

**YOGA JOURNEY / YOGA TEACHER TRAINING PROGRAM**  
**New Zealand 2018 - 2021**  
**Application Form**

This course is accredited by the Krishnamacharya Healing and Yoga Foundation, Chennai, India  
 Accredited Trainer: Ruth Diggins

**APPLICATION FORM**

First Name		Last Name	
Date of Birth			
Address			
City		Postcode	
		Nationality	
Phone		Mobile	
Email			
Occupation		Highest Degree	
Do you have a mentor?	YES / NO	If YES, who?	

**Please answer these questions and email them to: [ruthdiggings.yoga@gmail.com](mailto:ruthdiggings.yoga@gmail.com)**  
**(An appointment for an interview will be made with you when your application has been received.)**

**Questions for Reflection**

1. What is your background in Yoga?  
 Talk about your yoga practice and experience in yoga so far - what first brought you to Yoga, how many years ago etc. Do you have any special or significant experiences you would like to share?
2. Why have you chosen to apply for this Yoga Journey / Yoga Teacher Training?
3. What do you hope to gain during & upon completion of the course, both personally & professionally?
4. When you are confronted with a difficult or stressful situation, how do you usually respond?
5. Please describe two examples in your life when you have faced a difficult situation and how you coped with each situation. What did you learn from each situation?
6. How will your resources of time, money and your family commitments help you to complete this course, which spans three years? This is an important aspect for reflection.
7. As a Yoga Teacher, it is crucial to develop the skills of clarity and emotional strength. What kind of support is available to you to help you nourish and grow these skills?

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8. Describe two positive and two negative things about yourself.
9. How do you structure your weekly schedule; for example, do you plan ahead and follow through, let structure evolve organically, allow plenty of space for spontaneity... what is your preferred way?
10. What is your highest educational qualification? Why did you choose to pursue this? How many years did you take to complete it?
11. As a student of the Yoga Teacher Training course, you will be required to undergo various kinds of evaluations, including presentations, written tests, oral tests, project presentations. Are you comfortable with multiple evaluation methods?
12. Do you have a mentor? If so, how do you find working with a mentor? If not, what are your feelings about working with a mentor?
13. Are you practicing any other healing modality apart from Yoga? Please explain your involvement in this other area in as much detail as possible. How would completing this course complement your other healing interests/practices?
14. As part of the application, you are required to submit two letters of recommendation. What is your relationship with the individuals who will be writing these letters? Why did you choose these individuals?

**DECLARATION**

I

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declare that I have carefully read the prospectus and the application form for the KHYF Yoga Journey / Yoga Teacher Training Program, conducted by Ruth Diggins in New Zealand, and I am in agreement with the general rules and policies.

I also declare that all the information provided in this application is true and accurate at the time of application.

Signed:

Date: