



Teacher Recognition Scheme

Application Form

(Block letters and black ink please)

Part 1 Personal Details

NAME: _____

ADDRESS: _____

DATE OF BIRTH: _____

TEL NO (DAY): _____ (EVE): _____ (MOBILE) _____

EMAIL _____

PRESENT OCCUPATION: _____

Part 2 Yoga History

Applicants should have been practising yoga continuously for a minimum of 5 years and should have at least 2 full years of yoga teaching experience.

How long have you been practising yoga? _____

Do you have a personal daily practice (YES/NO)? If so, when did you commence your personal practice? _____

How long have you been teaching yoga? _____

Please list **relevant** training and qualifications (these **must** be within the “viniyoga” tradition):

Name and contact details of organisation where this training was undertaken: _____

Length of training: _____ Date begun: _____ Date completed: _____

Did this training include training for 1 to 1 teaching? _____

Have you any other Yoga Teaching or Training Experience/Qualifications? (Give details) _____

Are you a **teacher** member of BWY? If so, please give your membership number. _____

Please give the name(s) of your current yoga teacher(s):

Please give the name(s) of any previous yoga teacher(s):

Are you currently teaching any regular classes YES/NO

If yes, please give venue, day and time information _____

List events within the “viniyoga” tradition that you have attended in the last two years. You may, for example, have studied at the KYM, or attended a seminar taught by a recognised teacher within the tradition. Give Date, Venue, and Tutor. (Continue on a separate sheet if necessary).

(Continue on a separate sheet if necessary)

What were your reasons for developing your yoga studies within this tradition?

Why do you wish Teacher Recognition from aYs? What do you hope to gain from it?

(Continue on a separate sheet if necessary)

Part 3 Supporting Documentation

Please include the following documents with this application form.

- Syllabus of teacher training course(s) undertaken
- Samples of written papers undertaken in each of (a) anatomy and physiology (b) yoga philosophy, (c) practice planning
- 14-day diary of personal practice
- Class plan for general mixed ability group for minimum 1.25 hours showing aims, objectives, benefits, cautions and appropriate modifications. (The plan should be based on a specific theme, such as twists.)
- Portfolio of evidence of 1 to 1 teaching of 3 individuals EITHER over a period of six months OR over 8 sessions.

Please note that if necessary an interview will be arranged to verify any or all of the above, especially the evidence for 1 to 1 teaching. The interview will be of approximately 30 minutes, and will consist of a 10-minute presentation by the applicant, followed by a question-and-answer session.

Your Signature _____ Date _____