



Application for the इष्टम् ISHTAM 12 month teacher training mentorship

Thank you for your interest in the ISHTAM mentorship. During this training you will learn to teach and understand the basics of ISHTAM. ISHTAM is orthodox Yoga- combining classical knowledge and teaching methodologies with the best of modern Yoga.

Whatever is most beloved is one's Ishta Deva. The word ISHTAM describes oneness with your most desired and most beloved. When all practice disappears and you are left with yourself. This is called ISHTAM

It is also an opportunity to deepen your own practice. This course is both practical and theoretical. It requires strong focus and stamina. Some days you will be doing up to 5 hours of asana practice. We ask that you are self motivated, punctual and know how to take care of your self when under pressure. Practicing and learning yoga is a lifelong journey. Immersing yourself in an intensive course can be challenging physically, mentally and emotionally. The teachers will be there to guide you and offer support but ultimately its up to you to accept the exciting changes and challenges that yoga offers

On completion of this course, you will have a profound understanding of the principles of teaching yoga, however it is important to realise you may not necessarily be ready to teach. If you are already teaching or have experience in related fields this course will give you clear tools and techniques for teaching beginning students. If you are less experienced this course will help you develop the discipline for a meditation and asana practice and further your inquiry into the deeper levels of yoga. Being a yoga teacher is a vocation of the heart; your skills ripen from years of practice, persistence and inner transformation. Embarking on the journey to become a yoga teacher is an opportunity to understand your self and the nature of this word SELF and how to share that with others.

Rachel Zinman and John Weddepohl are the principle teachers on this course with support from other teachers trained in ISHTAM

Please answer the following questions about your own yoga practice. There is no expectation that you can say yes to everything. Please include two references with your application and a photo. One can be a character reference. Please choose someone who knows you well and can describe your work ethic and personality.



Name:

Phone number:

Email address:

Please give a detailed outline of your yoga history and experience.

What style of Yoga do you practice, including meditation?

Do you have a Home Practice? If so, please detail on a separate page, including length, frequency and content.

Do you practice pranayama and meditation? If so, how often and for how long?

Who have your teachers been and do you attend regular classes?

What are your personal challenges in your yoga practice?

Are you already teaching? If so, where and how often?

Are you familiar with the eight limbs of yoga ?

Have you studied any forms of Yoga Philosophy including tantra, vedanta, samkyha

What is your understanding yoga beyond the practices?

Can you sit (in stillness) in meditation for half an hour?

Do you have an injury or disability that restricts your yoga practice?

Do you have a history of depression or mental illness? (please answer honestly including what happened and how you managed and what medications you took even if your depression is in the past)

Are you taking any medications? If so what are they and what are they for?

Do you smoke, drink or take recreational drugs? And please answer honestly.



How do you feel about stopping intoxicants / smoking etc during the training. Is this something you can commit to?

How do you handle stressful situations. I.e how do you hold up under pressure?

How do you minimise the possibility of injury in your practice?

How do you integrate your understanding of yoga into daily life?

Please describe your reasons for choosing to apply to this course.

What are your expectations of this course?

Please confirm that you understand the intense nature of the course.

Thank you for completing this questionnaire. Please note that once you are accepted into the course, the only way to secure a place is to pay the deposit and complete the registration form. We will email you information about how to pay the deposit if you are accepted. Please see our website www.rachelzinmanyoga.com for our refund policy.

Namaste