



Full Name;

Gender:

Date of birth;

Occupation:

Email:

Phone number:

Postal address:

Emergency contact person and phone number:

Do you have a minimal level of English language proficiency, both written and oral?

Do you have any physical health conditions?

Have you had surgery?

Do you have any physical injuries?

Are you taking any medication?

Do you smoke or take recreational drugs? Please indicate quantity, whether daily use, and length of use. Note: there is no discrimination implied all questions are confidential and aid our overall health assessment.

What is your level of physical fitness?

Below average

Average

Above average

What is your blood pressure?

Do you suffer from any form of mental illness or emotional instability (Including confusion, anger, or depression, eating disorder)?

Have you ever received treatment for your mental health? If so what was it?

Please list any yoga or health related qualification, or retreats, courses you have attended with other teachers.

Why do you want to do the Ray of light Yoga teacher training? (Max 200 words)

How did you hear about the course?

Tell us about your longing to inspire your practice (Max 200 words)

Describe your experience in yoga (classes you attend, how long you have been practicing for, details of any home practice) (Max 200 words)

What strengths and weaknesses do you perceive you bring to your yoga practice? (Max 200 words)

Do you have any health issues or injuries that may affect your ability to complete the training? Please mention any special needs or requirements in this section.

Are you available for all the dates specified in the course outline?

The answers to your questions are confidential and are to help us gauge your readiness for this course, and to assist you in your journey. Please note that completion of this questionnaire does not guarantee you a place on the course. You will be notified as to your acceptance. Once you are accepted onto the course you will be required to sign a disclaimer form, and pay your non-refundable deposit. On receipt of your deposit your place will be secured.

Investment;

A \$500 non- refundable deposit due upon acceptance of your enrolment following a review of your application.

Early bird \$3500 -We require \$500 to save your space must be paid in fully by 1st October.

Full price \$3800 – We require a \$500 deposit to save your space. Full payment is required 1month prior to the course starting. You can arrange a payment plan leading up to the course if required

Please return to info@rayoflightyoga.com