



byron
yoga
centre

BYRON YOGA CENTRE

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www.byronyoga.com

STUDENT HANDBOOK 2008

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INTRODUCTION

Namastè and welcome to Byron Yoga Teacher Training, where the teachers are dedicated to delivering complete and holistic Yoga Teacher Training courses. By undertaking the Byron Yoga Teacher Training courses, you will gain the skills and knowledge necessary to teach yoga to others with a new awareness and understanding. You will deepen your own practice on a physical, mental and spiritual level by gaining fresh insight and appreciation of the yogic path.

THE CENTRE

Byron Yoga Centre started teaching yoga students 20 years ago. Situated at 51 Border Street, Belongil Beach, Byron Bay, it is a 2 minute walk to the beach and 10 minute walk into town. The Centre runs Teacher Training Courses and daily general yoga classes by experienced Teachers of diverse styles in two large well lit, fully equipped yoga rooms.

WHAT MAKES OUR COURSES UNIQUE

- **International YOGA ALLIANCE Registration**

Byron Yoga is one of the only Yoga Teacher Training Centres in Australia at the moment that has both the 200 and 500 hour YOGA ALLIANCE course registration. This gives graduates international recognition.

- **National YTAA Registration**

The Byron Yoga Teacher Training Course is also registered with YOGA TEACHERS ASSOCIATION OF AUSTRALIA. This gives graduates full national recognition, important for gaining insurance.

- **High contact hours – Low course cost – High teacher/student ratio**

Byron Yoga offers higher-than-required (for Yoga Alliance registration) contact teaching hours, with very low course fees (and possibly the lowest in Australia). Class sizes are kept to an average of 18 students with at least 2 teachers in class at all times, and a maximum of 20 students.

- **Valuable Practice Teaching Opportunities in a Charitable activity**

Byron Yoga Centre conducts community, subsidised, beginners classes where graduates of the Yoga Teacher Training Course teach on a rotational roster. This is a unique opportunity to gain firsthand teaching experience and consolidate what has been learnt in the course. A senior teacher offers supervisory support and feedback. All proceeds from the classes are donated to specific Byron Yoga charities, in the spirit of the first limb of Ashtanga Yoga, the Yama – *Aparigraha: non-greed in order to simplify life by adopting an attitude of generosity.*

- **Assisting in Senior Teachers' Classes**

Committed graduates will be invited to assist in classes of Byron Yoga's senior teachers from time to time, giving valuable exposure to teaching methodology, including adjustments, corrections and use of yoga props. The aspiring yoga teacher has the opportunity to gain valuable insights on how they would conduct their own class.

- **Ongoing Professional Development Support**

Byron Yoga aims to keep in contact with all past graduates with regular Newsletters, Manual updates, annual Workshops, and with practical teaching experience as outlined above. Annual sabbaticals exclusively for Teacher Training graduates are also a feature. The Byron Yoga Teachers are committed to their own ongoing professional development and passing on their own knowledge to student teachers.

TEACHER TRAINING TEACHERS

JOHN OGILVIE, founder and director of Byron Yoga, has been teaching yoga for over twenty years. He encourages a light heartedness in our approach to yoga and to ourselves. Classes with John are both challenging and dynamic, and integrate the different yoga styles of Iyengar and Ashtanga, as well as the softer Sivananda and Satyananda practices of yoga and the energy principles of Aikido.

STEPHAN KAHLERT is a trained psychologist with over twenty years experience as a yoga and meditation practitioner. He has facilitated many international corporate workshops and seminars on stress management and travels regularly to India to deepen his practice. Stephan sees meditation as a scientific approach into the mind as well as a deep relaxing into the present moment. His teaching style is engaging and fun.

JUDY KRUPP is a senior certified Teacher who has been practising yoga for twenty-three years and studied Iyengar Yoga in Sydney. She has extensive experience with instructing yoga courses. The style of yoga taught by Judy Krupp incorporates work from the Iyengar principles of alignment and the therapeutic potential of asanas, combined with vinyasa flow work from the Ashtanga practice and the viniyoga philosophy of T.K.V. Desikachar.

KARA GOODSSELL is a senior certified teacher and has been trained in dynamic Vinyasa flow style Hatha Yoga by John Ogilvie from the Byron Yoga Centre, as well as regularly attending yoga workshops by other senior teachers. She has been teaching beginners, general and intermediate classes for three years since her four year apprenticeship with John. Kara explores yoga asana, pranayama (breathing techniques) and Dhyana (meditation) in a safe and joyful class, offering students the opportunity to deepen their awareness and practice with integrity and fun. She is constantly updating her skills and expanding her yoga teaching experience.

