

Hridaya Teacher Training Course (HTTC)

Application Form

Return the **completed application** along with a **recent photo** (max 100 kb) to the HTTC Administrator at ttc@hridaya-yoga.com.

After a period of collecting applications, Sahajananda decides on the attendance of each student.

When accepted please transfer the complete course fee of 2.800 Euros to the bank account according to your Citizenship:

FOR EUROPEAN CITIZEN:

Bank Name: ING Bank Romania

Bank Address: Bd. Iancu de Hunedoara nr. 48, Sector 1, 011745 Bucharest

Account Number IBAN: RO91INGB0000999908038730

SWIFT: INGBROBU

Account Holder: HRIDAYA MEDITATION SLR

Address: Str. Schitului, no.20, bl.20, scA, ap.3, sector 3, Bucuresti, 32045

FOR NON-EUROPEAN CITIZEN:

Bank Name: ING Bank Romania

Bank Address: Bd. Iancu de Hunedoara nr. 48, Sector 1, 011745 Bucharest

Account Number (IBAN): RO77INGB0000999906117897

SWIFT: INGBROBU

Account Holder: HRIDAYA YOGA SRL

Address: Str. Schitului, no.20, bl.20, scA, ap.3, sector 3, Bucuresti, 32045

Incomplete applications will be returned to the applicant for resubmission. "Incomplete" refers to omitted signature representation or verification of having read the Criteria for Certification, Terms of Agreement, or Payment and Refund pages, missing answers, etc. **Please note: In some cases it may be necessary for an applicant to have an online interview with Sahajananda or other senior Hridaya teacher before admission to the program.**

Please type your answers in a different **color** so we can read your application more easily. Thank you!

First Name:
Family Name:
Gender: Male Female
Address: _____ City: _____
State/Province: _____ Zip Code: _____ Country: _____
Phone (Mobile): _____ Phone (Home): _____
Birthdate (DD/MM/YYYY):
Marital Status: Single Married Partnered Widowed Divorced
Email Address:
Alternate Email (if any):

- Do you have a history of psychological or emotional illnesses or issues? yes no
- Do you have a communicable disease? yes no
- Have you had a serious illness or major surgery within the last five years? yes no
- If you are a woman, are you currently pregnant or trying to become pregnant? yes no

If you answered YES to any question above, please provide a short explanation:

If there is anything else about your physical or psychological health that you feel might affect your participation in the HTTC, please explain:

In the past 12 months, have you used tobacco, recreational drugs, or illicit substances? yes no
Do you currently continue to use any of these substances? Also, are you a frequent consumer of alcohol? If yes, please list substance and frequency of use:

What is your primary diet? Vegan Vegetarian Unrestricted Other
If other, please explain:

IN-DEPTH

This section of the application is intended to give us a better understanding of you as a person. We encourage you to include any transformational experiences or turning points in your life that have brought you to your current personal relationship with meditation and yoga and the aspiration to become a teacher. Please provide short answers (maximum 200 words each) to the following questions:

- 1. **What attracts you to spirituality and, specifically, to meditation?**

- 1. **What does yoga mean to you? What should the role of a yoga teacher be?**

- 1. **Why have you chosen to apply to become a meditation and yoga teacher? What is it specifically about the Hridaya approach that interests you?**

FULL DISCLOSURE

In order to make informed decisions, the teachers and staff of Hridaya Yoga must be able to rely on the truthfulness of the information provided by applicants. The information you provide on this form is treated as confidential and will only be seen by those teachers and staff involved with the HTTC. Before submitting an application, we require that you read the following documents on our website. Signing your initials indicates that you have carefully read and accept the terms set forth in each document:

Criteria for Certification	INITIAL HERE:
Terms of Agreement	INITIAL HERE:
Payment and Refund Information	INITIAL HERE:

If you are accepted to the course, you will be asked to sign hard copies of these documents for our records.

We recommend that you also keep copies for your own records.

Note: Before applying for the HTTC, please take into consideration that a Hridaya Meditation and Yoga Teacher should not smoke or take recreational drugs or illicit substances. It is mandatory that those who wish to become Hridaya teachers completely give up smoking and the use of recreational drugs before starting the HTTC. Noncompliance with this requirement may provide grounds for expulsion from the program.

“By checking the signature box and typing my full name below, I attest that the information provided on this application form is true and complete to the best of my knowledge. False, incomplete, or misleading information is grounds for the rejection of this application, expulsion from the program, or revocation of certification after the completion of the program.”

By checking this box, I verify my understanding of and agreement to the statement above.	
<input type="checkbox"/>	<input type="checkbox"/>

Full Name:

Date (dd/mm/yyyy):