



NAMASTE!

We would like to warmly Welcome You to

QUATERNITY YOGA TEACHER TRAINING 200

We will be diving into a yogic lifestyle for 21 days. This will be a time of immense transformation and at the same time deep release and relaxation on all levels. Our Shankalpa (inner wish) for the course is that we all come together in these 21 days and become very present and allow ourselves to be in the moment, leaving behind our fears, worries, our day to day problems and dedicate the time for ourselves, bringing all our awareness inward and giving ourselves the space, time and patience to discover our true nature. To ensure your own convenience during the course please complete that

ENROLL FORM

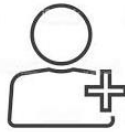
Complete on computer and Email to: quaternityogaschool@gmail.com

In the subject : Your name and Course

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SECTION 1- PERSONAL INFORMATION



INSERT YOUR ID PHOTO

FAMILY NAME / FIRST NAME

DATE OF BIRTH

POSTAL ADDRESS

TOWN/CITY

COUNTRY / STATE

ZIP CODE / POSTAL CODE

TELEPHONE NUMBER

EMAIL ADDRESS

SECTION 2- PERSON TO BE CONTACTED IN EMERGENCY

FAMILY NAME / FIRST NAME

TELEPHONE NUMBER

RELEIIONSHIP

SECTION 3 – ENGLISH COMPETENCY

COUNTRY OF BIRTH

NATIONALITY

IS ENGLISH YOUR FIRST
LANGUAGE?

RATE YOUR FLUENCY OF GOOD/ VERY GOOD/ EXCELLENT
ENGLISH:

SPEAKING

COMPREHENSION

READING

WRITING

SECTION 4 – EDUCATIONAL & PROFESSIONAL INFORMATION

EDUCATION LEVEL

PROFESSIONAL SKILLS

QUALIFICATIONS

SECTION 5 – YOGIC INFORMATION

HOW LONG HAVE YOU BEEN
PRACTICING?

HOW REGULARLY?

WHAT STYLES?

WHICH YOGA CLASSES?

REGULARITY OF YOUR OWN
PRACTICE

SECTION 6 – PREVIOUS YOGIC TRAINING

NAME OF THE COURSE

ORGANIZATION

YOGA STYLE

LOCATION

DATE OF THE COURSE

SECTION 7 – TEACHING EXPERIENCE

DO YOU TEACH YOGA?

HOW LONG?

HOW MANY CLASSES PER
WEEK?

WHAT YOGA STYLE?

WHAT TYPE OF CLASSES?

SECTION 8- HEALTH INFORMATION

GENERAL STATE OF HEALTH

PAST SURGERY

CHRONIC MEDICAL ILLNESS

INJURIES

ALLERGIES

BACK CONDITIONS

DIZZINESS

LOW / HIGHT BLOOD PRESSURE

HEART CONDITIONS

ASTHMA

DIABETES

URINARY TRACT

GASTROINTESTINAL / ULCER

ARTHRITIS

EPILEPSY

PSYCHIATRIC DISEASE

DEPRESSION / ANXIETY

MENTAL STATE

EMOTIONAL STATE

CURRENTLY TAKING
MEDICATIONS /SUPPLEMENTS

OTHERS

SECTION 9 – PERSONAL GOALS

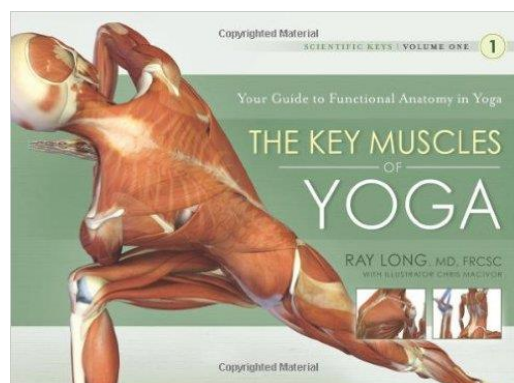
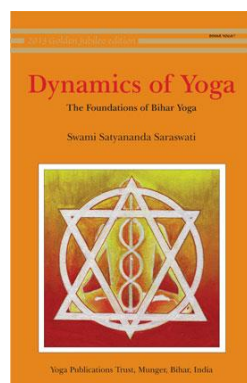
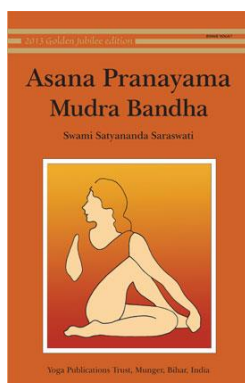
WHY DO YOU WANT TO UNDERTAKE THE INTENSIVE TEACHER TRAINING COURSE?:

SECTION 10 – BOOK LIST

Here’s a list of books that need to be purchased. During the course these books will be used as manuals so please bring them with you.

