



Semperviva Yoga Centres

- Sea Centre Pier 32, 200-1333 Johnston St., Granville Island
- Sun Centre 2608 W. Broadway
- Sky Centre 2582 W. Broadway
- City Centre 100-1985 W. Broadway
- Tel: 604-739-2009 • Email: info@semperviva.com
www.semperviva.com

Application for Semperviva 200-Hour Teacher Training (space is limited—apply early to ensure a place in the program)

COURSE: Comprised of 8 main areas of study: 1. Asana 2. Pranayama 3. Meditation 4. Teaching 5. Anatomy of Yoga
6. History & Philosophy of Yoga 7. Practicum

DATES: February 28th-May 1st 2010 (200 hours; 180 contact hours plus home study)

TIMES: Weds and Fri 7:00pm-10:00pm; Thurs 7:00pm-8:30pm (alternatives to Thursday's class will be given); Sat 8:00am-4:00pm plus some Sundays (dates and times to be announced). Please keep your schedule as open as possible during this time for additional training

PRICES: Price: \$3,550.00 (includes two workshops TBA)

DEPOSIT: \$150.00 deposit required by Feb 8th to reserve your place. Deposit is refundable (minus \$100.00 cancellation fee) only until Feb 8th, 2009

INFO: Contact Gloria at 604-739-2009 or info@semperviva.com or visit www.semperviva.com

Answer the following questions completely. Submit the completed application with the deposit of \$150.00 to Semperviva.

Name..... Today's date

Address

City..... Prov..... PC.....

Home tel #..... Work tel #.....

E-mail DOB / /

Emergency contact (name, tel #, relationship)..... *month* *day* *year*

Method of Payment:..... CC# Exp.....

How did you hear about Semperviva Teacher Training?

- Yoga Teacher
- Friend.....
- Ad (where).....
- Semperviva website
- At studio
- Received info in the mail



Teacher Training Questionnaire

Please fill in the following information and answer the questions below (use additional paper if necessary):

Name:.....

1. How long have you been practicing yoga?

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2. What styles of yoga do you practice/have you practiced?

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3. Who do you take classes with and how often?

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4. Is there a particular teacher or teaching style that you prefer?

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5. Are you planning to teach upon completion of this course, or is this intended for personal development?

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6. Are you currently teaching? If so, where? How often? How long have you been teaching?

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7. Do you have a daily meditation practice? If yes, please describe your practice and how long you have been practicing

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8. Are there any specific areas of interest that you would like to explore in this particular course?

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9. What are your expectations for this training? What do you hope to achieve upon completion of this course?

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11. Any additional comments or questions?

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