



*Julie Montagu School of Yoga*  
200 HOUR TEACHER TRAINING

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*Teacher Training Application*  
2018

# TEACHER TRAINING APPLICATION

Hello!

Thank you for applying for the Julie Montagu 200-hour teacher training programme and for taking the time to complete this application. Please complete sections 1 to 4 of the application form. Please return the signed application form and send to Julie ([Julie@juliemontagu.com](mailto:Julie@juliemontagu.com)). The information that you provide will be treated as confidential.

Please note that we require a £500 deposit (payable at the time of submitting the application form) in order to reserve your place. All applications are subject to the terms and conditions, which will be sent to you after your application has been processed.

I very much look forward to receiving your application and to welcoming you onto the teacher training programme.

*Julie x*

# TEACHER TRAINING APPLICATION PACK

## APPLICATION FORM

Please fill out the form completely and accurately. All information provided on this form will be treated as confidential.

### 1. ABOUT YOU

First name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Street address: \_\_\_\_\_

City: \_\_\_\_\_

County and post code: \_\_\_\_\_

Country: \_\_\_\_\_

Home phone: \_\_\_\_\_

Mobile phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Occupation: \_\_\_\_\_

Emergency contact (name and phone number): \_\_\_\_\_

### 2. ABOUT YOUR YOGA PRACTICE

a) How long have you been practicing yoga?

b) What kind of yoga and/or meditation do you practice? Please briefly describe your practice.

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## 2. ABOUT YOUR YOGA PRACTICE CONT.

- c) Do you have any other experience or qualifications relevant to your application (e.g. bodywork, massage or personal training qualification or a dance background)? If so, please describe.
- d) Have you already completed a yoga teacher training programme? If so, please provide details, including of any post-qualification teaching experience.
- e) Why have you chosen to deepen your yoga studies by applying for this programme? What draws you to this style of training and yoga?
- f) Why do you want to teach yoga? (Optional - please feel free to leave this blank if you are applying to the course to deepen your own practice and do not currently wish to teach.)
- g) What do you hope to gain from participating in this programme?
- h) Is there anything else that you would like to share with us about your reasons for applying?

# TEACHER TRAINING APPLICATION PACK

## 3. HEALTH INFORMATION

Please tick “yes” or “no” to the questions below. If you answer “yes” to any of the questions below, please provide further details.

| HEALTH INFORMATION  | Y/N |
|---|-----|
| 1. Are you or have you been under medical treatment for any physical or psychological condition?  |     |
| 2. Are you currently taking any medications that might affect your physical performance or well-being? If so, what?   |     |
| 3. Do you have any physical conditions or injuries? If so, what?  |     |
| 4. Have you had a recent surgery?   |     |
| 5. Do you have a bone, joint or other problem that causes you pain or any limitations to address when developing a program (e.g. arthritis, high blood pressure, high cholesterol, osteoporosis, anorexia, anaemia, epilepsy, respiratory ailments, back problems, etc.)? |     |
| 6. Do you lose your balance due to dizziness or do you ever lose consciousness?   |     |
| 7. Are you currently pregnant or trying to get pregnant?  |     |
| - If you have marked YES to any of the above, please elaborate below. Also list any other information that we should know about your health and/or fitness levels:  |     |
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Please ensure to keep us updated of any changes to the health information set out in this form between the time of submitting the application and the start of the programme.

# TEACHER TRAINING APPLICATION PACK

## 4. FEES

The total course fee for the teacher training programme is **£2995**. For all applications a non-refundable deposit of **£500** is required at the time of booking and payment of fees is subject to the terms and conditions. The balance of Course Fees (£2495) must be paid in full by **25 November 2017** (two calendar months before the start of the teacher training).

### YOUR BANK DETAILS:

NAME:

ACCOUNT#:

SORT CODE:        -        -

| PAYMENT REMINDERS   | DUE DATE                           |
|---|------------------------------------|
| <b>£500</b> Deposit fee   | At time of booking                 |
| <b>£2495</b> Remaining balance  | 25 Nov 2017                        |
| <b>£2995</b> Full balance (including <b>£500</b> non- refundable deposit) | From 25 Nov and at time of booking |

If you are booking the course after 25 November 2017 please note that you will need to pay the full balance of the course fees at the time of booking.

To make a deposit or payment in full:

Julie Montagu Ltd.

Sort code: 09-01-28

Account number: 34505714

Name: \_\_\_\_\_

By signing below, I affirm that the information provided in this application is true and complete and that I have read this document in its entirety and understand it.

Signature:

Date:

Name:

