



APPLICATION FORM

YOGA COURSES

**MY APPLICATION IS FOR...** (please tick)

- Dru Yoga Foundation Course
- Dru Yoga Teacher Training Course

**WHEN & WHERE I'D LIKE TO TRAIN...**

Date of course .....

Location .....

**YOUR DETAILS**

Name .....

Address .....

.....

..... Post code .....

Email .....

Date of birth ..... Tel (home) .....

Occupation ..... Mobile .....

Tel (work) ..... Next of kin .....

**ABOUT YOUR YOGA EXPERIENCE**

Tick as appropriate:  beginner  2-3 years practice  experienced

Do you attend a regular yoga class? If yes who is your yoga teacher?

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Are you a yoga teacher? If yes, how many yoga classes?

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Are you a complementary therapist? If yes, how many yoga classes?

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Please outline any background you have in teaching or training, especially within the sphere of personal development, human resources or therapeutics. (eg, Yoga, Tai Chi, any kinds of group work, therapies, etc.) If you are teaching regularly, how many groups/people do you teach per week?

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**ABOUT YOUR HEALTH**

Do you suffer from any of the following (tick as appropriate):

High/low blood pressure  Epilepsy  Fatigue  Injury

Back /neck problems  Asthma  Diabetes  Cancer

Eye-sight problems  Hearing difficulty  Physical disability

Arthritis/joint problems  Emotional health problems

Any other—please space below:

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(During the course, please inform us of health changes (including pregnancy)

If you are you currently taking medication, what are you taking and what is for?

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Have you seen a counsellor, psychiatrist or other mental health worker in the last 5 years? If YES, please give details

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**GENERAL QUESTIONS**

Have you participated in any other Dru events, courses, conferences?

(Please specify title and year, do include courses you may be currently booked on)

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### ABOUT YOU

Finally, please write about yourself below, and on a separate sheet of paper if necessary, and include the following:

- ⚙ What led you to apply for the Dru Yoga Teacher Training course?
- ⚙ Please tell us about any other interests and skills you have?
- ⚙ What are your expectations of the course?
- ⚙ What do you hope to achieve by the end of the course?
- ⚙ How do you intend to use the course and qualification?
- ⚙ A reference from your yoga teacher, friend or colleague.

A series of horizontal dotted lines provided for writing answers to the questions listed above.



## Where to send your Application form

### Scotland

#### Yoga Teacher Training

16 non-residential weekends  
over approx 2 years

PO Box 14829  
Denny  
Scotland, FK6 5YJ

scotland@druworldwide.com  
01324 820392

### North East

#### Yoga Teacher Training

16 non-residential weekends  
over approx 2 years

Croft House  
Station Road  
Otley, LS21 3HX

leeds@druworldwide.com  
01943 467189

### West Midlands

#### Yoga Teacher Training

16 non-residential weekends  
over 2 years

Dru Centre  
Maristowe, Dover Street  
Wolverhampton  
West Midlands, WV14 6AL

midlands@druworldwide.com  
01902 409164

### London

#### Yoga Teacher Training

32 Sundays over approx 2 years

Dru Centre\*  
126 Manor Green Road  
Epsom  
Surrey, KT19 8LN

london@druworldwide.com  
01372 725 327

### North Wales

#### Yoga Teacher Training

8 residential 5-day modules  
over approx 2 years

Dru Centre  
Snowdonia Mountain Lodge  
Nant Ffranon Valley  
Bethesda, Gwynedd, LL57 3LX

hello@druworldwide.com  
01248 602900

### South West

#### Yoga Teacher Training

16 non-residential weekends  
over approx 2 years

southwest@druworldwide.com  
01579 351385

\*Course venue is in Victoria, Central London