

A P P L I C A T I O N F O R M

First Name		Last Name	
Date of Birth		Gender	
Address		Locality	
City		State & Postcode	
Country		Nationality	
Phone		Mobile	
Email		Website	
Occupation		Highest Degree	
Do you have a KHYF mentor?	YES / NO	If YES, who?	

Please use the following questions for reflection before coming to the appointment for selection for the KHYF Yoga Teacher Training course 2009 -2011. (An appointment will be made for you when your application has been received.)

Questions for Reflection

1. What is your background in Yoga? Tell us about your Yoga practice and experience in yoga so far.
2. What first brought you to Yoga? How many years ago? Do you have any special or significant experiences you would like to share?
3. Why have you chosen to apply for the KHYF Yoga Teacher Training?
4. What do you hope to gain during & upon completion of the course, both personally & professionally?
5. How will your resources of time, money and your family commitments help you to complete this course, which spans two years? This is an important aspect for reflection.
6. Can you share examples of two times in your life when you have faced a difficult situation and how you coped with each situation?
7. As a Yoga Teacher, it is crucial to develop the skills of clarity and emotional strength. What kind of support is available to you to help you nourish and grow these skills?
8. Tell us about two positive and two negative things in your personality / behaviour.

YOGA TEACHER TRAINING PROGRAM 2009- 2011

**Training Prospectus & Application Form: Krishnamacharya Healing & Yoga Foundation
Trainers: Barbara Brian & Lance Coughlin; Agama Yoga Centre, Melbourne**

9. When you are confronted with a difficult or stressful situation, how do you usually respond?
10. If you could change two things about yourself, what would you change?
11. Tell us about how you structure your weekly schedule; for example, do you plan ahead and follow through, let structure evolve organically, allow plenty of space for spontaneity... what is your preferred way?
12. What is your highest educational qualification? Why did you choose to pursue this degree? How many years did you take to complete it?
13. As a student of the Yoga Teacher Training course, you will be required to undergo various kinds of evaluations, including presentations, written tests, oral tests, project presentations ... maybe even some research. Are you comfortable with multiple evaluation methods?
14. Do you have a mentor? If so, how do you find working with a mentor? If not, what are your feelings about working with a mentor?
15. After completing the course, what steps will you take to continue your education/study of Yoga?
16. Once you have become a KHYF Yoga Teacher, you are required to continue studies with the KHYF in order to maintain your certification. What do you believe are the advantages and disadvantages of this requirement?
17. Do you have the financial capability to afford the two-year course? If a situation arose where you personally could not provide the funds to continue the course, what would you do?
18. Are you practicing any other healing modality apart from Yoga? Please elaborate your involvement in this other area in as much detail as possible. How would completing this course complement your other healing interests/practices?
19. Do you or have you suffered from any major health problems? Please list them and let us know what treatment(s) you are/were undergoing for the same.
20. As part of the application, you are required to submit two letters of recommendation. What is your relationship with the individuals who will be writing these letters? Why did you choose these individuals?

Answer these questions briefly and send to barbarabrian@bigpond.com to reach me before your scheduled appointment for selection.

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DECLARATION

I declare that I have read the prospectus and the application form for the KHYF Yoga Teacher Training Program carefully, and I am in agreement with the general rules and policies of the same.

I also understand and accept that the KHYF and Agama Yoga Centre can change or modify any of its policies without prior notification, during the tenure of the course, and even afterwards.

I also declare that all the information provided in this application is true and accurate at the time of application. I also agree that I will accept the decision of the KHYF in accepting or rejecting my application.

Signed:

Date: