

Elemental Yoga Teacher Training Application Form 2020

Please feel free to answer either in German or English. We appreciate the time it takes to sit down and think about the questions. It's the first step to connect with the process of the Elemental Yoga teacher training. Grab a cup of tea, take your time and enjoy the process of writing.

No hurry or rush :) We look forward to hearing from you!

Name:

Surname:

Address:

Birthday:

e-Mail:

Phone:

Questions about your yoga practice:

1. What does yoga mean to you?
2. Why do you practice?
3. What inspires you to take this teacher training?
4. For how long have you been practicing yoga, and how regular is your practice?
5. In the past two years have you attended any yoga or meditation retreats, workshops, immersions or other trainings?
6. Where and with whom did you practice?
7. What influence or effect does the practice of yoga have in your daily life?
8. A challenging pose for me is.... Contemplate what inside you is the difficulty...
9. What do the Elements of Earth, Air, Fire and Water mean to you? How do you relate to these words?
10. Do you have any experiences with breathwork (conscious connected breathing)?

Questions about your personal goals of the teacher training:

1. What is your motivation to do this teacher training?
2. What are your expectations from the Elemental Yoga teacher training?
3. Within the training, which themes and topics are you most interested in?
4. What are the aspects that you are least interested in?
5. What do these words mean to you?
"Mindfulness." "Awareness." "Authentic." "Inner alignment." "Breath."
6. How do you react when you are out of your comfort zone?
7. What does it mean to you to be a good teacher?
8. How would you define a good yoga class?

9. What are the special gifts, or gift that you would like to offer

Health questions:

1. How is your health in general? Physical / mental / emotional
2. Are there any contraindications or challenges that prevent you from practicing as you would like to?
3. Have you ever had an accident that has affected your practice?
4. If so, how was / is the healing process and what supported you?
5. Are you pregnant?
6. Are you taking any regular medication? If yes please give details.
7. Did you ever suffer from any depression, psychosis, burnout or any other psychiatric related illnesses?

And finally...

Is there anything else you would like to share with us? Words, thoughts, a picture? ;)

I confirm that all the answers are to the best of my knowledge truthful!

I accept the general terms and condition of the Elemental Yoga Teacher Training (see below).

Date: _____

Signature: _____

Thank you so much for your interest and taking the time to fill out the application form. Please return to us either via E-Mail: info@elementalyoga.eu or by snail-mail to Cate Spinnler, Hochrütistrasse 30, 6005 Luzern, Switzerland.

We will be in touch within 7 days of receiving your application.



General Terms and Conditions

1. The training is in the name of the ELEMENTAL YOGA TEACHER TRAINING.
2. Upon successful application the initial registration fee is then immediately due.
3. Registration is complete on payment of CHF 1000. At this point your place on the training is saved.
4. The rest of the payment is due latest 01.4.2020. If you wish to split the payment over the course of the training, this is no problem - please just ask us.
5. The price is **exclusive** all additional travels, flights, literature, food and accommodation.
6. Cancellations before 1st of February 2020 will receive a refund minus 50% of the deposit payment of CHF 1000. After the 1.2.2020 cancellations will not receive any refund.
7. If you are pregnant and interested in doing the Teacher Training you are most welcome. In case you take a break it's possible to finish your training a year later.
8. If for any reason you are unable to fully take part in the training, we reserve the right to ask you complete the training at a later date.
9. With the registration for the 250 hours Elemental Teacher Training you confirm that you are in good body and mind healthy state to be part of the training.
10. Participation is at your own risk! Elemental Yoga does not take any responsibility for injury or loss incurred while training or while at the training venue. It is recommended to make sure that have appropriate insurance.
11. Bonus! As a participant for the Elemental Yoga Teacher Training having paid the full amount you will get 20% off on all the Abos with Move-chi and breathworks with Mela for the duration of the training (April 2020 - Novembre 2020).
12. To receive certification as an Elemental Yoga Teacher you must not miss more than 1.5 days of the whole training. If you do so it is your responsibility to catch up with the teachers in form of private sessions according to what was missed, at a price of CHF 120 per hour.
13.
 - 1 hour private = 1-4 hours of missed time
 - 1.5 hour private = 5-6 hours of missed time
 - 2 hour private = 7-8 hours of missed time
 - 2.5 hour private = 9-10 hours of missed time
 - 3 hour private = 11-13 hours of missed time
14. Being on time means being early :) We ask that you arrive 15 minutes before the start of the session so we can all start together. In case of being late we will remind you. After the second reminder you will receive an absence of 0.5 days. We wish to be fair to all the participants and there will no exceptions made.

