

Centered Yoga Institute, Thailand
200 小時瑜珈師資培訓課程申請書
200-Hour Teacher Training Application Form

請回答下列問題。將您的回答直接寫在問題之後，填寫完畢後請將申請書以電子信箱寄 teachertraining@withinspace.com 或直接交到 SPACE 櫃台即可。Please answer the questions below and return it through email or handed in at the SPACE front desk.
感謝您用寶貴的時間回填申請書。

Personal Details 個人詳細資料

名 First name :

Middle name (本國人不需填寫) :

姓 Last name :

欲顯示於證書上的英文名 :

老師稱呼您的英文名字 :

電子信箱 E-mail :

聯絡電話 Tel :

聯絡地址 Address :

國籍 Nationality :

性別 Sex :

年齡 Age :

您何時申請參加此師資課程 Application date:

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瑜珈經歷 Your Yoga Experience

1. 您練習瑜珈的時間有幾年幾個月？ How long have you been practicing yoga (please list number of years and months)?
2. 您所練習瑜珈的類別？ What types of style have you practiced?
3. 您有每天練習瑜珈嗎？ Do you have a daily practice (of yoga)?
4. 如果您沒有每天練習，通常練習的頻率是？ If not, how regularly do you practice?

5. 您有獨自練習嗎？請摘要寫出您通常練習的內容。Do you have a personal home practice? If so, please describe your typical practice session.
6. 您有參加課程練習嗎？Do you take classes?
7. 您在什麼地方練習瑜珈？Where have you studied yoga?
8. 您曾經跟隨學習的老師有誰？Which teachers have you studied with?
9. 您曾跟隨上述老師學習或在瑜珈教室練習的時間有多長？How long did you study with these teachers/centers?
10. 您熟悉 Patanjali's 的瑜珈經嗎？Are you familiar with Patanjali's yoga sutras?
11. 您曾經讀過或流覽過 Bhagavad Gita 薄伽梵歌嗎？Have you ever read or browse through the Bhagavad Gita?
12. 您還研究、閱讀或瀏覽過其他哪些瑜珈經典？Are there any other yoga texts you've studied, read, or looked through?
13. 您目前的工作或職業？What is your current profession?
14. 您的教育背景？What is your educational background?
15. 什麼動機讓您開始練習瑜珈？Why did you start practicing yoga?
16. 請確實說明為何您想教瑜珈。Please explain in detail why you want to teach yoga.
17. 您為何想參加這次的訓練課程？Why do you want to take this particular training course?
18. 您有一位老師及一位熟悉您的學員，願意推薦您教瑜珈嗎？請附上一份由他們所出具的簡短推薦函。Please include two short references, one from a teacher and one from a fellow student who is familiar with your practice.

NOTE – References are required and are an essential part of the application process. You may paste them into the space below or have them email the reference letters separately to us. (If you do not have any yoga related references, please include two references from other reliable sources.)備註：這項推薦函是申請程序必要的文件，您可以將內容複製貼在下列空白處或是分開電子郵寄。（如果您無法找到有關瑜珈方面的推薦函，可以另附上兩封可信任來源的推薦函亦可。）

19. 其他補充說明 Is there anything else you would like to add?

