



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 Saturday Afternoons, 1-5pm, twice a month for 18 months.

Dates will be announced quarterly. 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 Feb 1, 2006; \$500 July 1, 2006; \$500 November 1, 2006, \$300 February 1, 2007.

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 \$100.

\$400 of your deposit is refundable if you withdraw by the first day of the course.