



OM YOGA SCHOOL UK TEACHER TRAINING COURSE

Here at  OM Yoga School UK we offer a thorough and comprehensive teaching in all aspects of yoga, from bandhas, mudras, kriyas, asanas, to pranayama etc.... in return we expect our students to follow the guidance given, studying and practicing yoga on a daily basis in a balanced manner during and after the course is completed. If they are intending on teaching classes to the public this discipline of daily practice is essential.


Our instructors are of high standards and can give guidance and mentoring to each student personally, before, during and after the teacher training course. You will learn how to teach a class in a safe and effective manner, applying yoga techniques to daily life and within a class environment, for you to be the best you need to work from experience and experience only follows with practice, so this is a vital aspect of the course, practice, practice and more practice, no one can do it for you, the bottom line is that you will reap what you sow.

With this in mind all students will be vetted and accepted on their discipline of yoga so far, all instructors at  OM Yoga School UK will need to agree with every student that is offered a place on the training course.

We do not expect that you are already a master of yoga obviously, but regular dedication to self-study and yoga is a must, we believe that with our expertise we can develop your physical, mental and spiritual nature to a strong nature, giving you a solid foundation for your beliefs, which if adhered to correctly, will undoubtedly transform your life for the better.

The style of yoga you will learn is intensive dynamic vinyasa, a faster fluid-like flow of classic asanas combined with breathing transitions between each posture. You will learn many variations of asanas so you can offer all level of abilities to your students, the world is of many variations, so these variations are essential for you to offer the best yoga class you possibly can to every person attending your class.

With this you will need to master the variations so you can give direct experience and knowledge rather than "knowledge read", as mentioned earlier, to get to the variations you need to practice daily.

To become a student of  OM Yoga School UK you are required to fill in this application, you will be contacted by an instructor either way with the results of your application, if you are unsuccessful we will inform you of the reason and guide you with how to correct this.

If you have any medical conditions that are of concern you will need to provide a doctor's note to accompany the application, you will also need to sign and date the discretionary form.

We look forward to hearing from you.

PERSONAL DETAILS

Name:	
Address:	
Telephone:	
Email:	
Medical History:	

If medical note is needed please supply:

NEXT OF KIN

Primary Contact

Name:	
Relationship:	
Contact Number 1:	
Contact Number 2:	

Secondary Contact

Name:	
Relationship:	
Contact Number 1:	
Contact Number 2:	

RELEVANT EXPERIENCE

How you were first introduced to yoga?	
How long have you been practicing yoga for?	
How often do you practice yoga?	
What level of yoga do you consider yourself, beginners, intermediate or advanced?	
What benefits have you personally noticed since practicing yoga?	
Who has been an inspiration to your yoga practice and why? e.g. famous yogis you aspire to or take philosophy from, or even your own yoga teacher	

APPLICATION

<p>What do you hope to achieve from the TTC with ॐ OM Yoga School UK?</p>	
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I understand that ॐ OM Yoga School UK are not liable for any injuries occurred during this yoga teacher training course.
I confirm that all details supplied are correct.

Signed: _____ Date: _____

Please return to:
OM YOGA SCHOOL UK
89 Wodecroft Rd,
Luton,
Beds,
LU3 2EZ

Thank you for submitting this application form, an instructor will contact you shortly.