



Mama Nirvana's NEW YOGA

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MAMA NIRVANA'S NEW YOGA In-Depth Yoga and Teacher Training Course Application

Seminars are held on second and fourth Saturday Afternoons, 1:30-6pm, for 15 months

Please fill out each part of the application below as fully as possible. We may request an interview with you before we process your application. Please type or print neatly and mail along with first installment of \$500 to address above. Apply now, space is limited to 20.

Name: _____

Address: _____ **Zip:** _____

Phone: (day) _____ (eve) _____ (mobile) _____

Email: _____

Please describe your current yoga practice:

Please list your training and experience in yoga. Include dates, styles and names of teachers. (A six-month study of yoga is required before starting the training.)

Please list any other experience you think is relevant.

What do you want to get out of the training, and what do you want to focus on?

Please describe your current physical/mental disciplines, including diet and exercise philosophy.

Please describe any spiritual practices or traditions you're involved in.

What reading have you done regarding yoga or related areas?

Are you going through any personal difficulties that may impact your training?

Is there anything else you would like us to know about you?

Payment: _____check

_____charge *If you live nearby, please make arrangements to bring your charge card to the studio. If you live far away, continue:*

Visa or m/c: _____ acct number: _____ expiration: _____

Name on card: _____

Billing address, incl. Zip code: _____

Payment Plans:

Five Installments: \$500 deposit with application*; \$500 on June 1, 2009; \$500 on Sept. 1, 2009; \$500 December 1, 2009, \$500 March 1, 2010.

Advance Payment: \$100 discount if you pay the entire amount before the start of the course.

Automatic monthly withdrawal: \$500 deposit with application and 18 monthly electronic funds transfers of \$133.

Deposit is 100% refundable until 60 days before the start of the course; 50% refundable until 30 days before; less than 30 days no refund.