practitioner for working with this condition? Please elaborate:	
Have you ever suffered from a mental illness or been prescribed medication for depression, anxiety or other psychiatric issues?	
Have you been diagnosed with dyslexia?	

**Please keep us updated of any changes to your health between the time of submitting your application and the beginning of the course.**

## YOGA EXPERIENCE

How long have you been practising? ('Physical' asana yoga and/or meditation, chanting etc)

Why do you practice?

Where did you practice?

What styles did you practice?

Do you have a home practice? if yes please describe. (how often, duration etc)

Do you currently attend asana classes? With who, how often, what style/s do your teachers teach

Any major workshops you've taken (please include name of teacher and date)

Any major retreats you've taken (please include name of teacher and date)

Do you currently meditate? If yes how regular is your practice?

## YOGA TEACHING EXPERIENCE

Are you currently teaching yoga officially / unofficially or have you ever taught?

Do you already hold a yoga teaching certificate?  
If so, from which school and how long was the training?

Have you ever studied human anatomy & physiology? (If so, please give brief details)

Have you ever studied any classical yoga texts? (If so, please give brief details)

Do you have any other qualifications relevant to your application (e.g. bodywork, massage etc)? If so, please give details.

## CONTEMPLATION

What inspires you to take this training with us?

Is your intention to become a yoga teacher as a main vocation at the end of the training? If so why?

What qualities do you think a good yoga teacher should embody?

How did you first discover yoga?

What kind of student would you describe yourself as?

Any training or current material that is inspiring your practice?

PLEASE USE THE SPACE PROVIDED BELOW TO ANSWER CONTEMPLATION QUESTIONS