

# **Yoga-for-Happiness Academy**

## **Authentic Yoga-Teacher Training - Application**

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Welcome to your 1<sup>st</sup> step in becoming an authentic Yoga-teacher, namely filling the application form!

Your training is part of our stand which is two-fold: To Stop Misappropriation of Ancient-Yoga-Science Diluted as Mere-Physical-Practice & Inauthentic-Yoga-Branding;  
To Reclaim its Authenticity as-a-Science-of-How-to-Live through Revolutionary Modern Movement namely “2-Yoga-Minutes to Happiness”.

You are part of the change that has to take place. Through this, you not only become a role model for others by living life to your highest possibility, but also leave a legacy of pure Yoga-Shaastram meaning Yoga-Science for future generations through your teaching.

Yoga-for-Happiness Academy was founded in 2004 with the sole mission of preserving and passing on Yoga-Shaastram in its authentic, pristine and purest form to eager seekers such as you.

While most typical Yoga-teacher programs cover only one or two branches of the tree of Yoga-Science, this one is completely authentic, covering the entire tree of Yoga-Science in detail.

Our vision is to “Actualize World Peace and Happiness through Authentic Yoga-Science”.

Your participation furthers the work of the Academy in preserving the teachings of the ancient science and wisdom for the future generation. It helps all of us to work for the betterment of the humanity and the world, and to contribute towards the liberation of all.

We thank you for your participation and support.

You can use any of the free online pdf editors to fill the application. Example: (<https://www.sejda.com/pdf-editor>). You can send the completed application form through email:

Email to us to [namaste@yogaforhappiness.com](mailto:namaste@yogaforhappiness.com)

For further questions, you can always reach us at: (401) 305-0882

# Authentic Yoga-Teacher Training Application Form

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

Name you like to be called: \_\_\_\_\_

Address: \_\_\_\_\_

City: State: Zip:

Phone (Cell): \_\_\_\_\_ (Home): \_\_\_\_\_ (Work): \_\_\_\_\_

Email: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Your occupation:

If working, Name of the company and Address:

## Person to contact in case of emergency:

Name: \_\_\_\_\_ Phone (Cell): \_\_\_\_\_

Phone (Home): \_\_\_\_\_ Phone (Work): \_\_\_\_\_

Address:

City: State: Zip:

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1. Have you practiced Yoga-Science before? (Any aspect of Yoga-Science such as meditation or chanting or poses)
  2. If so, how long have you practiced it?
  3. How long have you had a personal/home practice (practice outside of a class)?

4. Share your Yoga-experience, any so-called styles of Yoga poses you might have practiced, and any previous Yoga-training: (Use a separate page if needed or you can type below in detail)
  
5. What is your Yoga-related teaching experience, if any?
  
6. Describe any influential books on Yoga-Science or other which you have read and which inspired you for a higher living. If you have not read, it is okay too.
  
7. **Please enter your interest level for the topics below (L=Low, M=Med, H=High):**  
Yoga-fundamentals\_\_\_\_ Meditation\_\_\_\_ Working on Breath\_\_\_\_ Yoga-Poses \_\_\_\_  
Sanskrtam (Sanskrit) \_\_\_\_ Yogic Eating \_\_\_\_ Yogic Cooking \_\_\_\_ Yogic Lifestyle \_\_\_\_  
Chanting \_\_\_\_ Happiness \_\_\_\_ Health \_\_\_\_ Healing \_\_\_\_
  
8. Please list or comment on any other areas of special interest to you in Yoga-Science:
  
9. What are your special skills, hobbies, or interests?
  
10. Do you have any injuries, illnesses or physical concerns?

11. Do you feel stressed, depressed or anxious? If so, how often?

12. How are you currently coping with these?

13. Do those emotions currently prevent you from living life to your fullest? Do you get preoccupied often and find yourself unable to focus?

14. How is your relationship with your family members (siblings, partner, kids and parents)?

15. Do you have any unresolved issues in life? If so, explain.

16. Are you under any medication or medical treatment now? If Yes, please explain:

17. Why do you think you should be accepted for this training program?

18. Please write your purposes & goals for taking this course

19. What do you most want to get out of this training?

20. How do you feel about taking on the responsibility to teach Yoga-Science the authentic way once you graduate? You will be asked to take a very different approach to practicing and teaching. Would you be fine not teaching the way other Yoga-studios are teaching in the US? Would you feel left-behind?

21. In this course you will be learning the complete opposite of what is taught in other Yoga-Teacher Training programs. Are you prepared for it?

22. Yoga-practice means a certain way of being. One must live Yoga-Science and NOT simply practice Yoga-poses. It is a long but rewarding journey. Are you prepared to let go of some of your old habits and take on new ones in order to completely embody the Yoga-way-of-life?

23. Are you prepared for the hard task of slowly beginning to make changes to the way you eat, think and live? Remember that no other Yoga-training program would expect that.

24. Every module comes with assignments and you have to work on them. Are you willing to dedicate time for that?

NOTE: There is no pressure to finish the modules within a certain time

25. Learning and teaching Yoga-Shaastram the authentic way needs a certain level of dedication. How ready are you for it?

26. **How did you hear of us?**  web search     FB post     friend

Shanthi's Email     Shanthi's FB friend     Other \_\_\_\_\_

27.  **Please attach a recent photograph for our records: Digital Photo is fine.**

28. **Please submit 2 recommendation letters from 2 reputed sources who know you well other than your family.**

I hereby acknowledge that all the information provided by me is true to the best of my knowledge. I understand that the application fee of \$75 that I am submitting herewith is non-refundable. I understand that if I am accepted into the program and I join, \$25 will be credited back to me and only \$50 will be retained as processing fee.

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Signature of Applicant

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Date