CONSTA GEORGOUSSIS started with Ashtanga Yoga in Byron Bay more than ten years ago. His main aim in teaching is to help students develop consistent self-practise that is guided by gentleness and awareness of their own needs and rhythms, so they may realise their inner light. Consta has extensive experience instructing yoga teacher training courses.

DANIELLE SHERLOCK is passionate about chanting and meditation and teaches Anatomy, Physiology and Nutrition. Danielle is a Naturopath and Remedial Sports Therapist. Her experience of yoga spans 14 years, traditionally trained in Iyengar. Spending some time in Sri Lanka practicing and working with Traditional Chinese Medicine in Colombo Hospital, Danielle's teaching incorporates a well rounded approach to assist your awakening into a deeper experience of yoga.

JACINTA MCEWAN has been practicing the healing arts for over twenty years. Initially trained as a Nurse at the Royal Adelaide Hospital, she went on to become a Naturopath, Herbalist, Massage Therapist, Yoga teacher and Ayurvedic practitioner. Jacinta teaches Ayurveda principles on the Yoga Teacher Trainer courses.

MARIA KIRSTEN, senior Yoga teacher with many years experience teaching on several different Yoga Teacher Trainer courses, covers applied Anatomy and Physiology within the asanas.

DAVINA KRUSE, MICHAEL NAZAR, ALEX HAMILTON, ANA DAVIS and EMI MORITA, senior Yoga teachers at The Byron Yoga Centre assist during the courses.

DATES AND TIMETABLE

BYRON BAY

Level 1 **Part 1** Full-time Residential, **8 December – 17 December 08**.
Byron Yoga Centre's 10-day Teacher Training Course is part One of the fully accredited (Yoga Alliance) course. It is designed to deliver holistic training that encompasses the physical, emotional and spiritual aspects of the yogic path. **(see page 6 for more details)**

Part 2 Part two is conducted by correspondence (the correspondence begins 4 weeks before course commencement date, then continues at a personal pace for as long as the trainee needs). Part two is included in the cost.

Level 1 **The above course will run again** Full-time 7 April – 16 April 2009

Level 1 & 2 Full-time 16 February – 3 April 2009 - 330 hours over 7 weeks

Level 1 & 2 Part-time Residential, commencing February 2009.
6 February – September 2009 - 330 hours over 7 months

Level 1 & 2 Full-time 20 April – 5 June 2009 - 330 hours over 7 weeks

Level 1 & 2 Full-time 17 August – 2 October 2009 - 330 hours over 7 weeks

VIETNAM

Level 1 **Part 1** Full-time Residential, 10 – 20 June 2009.

Location The Life Resort, Quy Nhon

www.byronyoga.com/yoga_vietnamcourse.html

Byron Yoga Centre's 11-day Teacher Training Course in Vietnam is part One of the fully accredited (Yoga Alliance) course. It is designed to deliver holistic training that encompasses the physical, emotional and spiritual aspects of the yogic path.

Part 2 Part two is conducted by correspondence (the correspondence begins 4 weeks before course commencement date, then continues at a personal pace for as long as the trainee needs). Part two is included in the cost.

SYDNEY - ST IVES

Level 2 Part-time Non-Residential, commencing 13 September 2008.

Location THE YOGA ROOM – 2nd floor
6/15 Stanley Street, St Ives NSW 2075
www.theyogaroom.com.au

SYDNEY - OTFORD

Level 1 & 2 Part-time Residential, commencing 27 February – 11 October 2009.

Location Otford Retreat, Govinda Valley 1 hr south Sydney -
www.govindavalley.com.au

SAMPLE TIMETABLE

Students are required to:

- Attend lectures between 12.30 and 4.00pm, Mon, Tues, Wed, Thur & Fri
- Attend regular early morning meditation, pranayama and asana classes with a focus on sequencing of postures, with talks on ethics, philosophy and the Eightfold Path from 6 – 7.30am
- Attend 5 specialised general yoga classes per week for six weeks, with a focus on yoga sequencing, adjustments and corrections, and use of props, and general teaching methodology
- Spend a minimum of one and a half hours a day doing home assignments, eg. practising and recording meditation and pranayama sessions, doing anatomy and physiology homework or answering questions on previous days subjects, etc
- Practice Teaching of community classes on rostered basis 6.00- 7.30 am and 4.00– 5.30 pm weekdays

COURSE UNITS – LEVEL 1 & 2

BYC 301	Asana
BYC 302	Anatomy & Physiology
BYC 303	Sequencing of Yoga Postures
BYC 304	Adjustments and Corrections
BYC 305	Therapy and Occupational Health & Safety
BYC 306	Use of Yoga Props
BYC 307	Pranayama
BYC 308	Theory and Philosophy
BYC 309	Meditation – Japa, Yoga Nidra, Mindfulness

SCHEDULED HOURS - LEVELS 1 and 2

Techniques Training/Practice

120 hours (all contact hours)

Includes asanas, pranayamas, chanting, mantra, meditation, and other traditional yoga techniques.

Teaching Methodology

36 hours (15 contact hours)

Includes principles of demonstration, observation, assisting & correcting, instruction, teaching styles, qualities of a teacher, the student's process of learning, and business aspects of teaching yoga.

Anatomy & Physiology

44 hours (14 contact hours)

Includes both human physical anatomy and physiology (bodily systems, organs, etc.) and energy anatomy and physiology (chakras, nadis, etc.). Includes both the study of the subject and application of its principles to yoga practice (benefits, contraindications, healthy movement patterns, etc.)

Yoga Philosophy/Lifestyle & Ethics for Yoga Teachers **34 hours** (22 contact hours)

Includes the study of yoga philosophies, yoga lifestyle and ethics for yoga teachers. Yoga physiology and psychology – Study of Astanga System, Vedic Cosmology, the three Gunas and the nature of the Atma, Level 2 includes Yoga Sutras, Nadis & Chakras, Five Vayus.

Practicum

16 hours (All Contact hours)

Includes practice teaching, receiving feedback, observing others teaching and hearing/giving feedback. Also includes assisting students while someone else is teaching.

Teacher Training Level 1 Residential Intensive and Correspondence Option

Part 1

Byron Yoga Centre's 10-day Teacher Training Course is part One of the fully accredited (Yoga Alliance) course. It is designed to deliver holistic training that encompasses the physical, emotional and spiritual aspects of the yogic path.

Part 2

Part two is conducted by correspondence (**the correspondence begins 4 weeks before course commencement date**, and then continues at a personal pace for as long as the trainee needs). Part two is included in the cost.

To complete our Correspondence Option for Level 1 you will need to fulfil the following requirements: -

- Attend 30 yoga classes taught by a qualified and experienced yoga teacher
- Make note of 10 yoga sequences of interest taught by a qualified and experienced teacher
- Keep notes detailing the methods of adjustments and corrections used in class situations
- Also keep notes detailing the methods and usage of props in class situations
- Keep a daily journal detailing your asana, meditation and pranayama self-practice
- Complete a journal detailing ten asana classes you have taught after the course
- Complete a number of assignments and quizzes (generally multiple choice)

All of the above must be carried out under the supervision and mentorship of a qualified and experienced yoga teacher. If you are unable to nominate an appropriate teacher to mentor you in your area, we will provide the option of a long-distance apprenticeship with one of our Senior teachers (which must also be supplemented by attendance of our Completion Residential Weekends), or, you may choose to stay in Byron Bay for a period of time to complete your mentorship on-site.

The Correspondence option may be completed over a minimum of a two month period, or if necessary, carried over a longer, open-ended period of time.

COURSE OUTCOME / QUALIFICATION

On successfully completing all Units in Level One or Two, participants are issued with a Certificate of Attainment from the Byron Yoga Centre. The Level One course is registered with the Yoga Alliance 200 hour Accreditation. The Level Two course is registered with the Yoga Alliance Senior 500 hour Accreditation.

Level 1

This qualification covers the basic skills and knowledge required for conducting a short beginner's yoga class under supervision. It would enable graduates to undertake basic tasks in assisting in larger general classes. It would be common for graduates at this level to work under the direct supervision of a senior teacher.

Level 2

This qualification would give graduates the necessary skills and knowledge for conducting a small general class at an existing school.

This qualification would enable graduates to undertake the basic tasks in assisting in larger general to intermediate classes. It would be common with graduates at this level to work at an existing school where they could seek the supervision or guidance of a senior teacher.

Level 3

This qualification would give graduates the necessary skills and knowledge for conducting general to intermediate classes, also covers issues around setting up one's own studio.

This qualification would enable graduates to undertake the basic tasks in assisting teaching on teacher training courses. It would be common with graduates at this level to work at an existing school where they could give supervision or guidance as a senior teacher.

COST

Byron Bay Level 1 & 2 (non-residential full time)

Full tuition fee \$2,700 - includes Byron Yoga Manual.

(Byron Bay full time trainings now offer basic "ashram" accommodation \$120 per week.)

Byron Bay Level 1 (residential full time)

Full tuition fee \$1,950 – includes Byron Yoga Manual.

This includes all Satvic meals (healthy vegetarian) and "ashram" standard accommodation.

Byron Bay Level 1 & 2 (residential part time)

Full tuition fee \$3,700 – includes Byron Yoga Manual.

This includes all Satvic meals (healthy vegetarian) and "ashram" standard accommodation.

Sydney - Otford Level 1 & 2 (residential)

Full tuition fee \$3,900 - includes Byron Yoga Manual.

This includes all Satvic meals (healthy vegetarian) and retreat standard accommodation.

*Required Texts are not included in the course cost.

REQUIRED TEXTS – LEVELS 1 & 2

1. *Light on Yoga*, B.K.S. Iyengar (RRP \$30)
2. *The Anatomy Colouring Book ,Version 3* by W Kapit / L M. Elson (RRP \$35)
3. *Light on Pranayama*, B.K.S. Iyengar (RRP \$35)
4. *Yoga: Path to Holistic Health* by Dorling Kindersley (RRP \$55)
5. *Yoga Anatomy (Paperback)* by Leslie Kaminoff (RRP \$30)

These books can be ordered from the school. \$10 postage if we send them to you within Australia, price as applicable if posted overseas.

ENTRY REQUIREMENTS

1. The Byron Yoga Centre accepts students for Level One who –
 - have shown a recent, regular commitment and devotion to the practice of yoga for at least two years, however less than two years of serious and constant practice would be considered
 - are ready to deepen their own practice on a physical, mental and spiritual level by gaining new insight and appreciation of the yogic path
 - have adequate literacy and numeracy skills
 - agree to abide by the Byron Yoga Teachers' Code of Ethics and have understood and agreed to the policies and procedures of the Byron Yoga Centre as outlined in this Student Handbook.
2. The Byron Yoga Centre accepts all Level Two students who have either completed Level One or are registered Yoga Alliance 200 hour Teachers.
3. For the Level 3, the Byron Yoga Centre can only accept graduates of the Level Two course.

HOW TO APPLY

To apply for one of our courses, please:

1. Download and read our Student Handbook
<http://www.byronyoga.com/downloads/studenthandbook.pdf>
2. Complete the online application form online (this is the preferred and easiest way):
<https://www.byronyoga.com/application-form.html>
Or print the application form in this handbook:
Post: PO Box 721, Byron Bay, NSW, 2481 Australia
Email: john@byronyoga.com
3. Pay the deposit of \$600 by cheque, money order, credit card or direct deposit to:

Purna Yoga, National Australia Bank, Lismore, NSW
Swift code NABAAU3302S
BSB 082-489
Account No 85-960-6267 (Be sure to add your name)

4. In most cases a Teacher will contact you with additional information about the course and conduct a follow-up interview (either by phone, in person or email) to ensure you are able to fulfil the course entry requirements.

Please note that a student's English must be of a level sufficient to understand lectures and complete written assignments.

5. You will then be notified within one to two weeks whether you have been accepted into the training. If not, your deposit will be fully refunded immediately.
6. By signing the Application form you are acknowledging that you understand and agree to abide by the information contained in this Student Handbook.
7. Pay the balance of the course fee six weeks prior to commencement of the course.

PAYMENT OPTIONS

In cases of personal hardship, individual arrangements for payment of the fees can be discussed with the Director, John Ogilvie, and a Payment Plan may be negotiated. Requests for a Payment Plan should be made in writing and will be treated in strict confidence.

REFUND POLICY

1. A \$600 deposit is payable upon application and fully refunded immediately if the applicant is not accepted into the course.
2. If the balance of the course fee is not received by the notified Due Date (usually six weeks prior to commencement), a student's place may be offered to someone on a waiting list. The student may forfeit the deposit if the place isn't taken up by another applicant.
3. If a student withdraws from the course after payment of full fees, the following refund policy applies:*

 - a) If the student withdraws 45 days or more prior to course commencement, the student will receive a full refund of all monies paid, minus an administration fee of \$200.
 - b) If the student withdraws 30-44 days prior to the course commencement, the student will receive 75% of the full course fee.
 - c) If the student withdraws 5-29 days prior to course commencement, the student will receive 50% of the full course fee.
 - d) If the student withdraws 1-4 days prior to course commencement or withdraws after the course starts, the student will receive no refund.

4. In the case of changed circumstances, a student may defer to the next available course upon application, and fees will be transferred to that course accordingly, an administration fee of \$100.

