



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: September 27th–November 29th 2008 (200 hours; 180 contact hours plus home study)

TIMES: Mon and Weds 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 including Oct 5th, Oct 26th, Nov 2nd and Nov 30th (further Sunday dates and times to be announced). Please keep your schedule as open as possible during this time for additional training

PLACE: Semperviva City, Sky & Sea Centres

PRICES: Price: \$3,550.00 (includes workshops with both Gurmukh Kaur Khalsa and Max Strom)

DEPOSIT: \$150.00 deposit required by Sept 1st to reserve your place. Deposit is refundable (minus \$100.00 cancellation fee) only until Sept 1st, 2008

INFO: Contact Gloria or Kari 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 / /
month day year

Emergency contact (name, tel #, relationship).....

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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