1. “Asana Pranayama Mudra Bandha” Sri Swami Satyananda Saraswati, Bihar Publication Trust
2. “Dynamics of Yoga” Sri Swami Satyananda Saraswati, Bihar Publication Trust
3. “The Key Muscles of Yoga: Scientific Keys” Volume I, Ray Long

ALL BOOKS SHOULD BE PURCHASED IN PAPERBACK!



SECTION 11 – LOGISTIC

One we get all the details of everyone we will see if we can pick up a couple people at a time. This means if one person is arriving some time later he/she will be asked to wait for the rest. Please resend all your personal flight details:

DATE OF ARRIVAL	
TIME OF ARRIVAL	
ARRIVAL AIRPORT	
DATE OF DEPARTURE	
TIME OF DEPARTURE	
DEPARTURE AIRPORT	

SECTION 12 – TRAVELING LIST

Please try bring the following things to make your stay more comfortable and fun. We will have a laundry machine, but it is best if you plan a change of clothes for about one week.

PERSONAL THINGS

- Swimming suite, sunscreen, cap, towel
- Warm socks, sweater, hat, jacket (evenings may be chilled)
- Sandals, running shoes
- Short & Long sleeves T-shirts
- Personal toiletries

YOGA STUFF

- Books (see book list)
- Note book, pens, folder to keep all the handout together
- Neti Pot, Tongue scraper, Mala
- Yoga cloths, Karma Yoga cloths, shawl for meditation

Prerequisites & Regulations

APPLICANTS MUST HAVE SOUND MORAL CHARACTER, MATURITY, ACADEMIC ATTITUDE , AND COMMITMENT TO THE STUDY OF YOGA. QUATERNITY RESERVES THE RIGHT TO ADMIT OR REJECT APPLICANTS AT ITS SOLE DISCRETION AT ANY POINT IN THE ADMISSIONS PROCESS. QUATERNITY IS NON-DISCRIMINATING; IT WELCOMES STUDENTS OF ALL RACES, AGES, RELIGIOUS BELIEFS, ABILITIES, NATIONAL ORIGIN AND MARITAL STATUS.

- Students should have at least three years’ experience as a student in a yoga class before apply for the YTT.
- Students are required to read and sign the application form before commencing the course
- Our Yoga programs have no religious approach. However the applicants should be aware that Yoga is a heritage of Indian culture & Vedic tradition. It is integral part of

the course, the study of Indian scriptures of religious-philosophical nature (like the Bhagavad Gita, etc) along with the chanting of Vedic mantras and the study and memorization of Sanskrit vocabulary;

- Trainees are requested to maintain a Yogic atmosphere of sincerity and positivity
- Illicit drugs, alcoholic drinks are under no circumstances allowed during the course
- A minimum of 90% attendance is required to be eligible to receive the certificate.
- Create and maintain a safe, clean and comfortable environment for the practice of yoga.
- Respect the rights, dignity and privacy of all students peers.

SECTION 13– TRAVEL INSURANCE

It's a condition of registering that you take out adequate travel insurance, including cover for medical treatment, accidents, repatriation, personal injury, travel delay / cancelation. It is your responsibility that you have appropriate comprehensive travel insurance.

SECTION 14– CANCELLATION, CHANGES & REFUNDS

To ensure your registration, a 400 Euro, non-refundable deposit is required. Course fee is due in full 8 weeks before the start of the training. For any cancellations made more than 6 weeks before the start of the event, 70% refund will apply. Cancellations made less than 2 weeks before the start date are non-refundable. If You find Yourself unable to attend an event, please alert us as soon as possible.

SECTION 15– PUBLISHING RIGHTS

Do you agree for publishing photos with your images?

YES / NO

SECTION 16– DECLARATION

I DECLARE THAT THE INFORMATION GIVEN IN THIS APPLICATION IS TRUE AND ACCURATE TO THE BEST OF MY KNOWLEDGE.

SIGNATURE:

DATE:

SEE YOU VERY SOON!



Quaternity Team