

Application Process For: INSPYA INTERNATIONAL 320 HOUR 7 WEEK TEACHER TRAINING COURSE

Including:

- a) Registration YOGA ALLIANCE accredited 200 hour certification
(prerequisite to International R-Y-T 200)
- b) Certificate IV – 320 hour Inspya Certification, also with international
recognition

Date of Training:

March 29th 2009 – May 16th 2009 Byron Bay, Australia

Contact Details for Introductory/Further Information

lance@inspyayoga.com



+61 – 2 - 668854221

PO BOX 88
Suffolk Park
NSW 2481
Australia

Please complete and submit the following to lance@inspyayoga.com

- Application
- Section I – Personal Details
- Section II – Yoga Related Questionnaire & Signed Declaration
- Section III – Training Investment & Accommodation Requirements

inspyoga

Application for Inspya Yoga 320 hour (Level I and II) Teacher Training Course

Lot 1 Natural Lane
Byron Bay N.S.W 2481
+61 2 6685 4221
www.inspyayoga.com

Section I

Personal details

1. Full name.
2. Preferred name.
3. Sex. Male Female
4. Date of birth (DD/MM/YY). ____/____/____
5. Postal address.
6. Email address.
7. Phone.
8. Passport type and number (OS students only).
9. Emergency contact person and contact number.
10. Occupation.
11. Do you have a minimum level of English language proficiency, both written and oral? If not, what is your preferred language?
12. Do you have any physical or emotional health conditions that could affect your participation in the training?
13. Have you had any surgery?
14. Do you have any physical injuries or back problems?
15. Are you taking any medication?
16. Are you vegetarian? (If yes how long for?)
17. Are you allergic to any foods?
18. Do you smoke? (If yes how long for, and what quantity per day?)
19. List any physical activities or hobbies?
20. What is your level of physical fitness? (Below average/average/above average)?
21. Do you suffer from hyper/hypo tension (high/low blood pressure)?
22. What is your resting pulse? (i.e. pulse taken before getting out of bed)?

Section II

Yoga Related Questionnaire

1. What style of Yoga do you practice?
2. How long have you been practising yoga?
3. Do you have a self practice? (If so please detail including length frequency and content.)
4. Do you attend regular classes? (What style, how often, and with whom?)
5. Are you currently teaching? (If so where and how often?)
6. In what areas of your yoga practice do you have difficulty?
7. How do you integrate yoga into your daily life?
8. What if any yoga texts have you read?
9. What do you wish to achieve from completing this course?
10. Do you wish to teach yoga on completion of this course?

11. Please list a personal history of other yoga related qualifications, self development courses, meditation or yoga retreats/workshops you have completed and when?
12. What qualities in a person do you believe make a successful yoga teacher?
13. Are you competent in the following postures?
 - a) Chaturanga - holding yourself off the floor
 - b) Urdhva Dhanurasana (Backbend) - pushing up from floor
 - c) Vrksasana - handstand against a wall
 - d) Salamba Sirsasana - headstand freestanding
 - e) Salamba Sirsasana – against a wall
 - f) Virabhadrasana III (Warrior III) Balance
 - g) Salamba Saravangasana (Shoulder Stand)
 - h) Padmasana (Full Lotus)

General

- 1) How did you hear about this training?
- 2) What reasons influenced you to take on this training?

Thank you for completing the questionnaire. Please note that completion of this questionnaire does not guarantee you a place in the course.

Please email your answers to Inspya Yoga – lance@inspyayoga.com

Once you are accepted into the course you will be required to sign a disclaimer form at the course orientation. On receipt of your course fee, your place on the course will be secured.

Certification will be provided at graduation, subject to successful completion of academic and attendance criteria and all financial obligations have been met.

Please confirm that you understand the training program is of an intense nature and will be challenging.

Declaration

I declare I have disclosed on this form all relevant details and by submitting these details to Inspya Yoga take full responsibility for myself in attending this course.

Signed: _____

Date: ____/____/____

Section III

Training Investment & Accommodation Requirements

a) Cost for Training (Level I & II)
AUD \$5,400.00 (including \$500 deposit)

To ensure the course is effectively and effectively prepared spaces are limited. We therefore encourage you to apply early.

The deposit of AUD\$500 is due with your application, payable to our nominated account; that you will be informed of during the application process.

Balance of course fee (AUD \$4,900) payable before commencement of course.

b) Accommodation during the Training

Please indicate your choice of accommodation:

- i. A room in a shared house from \$130-\$150/week
- ii. Camping option at the Inspya Training Centre, including showers, toilets, cooking facilities, chill-out spaces, fully equipped kitchen and laundry facility at \$125.00 per week. (You must provide your own tent and sleeping roll.)
- iii. Inspya has a multiple storey tree-house at \$350/week and a bush cabin at \$300/week, both suitable for a couple or 2 people.
- iv. Make your own arrangements.