



# STUDENT APPLICATION FORM

## AYURVEDA YOGA THERAPY PROGRAM

To apply to the above Ayurveda Yoga Therapy Program, please complete this enrollment agreement and date and sign the application form. You can either mail the application to: Houston Yoga & Ayurvedic Wellness Center LLC, 13602 Kluge Rd, Cypress Texas 77429, or email to [Healing@Houston-Yoga-Ayurveda.com](mailto:Healing@Houston-Yoga-Ayurveda.com). Please feel free to contact us at 281-256-8461 with any questions.

### REQUIREMENTS & PRE-REQUISITES

The prerequisites for the participation in the Ayurveda Yoga Therapy Course is:

- a) an RYT 200 (or equivalent) registration
- b) 100 hours yoga teaching
- c) self-yoga practice experience for at least one year.

or

- d) successful completion of a prior AYT module at Houston Yoga & Ayurveda.  
*(only if signing up for an advanced AYT module)*

Candidates who have extensive and recognized Yoga Therapy, Physiotherapeutic, Medical or Ayurvedic training and experience may request credit transfer of up to 250 hrs. A personal interview will be the basis for any final decision. Transfer credits are awarded at the sole discretion of the program director. Please indicate which qualifications you have previously received.....

Please attach any certificates, curriculum and school contact details to this form.

### PERSONAL DETAILS

Name: .....  Male  Female

Nickname you would like us to call you (if applicable):.....

Date of Birth:.....

Address:..... City/State/Zip:.....

Telephone (Cell):..... E-mail:.....

Emergency contact (name, relationship, and telephone):.....

Yes, sign me up for Ayurveda Yoga Therapy Module  I,  II,  III,  IV or  V

I confirm I meet the prerequisites required, have acknowledged the student handbook and would like to attend the program.

\_\_\_\_\_ Signature \_\_\_\_\_ Date

This application does not guarantee acceptance into the program.



## **GENERAL QUESTIONNAIRE**

Please submit your replies to the following questions either on an additional sheet of paper or enlarge the spaces below and type your answers here. Please be thoughtful and thorough with your replies.

1. A description of your background in medicine, Ayurveda, yoga and teaching, including any studies you have taken.
  
2. Why do you want to take the training program? What specifically do you want to learn during the program?
  
3. How would you utilize an ayurveda yoga therapy certification?
  
4. Do you have certifications in other areas? (Personal trainer, Pilates, education, etc.)
  
5. How did you hear about the training? Please check below: \_\_\_ Internet, if so which web site? \_\_\_\_\_ other \_\_\_\_\_
  
6. Do you have a significant illness or any injuries that impact your practice? If so, please tell us about them, including any contraindications your physician recommended to you. Is there anything in your yoga practice that aggravates your injury? Have you discovered anything that helps it?  
\_\_\_\_\_
  
7. Please tell us about yourself: family, occupation, college/degrees, hobbies, and any other information you would like for us to know.  
\_\_\_\_\_
  
8. Do you have a personal yoga practice? If so, please tell us what it consists of.  
\_\_\_\_\_
  
9. If you currently teach yoga, what type of yoga do you teach and where do you teach?  
\_\_\_\_\_
  
10. Have you studied meditation? If yes, for how long and what style(s)? Do you have a daily meditation practice? \_\_\_\_\_
  
11. Have you studied any energy systems (qigong, tai chi, reiki, chakras, Chinese medicine, etc.)? How long and what? \_\_\_\_\_
  
12. Is there anything else that you would like to share with us? \_\_\_\_\_



13. Do you have any concerns or comments that you feel would be important for us to know? Let us know what interests you more. On a scale of 1 (less interest) to 4 (more interest)

1	2	3	4	
_____	_____	_____	_____	Yoga Therapy
_____	_____	_____	_____	Philosophy of Indian Culture, Spirituality & Mythology
_____	_____	_____	_____	Hatha yoga—in-depth instruction in asanas/postures
_____	_____	_____	_____	Teaching Yoga – Anatomy & Physiology of yoga poses
_____	_____	_____	_____	Teaching yoga—how to teach safely
_____	_____	_____	_____	Teaching yoga—teaching fellow students at the intensive
_____	_____	_____	_____	Teaching yoga--classroom logistics (set up class, situation)
_____	_____	_____	_____	Teaching yoga—adjusting students in postures
_____	_____	_____	_____	Teaching yoga—modifying asanas in case of injury ltd flex
_____	_____	_____	_____	Meditation
_____	_____	_____	_____	Mantra
_____	_____	_____	_____	Mudra
_____	_____	_____	_____	History of yoga
_____	_____	_____	_____	Raja yoga (royal path of the mind)
_____	_____	_____	_____	Patanjali’s 8-limb path
_____	_____	_____	_____	Energy systems (chakras, nadis, energy moves in body etc
_____	_____	_____	_____	Yogic lifestyle (meals, meditation, philosophy, etc.)
_____	_____	_____	_____	Hindu religion/traditions (as in an ashram)
_____	_____	_____	_____	Sanskrit language (pronounce the names of the asanas)
_____	_____	_____	_____	Marketing and the business of yoga
_____	_____	_____	_____	Ayurveda,
_____	_____	_____	_____	Jyotish,
_____	_____	_____	_____	Numerology,
_____	_____	_____	_____	Nutrition/cooking
_____	_____	_____	_____	Other

One thing unique/special about you (we will use this for a special icebreaker exercise, so please keep this to yourself until then):

.....

.....

.....

.....

Please indicate here completed education in the area of Yoga, Massage, Medicine, Holistic Health and Ayurveda with course title, degree, graduation year and institute of learning.



.....

.....

.....

