



Yoga Scotland
(incorporating the Scottish Yoga Teachers' Association)

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? _____

How long have you been teaching yoga? _____

Please list relevant Yoga training and qualifications: _____

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

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

How often do you practice at home? _____

Have you any other Teaching or Training Experience/Qualifications? _____

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 a regular class (es) YES/NO

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

List Yoga Seminars that you have attended in the last two years: give Date, Venue, and Tutor. (Continue on a separate sheet if necessary).

◆ List Titles and Authors of Hatha Yoga and Yoga Philosophy Books you have studied. (N.B. You may be asked to discuss their content during interview).

(Continue on a separate sheet if necessary)

What were your reasons for taking up yoga teaching and what approach(es) have you studied?

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

(Continue on a separate sheet if necessary)

Yoga Scotland Membership No: _____

N.B. It is an entry requirement that applicants should be Members of Yoga Scotland. Membership ensures that you receive all relevant information regarding Yoga Scotland and its events including an application form and details of the Annual Seminar. If you are not already a member, please complete a Membership Application Form.

This can be found on our website www.yogascotland.org.uk or contact Kirsty Davidson, Tel: 07954 283966 or E-mail: yogascotland@yahoo.co.uk (Please note membership of your local yoga association is not sufficient).

Signature _____ Date _____

Part 3 Supporting Documentation

Please include the following documents with this application form.

- Syllabus of teacher training course(s) undertaken
- Two samples of written papers undertaken in each of (a) anatomy and physiology (b) yoga philosophy
- 14-day diary of personal practice
- Class plan for general mixed ability group for minimum 1.5 hours showing aims, objectives, benefits, cautions and appropriate modifications