



# Anahata Yoga Retreat

Birds Clearing  
Takaka 7142, Golden Bay  
New Zealand

## Yoga Nidra & Restorative Yoga Instructor Training Professional Development Retreat Incorporating Basic Breathing Methods & Restorative Yoga



Friday April 21st – Sunday April 30th, 2017  
Total 100 Hours - 3 months training package ending 21 July, 2017

### Application Form 2017

Please fill out booking form below and send back to us at [yoga@anahata-retreat.org.nz](mailto:yoga@anahata-retreat.org.nz)

#### PART I - Please ensure that ALL questions are answered in full.

Surname \_\_\_\_\_ Given name \_\_\_\_\_

(Proof of legal name is required)

Initiation name (if applicable) \_\_\_\_\_ Initiation type (if applicable) \_\_\_\_\_

Gender: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Street No. & Address \_\_\_\_\_ Town/City \_\_\_\_\_

Post Code \_\_\_\_\_ Country \_\_\_\_\_

Landline (include area code) \_\_\_\_\_ Mobile Number \_\_\_\_\_

Email address: \_\_\_\_\_

Arrival Date & Time : \_\_\_\_\_ Departure Dates: \_\_\_\_\_

**Independent arrival: Yes / No** If **Yes** indicate approximate arrival time:

OR

Scheduled complimentary **Pickup** at the I-site in Takaka: **Yes/ No**

Scheduled complimentary **Drop-off** at the I-site in Takaka: **Yes/ No**

### Accommodation and Dietary Requirements

Anahata Yoga Retreat provides standard share accommodation. Private accommodation is subject to availability. Please enquire for more information or visit our [website](#).

Bedding Hire NZ\$30: No  Yes  If yes  
Anahata provides a mattress, pillow and fitted sheet.

Do you have any medically advised dietary requirements? No  Yes  If yes, please describe: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Photography & Recording

From time to time, Anahata Yoga Retreat may take photographs on site that can possibly be used for publicity. If you are taking personal photographs on site please respect others on site who may not wish to be photographed. Anahata Yoga Retreat **does not permit the recording of any sessions or conversations on site**, unless prior permission is requested. Please indicate if you do not wish for your photograph to be taken in the box below:  I do NOT wish for my photograph to be taken.

## Discount & Payment Details (NOTE: Deposit is required for processing of application.)

- Payment NZ\$1950**
- Very Early Bird Payment NZ \$1,657.50 full payment by 28 February 2017**
- Early Bird Price NZ \$1,800 full payment by 31 March 2017**
- Non-refundable deposit NZ \$390**

**Payment Method:**  NZ Cheque  NZ Bank Transfer  International Bank Transfer  PayPal

**Payment now being made \$NZ** \_\_\_\_\_

## Payment Details

A non-refundable deposit of 20% (\$NZ390.00) of total payment per person is required to secure your Place. Please know that Anahata Yoga Retreat does not have EFTPOS or credit card facilities on site.

PAYMENT DETAILS	
Please send us an email to confirm method of payment including reference title and date of deposit.	
<b>Bank Transfer</b>	
Bank:	Westpac Bank, Takaka, New Zealand
Account Name:	Anahata Yoga Health and Education Trust
Bank Account #:	03 17 11 – 0071037-00
<b>International transfers</b>	
SWIFT code / IBAN number:	WPACNZ2W
Westpac Phone/Fax:	+64 (3) 525 8094/8957
*Add \$30 transaction fee on International transfers.	
*Ensure to include your ' <b>NAME</b> ' and specify ' <b>AYR Yoga Nidra &amp; Restorative Yoga Instructor Training</b> in the online payment reference. (Some banks do not allow letters as a reference; you can use your phone number instead)	
<b>Pay Pal</b>	
Pay Pal is a simple and inexpensive way to deposit from overseas	
Go to <a href="http://www.paypal.com">www.paypal.com</a> set up an account, then click on "send money" and enter the Anahata Yoga Retreat email address <a href="mailto:yoga@anahata-retreat.org.nz">yoga@anahata-retreat.org.nz</a>	
Add a 5% transaction fee to total payment	
<b>Cheque and Money Orders (NZ Only)</b>	
Send a cheque or money order made out to 'Anahata Yoga Health and Education Trust' to:	
PO Box 155 Takaka, Golden Bay 7142	
<b>CANCELLATION/REFUND POLICY</b>	
<b>Deposit</b> - Please note that all deposits are non-refundable.	
<b>Cancellations with more than 7 days' notice</b> A 50% refund can be given, or fee paid is transferable within 12 months of original booking date for another course or retreat stay.	
<b>Cancellations with less than 7 days notice</b> - No refund will be given. 50% of fee paid is transferable within 12 months of original booking date for another course or retreat stay.	
<b>Please note</b> No refunds are available for early departure or late commencement.	

## PART II - Confidential Information

Please ensure that **ALL** questions are answered in full. Health information will be kept confidential and only disclosed to third parties with your written consent.

*We welcome persons of varying abilities. However, you might find some asana practice, karma yoga activities and aspects of the yogic lifestyle physically demanding. The following information, therefore, is required to ensure that student needs are met.*

### Disability

Do you consider yourself to have a disability, impairment or long-term condition? No  Yes

If YES, then please indicate the areas of disability, impairment or long-term condition:

- |                                       |  |  |
|---------------------------------------|--|--|
| <input type="checkbox"/> Hearing/Deaf | <input type="checkbox"/> Physical          | <input type="checkbox"/> Intellectual              |
| <input type="checkbox"/> Learning     | <input type="checkbox"/> Mental Illness    | <input type="checkbox"/> Acquired Brain Impairment |
| <input type="checkbox"/> Vision       | <input type="checkbox"/> Medical Condition | <input type="checkbox"/> Other                     |

### Health Information: Physical

Please provide details of all physical conditions that could have a bearing on your ability or capacity to undertake the course: \_\_\_\_\_

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**No known physical conditions that could have a bearing on ability to undertake the course**

Are you Pregnant? No  Yes  If yes, please indicate: 0–3 months  3–6 months  6-9 months

Are you currently taking any medication on a regular basis? Yes  No  If yes, please list.

Medication	Condition/Purpose	Dosage	Dates of Use

### Health Information: Emotional/Psychological

**No known mental health conditions that could have a bearing on ability to undertake the course**

**Yes.** Please provide details of any mental health conditions that could make participation difficult at this time:

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## Learning Requirements

- Do you have any specific learning needs? No  Yes  If yes, please describe: \_\_\_\_\_

## PART III - Background Information

### Minimum Entry Requirement Criteria

Do you have skills in supporting and/or mentoring clients/students? Yes  No

Are you at least 18 years of age? Yes  No

Are you familiar with the use of MS® Word? Yes  No

Are you familiar with the use of Dropbox? Yes  No

Are you familiar with the use of the internet and email? Yes  No

Are you able to meet the time commitments of the course, including residential stay requirements? Yes  No

How did you hear about the course? Website  Friend  Yoga teacher  Other \_\_\_\_\_

### Educational Skills & Qualifications

Please provide information in relation to:

Your highest level of tertiary education attained: \_\_\_\_\_

Professional Qualifications: \_\_\_\_\_

Other skills or training (with specific reference to client/student support and/or counselling, healthcare or education skills etc.)

### Employment

Full-time employee

Part-time employee

Self-employed – not employing others

Employer

Employed – volunteer worker

Unemployed

Current Occupation: \_\_\_\_\_

Employer: \_\_\_\_\_

