



Anahata Yoga Retreat

Birds Clearing
Takaka 7142, Golden Bay
New Zealand

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

Friday 17 November – Sunday 26 November, 2017
Total 125 Hours - 3 months training package ending February, 2018.



Application Form 2017

Please fill out booking form below and send back to us at 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\$2295
- Super-Early Bird Payment NZ \$1950 full payment by **18 September 2017**
- Early Bird Price NZ \$2065 full payment by **3 October 2017**
- Non-refundable deposit NZ \$450

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

Payment now being made \$NZ _____

Payment Details

A non-refundable deposit of 20% (\$NZ450.00) 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.	
Bank Transfer	
Bank:	Westpac Bank, Takaka, New Zealand
Account Name:	Anahata Yoga Health and Education Trust
Bank Account #:	03 17 11 – 0071037-00
International transfers	
SWIFT code / IBAN number:	WPACNZ2W
Westpac Phone/Fax:	+64 (3) 525 8094/8957
*Add \$30 transaction fee on International transfers.	
*Ensure to include your ' NAME ' and specify ' RETREAT NAME ' in the online payment reference. (Some banks do not allow letters as a reference; you can use your phone number instead)	
Pay Pal	
Pay Pal is a simple and inexpensive way to deposit from overseas	
Go to www.paypal.com set up an account, then click on "send money" and enter the Anahata Yoga Retreat email address yoga@anahata-retreat.org.nz	
Add a 5% transaction fee to total payment	
Cheque and Money Orders (NZ Only)	
Send a cheque or money order made out to 'Anahata Yoga Health and Education Trust' to:	
PO Box 155 Takaka, Golden Bay 7142	

CANCELLATION/REFUND POLICY

Deposit

Please note that all deposits are non-refundable.

Cancellations with more than 7 days notice

A 50% refund can be given, or fee paid is transferable within 12 months of original booking date for another course or retreat stay.

Cancellations with less than 7 days notice

No refund will be given. 50% of fee paid is transferable within 12 months of original booking date for another course or retreat stay.

Please note 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: _____

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:

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
- Self-employed – not employing others
- Employed – volunteer worker
- Part-time employee
- Employer
- Unemployed

Current Occupation: _____

Employer: _____

For those with Yoga Experience

- How long have you been practising yoga? Number of years _____ Regularity _____
- How long have you been practising Yoga Nidra? Number of years _____ Regularity _____
- Have you attended a regular yoga class? Yes No For how long have you been attending? _____
- What style of yoga is practised? _____
- Previous major yoga courses _____ Location _____
- Qualifications _____
- Organisation/ yoga style/ tradition _____
- Previous stays in a yoga centre or ashram (if any) place _____ from / to _____

Yoga Teaching Experience (if relevant)

- How long have you been teaching? Years _____ from / to _____
- Average number of classes per week _____ Type of classes _____

Reasons for undertaking course

Why do you want to undertake this course? (A minimum of 50 words is requested)
