**In Motion Lifestyle Centre:**

**Teacher Training Application Form 2021 /2022**

Please complete this form and email it back to us:  
Address: In Motion Lifestyle Centre PO BOX 530 CRONULLA NSW 2230

Australia (ph. 0418 623 833) Email: info@inmotionlifestyle.com.au

**Which training are you applying for? ⃝ 200 Hour ⃝ 350 Hour**

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| --- | --- |
| CONTACT INFORMATION | |
| Name: | |
| Email: | Phone: |
| Address: | |
| City: | Postcode: |
| Emergency contact: | Phone: |
| HEALTH STATUS – PHYSICAL/MENTAL/EMOTIONAL/SPIRITUAL | |
| **General Health: Excellent ⃝ Good ⃝ Fair ⃝ Poor ⃝** | |
| Existing Conditions: | |
| Ongoing Conditions: | |
| Previous Injuries: | |
| PHYSICAL HEALTH AND CONDITIONS | |
| Please indicate yes or no to the following conditions. If yes, please check with your doctor before commencing this training. | |
| Recent hospitalisation and/or surgery: | |
| Any heart conditions? | |
| List any medications you are currently taking, and the reasons for taking them: | |
| SIGNATURE | |
| Signature of participant: | Date: |

**YOUR YOGA GOALS AND HISTORY:**

Are you undertaking the In Motion Lifestyle Centre Teacher Training with the intention of becoming a Qualified Yoga Teacher? (NOTE: *If you are seeking to become a qualified yoga teacher, we believe a personal yoga practice is a requirement).*

Are you undertaking the In Motion Lifestyle Centre Teacher Training to deepen your knowledge of yoga philosophy and enhance your yoga practice and life?

How long have you been practising yoga?

What yoga methods/traditions yoga have you studied and for how long?

Describe your current practice (yoga asana/meditation/yogic philosophy, etc.)

How often do you practice per week?

Who are your current teacher(s)?

Do you currently teach yoga? Y / N

Have you done a yoga teacher training before? Y / N

Please list your previous yoga experience, trainings, workshops you have attended.

**Focus**

What do you want to focus on in this training, and why?

**Dedication to Yoga**

What are your strengths? As a yogi and/or yoga teacher?

What are your areas of growth/opportunities for change?

Describe who you are as a person (personality, hobbies, family, etc.)

**Payment**

There is a $500 non-refundable deposit upon submitting your application.

The remaining is to be paid before the start date or in alignment with agreed payment plan.

*Please NOTE: Courses can be paid up front or part payments: Refunds will not be accepted once the course commences, only under serious injury/illness will a course fee be refunded.*

Payment can be done via Direct Deposit into this account:

**Account Name**: In Motion Lifestyle Centre  
**BSB:** 082 180  
**Account Number:** 86 821 3692