

## **Brahmani Yoga - 90 hour Prenatal Teacher Training Course**

Course prerequisite: you must have completed a 200 hours Teacher Training Course.

\*This course is also suitable for experienced childbirth educators, doulas, midwives and other pregnancy health professionals with a committed yoga practice

Please read through the application first and then go back and answer the questions. Be as thorough and descriptive as possible with your answers. We would rather hear more about you, than less. Type your answers in a different coloured font for clarity. Do not hesitate to email us with any questions regarding this application.

Once completed, please email your application to [info@zoga.ae](mailto:info@zoga.ae)

Please title your application/attachment with your name followed by “pre-natal-app”

1. Full name and contact details, Email address, Telephone and current age.
2. Where, when and with whom did you complete your 200 hours Teacher Training Course?
3. Give us a brief history of your relationship with yoga itself. How long ago did you start, what made you decide to try yoga, how did you find it at first, etc.
4. Give us the details of your experience teaching or working with pregnant women.
5. Tell us what your current Yoga teaching experience is.
6. What are your reasons for undertaking the Prenatal Teacher Training Course?
7. Why are interested in doing a course at Brahmani as opposed to somewhere else? Have you already practiced with us in the past?
8. Describe your professional background outside of yoga and any other training you have had that might be relevant to this course.
9. Please state the date of the course that you are applying for.

We look forward to hearing from you!

Please note: If sessions are missed during the training for any reason, it is not possible to make them up, and consequently not possible to graduate from the training. A certificate will be given indicating the number of hours completed by the student, but these hours will not meet YA guidelines to register as a PYTT.

\* For those who have not completed a Level I Yoga Alliance Registered Training, or registered with Yoga Alliance at the 200-hour level, you will receive a graduation certificate from Brahmani Yoga upon completion of this training, but you will not be able to register with Yoga Alliance as a Prenatal Yoga Teacher.