**Yin Yoga Teacher Training**

**Level 1 – Lower Body**

**Application Form**

Name………………………………………………………………………………………………………

(Name on Certificate) …………………………………………………………………………….

Address ……………………………………………………………………………………………………

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Post Code ………………………………………………………………………………………………..

Phone (Home and Mobile) ………………………………………………………………………

Email ………………………………………………………………………………………………………

Date of Birth……….…………………………………………………………………………………..

**British Wheel of Yoga No. (if applicable)** ………………………………………………..

How long have you been practicing yoga?

Who is your current yoga teacher?

Are you currently a yoga teacher?

If yes, how long have you been teaching?

Where did you complete your 200-hour teacher training?

How many yoga classes do you teach per week?

Have you trained in Anatomy or Meridian Theory before?

If yes, when and who with?

**Where and When**

**6 SATURDAYS WEEKENDS VIA ZOOM**

14th and 21st September 2024

5th, 12th and 26th October

2nd November

9.00am – 17.00pm – one-hour lunch break plus two short breaks

**Included**

* Comprehensive Colour Training Manual
* 50 Hour Yoga Alliance Professionals Certification
* 50 Hour British Wheel of Yoga Module Certification
* Meridian doll and meridian chart
* Writing materials
* 6 days of training and assessment

**Not included**

* Course books

**Pre-requisite reading**

As part of the course, you are required to purchase and read (if possible) before course starts the following books: -

* The 4 Foundations of Mindfulness by Bhante Henepola Gunaratana
* Insight Yoga by Sarah Powers

**Suggested Reading**

* The Complete Guide to Yin Yoga – Bernie Clark

**Payment**

Course fee is £695

Early Bird Discount of £50 if deposit of £150 paid by 31st July 2024

Balance payable by 30th August 2024

A deposit of £150 is required with your application to reserve your place.

If booking less than 30 days before the course start date full fee is payable at time of booking.

Please make your payment by bank transfer payable to –

Mrs G Cawte

Sort Code 40 10 00

Acct No 51091395

HSBC

As a student of Gillian Cawte’s Yin Yoga Teacher Training, I consent to my contact details (name, email and phone number) being passed onto our partners, Yoga Alliance Professionals, and British Wheel of Yoga so they can contact me directly and invite me to register as a Trainee and Teacher. I understand that I have the option of opting out of this registration process.

I also consent to my contact details being passed onto the British Wheel of Yoga.

I confirm that I have read the Terms and Conditions of booking and cancellation policy. I enclose the non-refundable deposit of £150 (or full fee if booking less than 30 days before start of the course). I confirm that I am fit ad well and I am aware of no health issues that would prevent me from participating in this training.

Signature …………………………………………………….

Print Name …………………………………………………..

Date …………………………………………………………….

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