

APPLICATION FORM

Yoga Therapy Post Graduate Diploma Course 2024

To be eligible for this course you need:

i) a yoga teaching qualification from training of a minimum of 200 hours and 180 contact hours

ii) to have been teaching as a yoga teacher for a minimum of 120 hours over 1 year

iii) to be able to provide evidence of continuous professional development, once qualified as a yoga teacher, of at least 15 hours per year

Iv) to demonstrate a commitment to your own regular personal yoga practice for a minimum of 3 years

Name

Address

Telephone number

Email

What is your yoga training qualification and date qualified? Please attach a copy of your certificate:

Provide details of the syllabus followed or provide an internet link to that syllabus if available. Include course hours and duration (e.g., 200 hours over 2 years)

Tell us whether you feel your course was basic, or more detailed on the following:

Did your course cover the subtle energy system?

Chakras, Vayus, Gunas, Koshas?

What was the level of anatomy and physiology covered on your course?

Musculo-skeletal only?

All body systems?

Did your course include study of Yoga Philosophy?

Bhagavad Gita

Patanjali’s Sutras

Hatha Yoga Pradipika

The Upanishads

How many years have you been teaching?

How many classes do you teach?

Please summarise your post qualification learning e.g. CPD, retreats, intensives, classes, or if home practice, give details of the programme you follow, books used etc.

Do you have any anatomy and physiology/pathology qualification or experience and if so to what level?

 Do you have any other relevant training /qualifications, if so, please provide details. For example, a complementary therapy training or medical training.

Say why you wish to join the course.

Do you have any health issues which may impact on your course attendance or completion?

So that we can make reasonable adjustments, are you living with any of the following?

Physical disability

Impaired vision

Hearing loss

High/low blood pressure

Epilepsy

Asthma

Heart condition

Chronic fatigue

Diabetes

Mental health issue

Any other—please use this space to describe:

Are you currently taking medication? If YES, what are you taking and what is it for?

Have you seen a counsellor, psychiatrist or other mental health worker in the last 5 years? If YES, please give details.

Do you have any additional needs or require any adjustments whilst training? E.g. Dyslexia, if so please give details.

Your details will be kept in accordance with the Data Protection act 2018

I understand that my details will be kept on file for the duration of my training and for 8 years thereafter

Would you like to be sent information and newsletters from Real Yoga?

Signed

Date

Please send the completed form to Patricia Cronin at Patricia@realyogaco.uk or by post to 24 Middle Hill, Englefield Green, Egham, Surrey, TW20 0JQ

Once your application has been accepted, we will contact you to arrange a phone/zoom interview.

Any questions get in touch Patricia 07860 581108