



**APPLICATION FORM  
GAIATREEYOGA TEACHER TRAINING RETREAT  
Bali - August 2008**

Please send us your application by e-mail to:  
info@gaiatree-yoga.com

**Personal Information**

First name: .....

Last name: .....

Date of birth: .....

Street + nr: .....

Zip code: .....

City: .....

Country: .....

E-mail: .....

Phone: .....

Current occupation or interests: .....

How did you find us: .....

**Disclaimer**

*I herewith declare that I agree with the deposit and refund rules.  
I also declare that I'm full-age and I'm participating at my own will.*

*Please answer the following questions:*

1. Why do you want to participate in our GaiaTreeYoga Teacher Training Retreat?
2. Please give detailed information of your Yoga history and experience.
3. What are your personal challenges in your Yoga practice?
4. What style of Yoga do you practice, how often?
5. What style of meditation do your practice, how often?
6. Do you have an injury or disability that restricts your Yoga practice?
7. Are you under therapy or taking medicines on a daily basis?

*If applying for the Teacher Training Certificate please forward us by mail or email (see our contact information) references from max 3 teachers you have studied with. Please ask them to write their assessment of your practice - the strengths and challenges of you practice, your commitment and dedication to Yoga and their understanding of your readiness for a Teacher Training program.*

*If applying for the 500-hrs program please send us your 200-hrs certificate.*

**Requested reading (bring the following additional literature at the course):**

- Hatha Yoga Pradipika (translated by Saraswati Satyananda)
- Patanjali Yoga Sutras by Swami Satchidananda
- Bhagavad Gita (recommended translation by Swami Prabhavananda and Christopher Isherwood)
- Anatomy of Hatha Yoga by David Coulter

**Recommended reading (we recommend that you get yourself familiar with further literature prior to the course):**

- Yoga Mala by Sri K. Patthabi Joice
- Light on Yoga by B.K.S. Iyengar
- The Heart of Yoga by Desikachar
- The Shambhala Encyclopedia of Yoga by G. Feuerstein
- The Shambhala guide to Yoga by G. Feuerstein
- Introduction to Yoga or The Yoga Tradition by G. Feuerstein
- The Spirit and practice of moving into stillness by E. Schiffmann
- Theories of the Chakras by Dr. Hiroshi Motoyama
- Asana, Pranayama, Mudras, Bandhas by Swami Satyananda Saraswati
- Jnana Yoga by Swami Vivekananda
- I am that by Sri Nisargadatta Maharaj
- The Autobiography of a Yogi by Paramahansa Yogananda
- Anatomy of Movement by Calais-German