

PRACTICE

Y O G A

Teacher Training 2024 Registration Form

Please send the completed form to the following email address. Or bring it with you to the studio.

teachertraining@practice.de

Name:

Street:

Place of residence:

Postcode:

Country:

Telephone number:

E-mail:

Date of birth:

Questions

What tradition of yoga have you practiced regularly / for how long and how many times a week?
Who is your teacher?

Describe your current practice (extend and frequency)

PRACTICE

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Do you have a regular meditation practice?
Form and extend?

Why do you wanna participate in this training?

Have you done any other teacher training before? If yes-which method?

How do you know about this training?

Any acute or chronicle injuries/diseases?

Any addiction?

Regular intake of medication?
If yes, what and for what?

Preparation

ESSAYS — Please use your own words and thoughts about these themes.

1. Why do I practice Yoga (min 500 characters)
2. About Vinyasa (min 500 characters)

What to have

Yoga mat
Journal and pens for meditation and practice
Something white to wear
Neti pot
Body brush
Tongue scraper

Books

A simple thing — Eddie Stern

(We ask you to read the book before the training)

Hatha Yoga (any one):

Hatha Pradipika by Svatmarama, Swami Digambarji published by Kaivalyadhama
Hatha Yoga Pradipika by Svatmaram, Dr Gyan Sankar Sahay

Functional Anatomy — David Keil

(Does not have to be read from cover to cover, but should be looked at)

Yoga Sutra (any one):

Yoga Philosophy of Patanjali by Swami Hariharananda Aranya or
The Yoga Sutras of Patanjali by Sri Swami Satchidananda or
Patanjala Yoga Sutra by Dr PV Karambelkar
Yoga Sutra of Patanjali by Swami Veda Bharati
Light on the Yoga Sutra by BKS Iyengar
The Yoga Sutra of Patanjali by Georg Feuerstein

Costs

TUITION

2 weeks and 3 weekends of daily education, plus 19 compulsory classes and 20 ICP between modules:
3.240 €

EARLY BIRD

If you book before 21.12.2023 you get a discount of 108 €.

Payment in rates possible-please contact us personally for this option.

We have decided to keep the training group small for a limited number of participants only.
Registrations will be processed in the order we receive them.
If TT 2024 is full, you are welcome to join the waiting list.

We are looking forward to dedicating this time together to these ancient and sacred practices.

Sandra & the Practice Team

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