**GROUND OF BEING**

**50 hr Traditional Tantric Hatha Yoga Online Training**

**APPLICATION FORM**

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

| **Name:** |  |
| --- | --- |
| **Age:** |  |
| **Nationality:** |  |
| **Timezone:** |  |
| **Have you completed a 200hour yoga teacher training? If so, where/when?** |  |
| **Do you currently teach/have you ever taught yoga?** |  |
| **(If you teach) - Do you feel that you have enough support/encouragement as a teacher? What do you feel would be helpful if not?** |  |
| **What is your main motivation for taking 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)?** |  |
| **What is your experience with practicing pranayama, mantra and meditation?** |  |
| **What is yoga to you?****(Try to give as much detail/personal experience as possible)** |  |
| **What were your main motivations for beginning to practice yoga, and has that changed as your practice has progressed?** |  |
| **What is your current biggest ‘setback’ in life, and how does this impact your practice?** |  |
| **Name 3 qualities you would like to include more of in your life (e.g, patience, gratitude, courage…)** |  |
| **What conditions (external or internal) would need to be in place for you to get the most out of this training course?** |  |
| **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** **jennyniruiseil@gmail.com** **along with your €150 deposit (unless paying in full) by the 23rd November 2024**

**Payments can be made via the training webpage:**

[**https://www.nurturenatureyoga.com/ground-of-being-yoga-training**](https://www.nurturenatureyoga.com/ground-of-being-yoga-training)