



# SHWET YOGA'S ADMISSION FORM

## PERSONAL DETAILS:

Full Name: \_\_\_\_\_  
(Surname) (First Name) (Middle Name)

Gender: M / F

Permanent Address: \_\_\_\_\_

Postal Address: \_\_\_\_\_

City: \_\_\_\_\_ Nationality: \_\_\_\_\_

Phone No.: \_\_\_\_\_ Passport No.: \_\_\_\_\_

Email Address: \_\_\_\_\_

Date of Birth: \_\_\_ / \_\_\_ / \_\_\_ Age: \_\_\_\_\_ Years: \_\_\_\_\_

Occupation: \_\_\_\_\_

Details of Academic Qualification:

Special Skills / Hobbies:

# COURSE SELECTION

Tick the appropriate box:

Eligibility: Fresher's are eligible for course Level 1

## **1. Level 1: 200 hours - Duration: 3 Months**

Medium: **English** | **Hindi** | **Marathi**

- Eligibility: Students are eligible who have completed Level 1 or any other yoga basic course, after submitting valid documents.
- Registration Date: From 1 Jan till 31 Jan
- Course Schedule: 1 Feb 2017 - 30 April 2017

## **2. Level 2: 200 hours - Duration: 3 Months**

Medium: **English** | **Hindi** | **Marathi**

- Eligibility: Students those who have completed level 1 and level 2 are eligible, after submitting documents.
- Registration Date: 1 May 2017 - 31 May 2017
- Course Schedule: 1 June 2017 - 31 August 2017

## **3. Level 3: 300 hours - Duration: 4 Months**

- Diploma course in Aerobics, Boot Camp, Calisthenics.
- Registration: 1 August 2017 - 31 August 2017
- Course Schedule: 1 September 2017 - 31 December 2017

Miscellaneous details: Please provide details of the following:  
(If so, mention them.)

1. Any history of injuries (such as back, ankle, knees, neck, shoulders, bones, joints etc.)
2. Any history of illness (Such as High / Low BP, Heart Disease etc.)
3. Advice from doctor not to perform any form of physical exercise.
4. If practiced yoga, mention styles and duration of the course.
5. Would you like to be include in our e-mail list?
6. How did you come to know about Shwet Yoga?

## Disclaimer & Signature

I, hereby \_\_\_\_\_ declare that I am signing up for this yoga class on my own accord. I undertake that I will

- Exercise all precautions advised by the Instructors during the yoga course.
- Not go beyond my own physical limits during yoga practice.
- I will NOT hold the Instructor of Yoga connections legally responsible for any liability or danger, in case of injury during the course of practicing yoga.

## Application Package List

Before sending your application package to us, please check that you have included all of the following items:

1. Complete filing of the Application Forms.
2. Certificates of Educational Qualifications.
3. Proof of Date of Birth.
4. Two Passport Size Photographs.
5. Processing Charges: Rs 500/- (Indians only)
6. A Self- Addressed Envelope.
7. Medical Certificate (to be submitted on registration).