

Name:	Male/Female	Age
Address:		Phone/Mobile:
		Email:
Style(s) of yoga taught:		How long for?
Please list your yoga qualifications with dates		
Do you have any physical limitations that may affect your ability to take an asana practice?		
If so, are you used to adapting practices or taking a visualisation practice?		
Please outline your experience of teaching <i>pranayama</i> and meditation?		
Have you had or do you have any mental health issues that you feel we need to be aware of in terms of taking introspective practices?		
Are you currently taking any medication?		
What Mindfulness training have you received? For example: MBSR or MBCT 8 week course		
Why do you wish to do this course in Mindful Yoga Training?		
How do you envision using this training/experiential learning in your personal and professional life?		
Is there any other information you wish to add in support of your application?		

Kindly confirm that you have read the safety and responsibility form available on the website by ticking here: \_\_\_

Thank you for taking the time to complete this application form. All information will be treated in the strictest of confidence. Kindly return the completed application with full early-bird payment of £950 or a £100 non-refundable deposit to the address below by 31<sup>st</sup> March. The remaining balance of £899 for those paying a deposit in March is due by 1<sup>st</sup> June.

*If any application is considered unsuitable for the course, any payment will be returned in full.*

*Cancellations after the 1<sup>st</sup> June will be refunded, minus a 35% charge to cover costs.*

*We regret cancellations after the 15<sup>th</sup> June cannot be refunded.*

4 West Road  
Kingston  
Surrey  
KT2 7HA

Please make cheques payable to Cathy Mae Karelse  
For electronic returns and payments please email:  
[gail.elaine.davies@btopenworld.com](mailto:gail.elaine.davies@btopenworld.com)