

# Ashtanga Yoga – Enriching the Experience



## Questionnaire

Please complete in your own handwriting.

Name \_\_\_\_\_ DOB \_\_\_\_\_

Address \_\_\_\_\_

Mobile \_\_\_\_\_

Email \_\_\_\_\_

When and where did you start to practice yoga?

How did you find yoga or how did yoga find you?

How would you rate your skill in practicing asanas? (This is not measured in levels of strength or/and flexibility) Make a cross on the line below.

Little                      Medium                      Intermediate                      Advanced  
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How often do you practice asanas per week currently? (no judgment will be placed on this)

Do you have any experience in pranayama and meditation? Please describe briefly. (not a prerequisite for the participation of the course)

If you have practiced or are still practicing other methods of yoga apart from Ashtanga Vinyasa, which ones are they? Are you still practicing them?

What do you tend to avoid in your yoga practice?

What are your strengths and weaknesses in your yoga practice?

What is it that attracts you to yoga?

Why would you like to do this course?

Have you undergone any study of yoga apart from practicing asanas? If so what, and how long for? What did you enjoy about these studies and what would you have liked to be done differently?

What would you like to have achieved by the end of this course?

Is there an area in the science of yoga that particularly interests you?

How would you – briefly - describe your desire and ability to communicate?

**Dates for 2024**

Sundays 10:45 – 3:00 pm fortnightly  
June 30 – September 8, 2024

## Registration

I would like to register for the Ashtanga – Enriching the Experience course (please select)

- Theory & practice classes for three months \$1,650
- Theory only \$950 – practice classes will have to be covered separately

I have enclosed a **non-refundable deposit of \$450**  
The remainder of the payment is due two weeks prior to the commencement of the course (please talk to me if you require a payment plan).  
Course payments are non-refundable and non-transferable.  
Bank Details:  
North Sydney Yoga, Bendigo Bank BSB 633000 A/C 154 764 955

If you have paid by bank transfer **please email** [enquiries@northsydneyyoga.com.au](mailto:enquiries@northsydneyyoga.com.au)

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Name (printed)

.....  
Signature

.....  
Date