

BACK TO THE HEART

50 hr Traditional Tantric Hatha & Bhakti Yoga Online Training

APPLICATION FORM

***please take your time to answer the questions as honestly & thoroughly as possible**

Name:	
Age:	
Nationality:	
Timezone:	
Do you teach/have you ever taught yoga?	
If yes, what style	
Name of your initial 200 hour training and dates completed	
(If you teach) - Do you feel that you have enough support/encouragement as a teacher?	
What draws you most to want to take this course?	
What would be your ideal outcome of taking this course (in 5 months time, what do you see for yourself in terms of yoga practice/teaching)?	

<p>What is your experience with practicing pranayama, mantra and meditation?</p>	
<p>In your own words, what is yoga?</p> <p>(Try to give as much detail/personal experience as possible)</p>	
<p>What were your main motivations for beginning to practice yoga, and has that changed as your practice has progressed?</p>	
<p>Describe your current practice.</p> <p>(frequency, duration, brief outline of sequence/structure, is it asana only, does it include meditation, pranayama, etc.)</p>	
<p>What is your current biggest 'setback' in life, and how does this impact your practice?</p>	
<p>Name 3 qualities you would like to include more of in your life (e.g, patience, gratitude, courage...)</p>	
<p>Would you describe yourself as a spiritual person?</p>	

What was your experience of spirituality growing up, and how has that affected your practice/beliefs now?	
What was your experience of dealing with difficult emotions growing up, and how has that impacted your ability to express yourself/communicate now?	
On a scale of 1-10, how comfortable are you communicating in front of large groups? (1 being very uncomfortable, 10 being extremely comfortable)	
Do you have any physical conditions/limitations or injuries?	
On a scale of 1-10, how would you rate your mental and emotional health (1 being poor, 10 being optimal)	
Are you prepared to be in attendance for each online session for the duration of the course, as much as possible? (dates are on the webpage)	
Any other information you feel is relevant to your	

application	
Date:	
Signed (just type your name):	

Please send your completed application form to jennyniruseil@gmail.com, along with your €150 deposit (unless paying in full) by the 9th January 2023.

Payments can be made via the training webpage:

<https://www.nurturenatureyoga.com/back-to-the-heart-training>