



Kundalini Yoga Teacher Training Course Application

Please type or print clearly. All information entered into this form will be treated with the strictest of confidence.

NAME	SPIRITUAL NAME	POSTAL ADDRESS	PHONE	EMAIL	DATE OF BIRTH

1. Where do you practice Kundalini Yoga (and/or other yogas). Who is/ are your teacher/s? What is your yogic lifestyle like, e.g how often do you practice. Do you have any yoga diplomas or certification?
2. What is your profession/ what work do you do?
3. Please list any experience or training you have in teaching groups or making presentations.
4. Please tell us about your spiritual life, your views or goals in this area..



5. In your heart of hearts, why do you want to do this training or become a Kundalini Yoga teacher?
(skip this question and answer question 12 on the last page of this document if you intend applying for the scholarship)

6. What gifts do you bring to this work?

7. What are your challenging areas, fears or insecurities about this work?



8. **My Lifestyle:** Please give some detail on your lifestyle and your family. Please know that sensitive information is treated confidentially. You are at where you are at and yet, the high goal for a yoga teacher is to be vegetarian, non-drinking and non-smoking. This will be covered in the course.

Please indicate if you:

Are single, married, divorced or have a partner/significant other:

Have a child or children and their ages:

Please indicate if you:

Smoke:

Drink alcohol:

Use recreational drugs:

Take prescription drugs regularly:

Have habits you would like to change:

What is your diet like?

Lacto vegetarian



Vegan

Eat meat, if so what type?

Eat whole foods most of the time

I eat for convenience, don't think much about what I eat

9. Please add any comments that you think are important in relation to the Teacher Training.



10. Ask any questions you have about the training. Take as much space as you need.

11. Please list somebody who would be willing to be a reference for you. List their names, phone numbers, email addresses, and their relationship to you.



Kundalini Yoga Teacher Training Course Scholarship Application

We believe in creating an inclusive and diverse community of Kundalini Yoga teachers, and two places on this Level 1 Teacher Training course are generously sponsored to empower a previously disadvantaged **female** and **male** person of color. The full course cost of R24,800 will be covered and we invite interested individuals to apply for this scholarship opportunity by submitting a short essay. **Please only apply if you meet the criteria required, and submit a photo of yourself in your yoga class together with this application**

12. Write a short essay (**max. 500 words**) detailing a bit about yourself, why you are passionate about undertaking this Kundalini Yoga Teacher Training, and why you believe that you should be considered for this scholarship opportunity.

Thank you! Please return through email to Pritam Khalsa pritam.khalsa@gmail.co.za
Phone: +27 23 6266836 (H)
082 671-2317 (cell)

www.kundaliniyoga.co.za