RECOGNITION OF PRIOR LEARNING

Byron Yoga acknowledges the previous formal or informal training, work experience and/or life experience that a student has gained. You can apply for advanced standing by submitting an Application for Recognition of Prior Learning (RPL), in which you would provide sufficient evidence of past learning/experience, as determined in the RPL Process. You would then undergo a process of Assessment in relation to the exemptions for which you are applying.

The process of formal assessment for RPL will attract a fee of \$100 that will be deducted from the Course Fee if the application is successful. Application forms are available from the Office.

STUDENT ASSESSMENT PROCESS

In our Yoga Teacher Training Courses, a holistic assessment process is used, based on the principles of adult learning. The trainees' activities are regularly assessed throughout the Course, using at least three different assessment tools – eg performance checklist, portfolio checklist, verbal and written checklist.

The Training Course Units are structured with Units of Competence and Performance Criteria within a Range of Variables, and students are individually assessed using the above methods. Copies of the completed checklists are signed by the Assessor and the trainee, with the original retained by the Training Centre and a copy given to the Trainee.

What constitutes approval or non-approval? The student is found either competent or not yet competent in the subject being assessed based on satisfactorily meeting the requirements of the Performance Criteria. If a student is deemed not yet competent, provision is made for them to further study or practice and a reassessment is undertaken, within the timeframe of the course.

A student wishing to appeal against an assessment decision may make a formal request for re-assessment of their work by submitting a **Request for re-assessment form** which is available on request.

Attendance is a necessary part of the assessment process, with students requiring an 80% attendance rate to be eligible for certification.

STUDENTS RIGHTS AND RESPONSIBILITIES

Rights – Byron Yoga Centre recognizes that Students have the right to;

- Pursue their training in an environment that is without harassment or discrimination.
- Be always treated with respect, dignity and fairness.
- Expect confidentiality in all personal matters.
- Have their learning needs known and addressed by the Teacher.
- Receive training and assessment from competent and experienced Teachers.
- Appeal an assessment decision and be re-assessed if found not yet competent after initial assessment.

Responsibilities - It is the responsibility of the student to;

- Ensure that all current policies and procedures of the Byron Yoga Centre are understood and adhered to.
- Seek clarification from Administration if a policy or procedure is not understood.
- Attend all classes in a timely, courteous, and professional manner.
- Respect the rights of other students, clients and employees of the Byron Yoga Centre.
- Keep confidential any information of a personal nature obtained during the Course.
- Make all reasonable efforts to achieve the competencies specified in the training plan, and take advantage of all learning opportunities.
- Maintain a true record of Asana, Meditation, Japa & Pranayama practice in Journals.

CODE OF ETHICS

PREAMBLE

The Teachers of Yoga at the Byron Yoga Centre acknowledge the sensitive nature of the student-teacher relationship and recognise that ethical behaviour is the foundation of all good yoga practice and yoga teaching. We believe that it is the responsibility of the yoga teacher to ensure a safe and protected environment in which a student can grow physically, mentally and spiritually.

Our Code of Ethics lists important principles of conduct that guide our ethical and professional behaviour. It is intended to serve as a basis for yoga ethics for our teachers and students and corresponds with the recommendations of Patanjali in the Yoga Sutras Yamas and Niyamas, eg *Ahimsa*, acting with care; *Satya*, speaking truth in the service of all; *Asteya*, behaving honestly; *Brahmacharya*, being wise and caring in sexual conduct.

CODE OF ETHICS

As Teachers of Yoga at the Byron Yoga Centre we agree to uphold the highest professional standards as set forth in the following Code of Ethics.

1. We welcome all students with respect and friendliness and do not discriminate against or refuse professional help to anyone on the basis of race, gender, sexual orientation, religion or national origin.
2. We make only realistic statements regarding the benefits of yoga, make responsible decisions to determine if and when we can assist a student, and use our yogic knowledge and skills only for their benefit.
3. We provide rehabilitative and therapeutic instruction only for those problems or issues that are within the reasonable boundaries of our competence.
4. We do not misrepresent our professional qualifications and promote our services with accuracy and dignity.
5. We establish and maintain professional relationship boundaries at all times.
6. We understand that all forms of sexual behaviour or harassment with students is unethical, and use only appropriate methods of touch when assisting students.
7. We conduct our public and private affairs with honesty in all financial, material, emotional and spiritual interactions.
8. We respect the rights, dignity and privacy of all students, and treat all communications from students with professional confidence.

BYRON BAY – HOW TO GET THERE

Byron Bay is accessible from three main airports:

Brisbane Airport - approx two hours drive

<http://www.bne.com.au>

Coolangatta Airport - approx one hours drive

<http://www.goldcoastairport.com.au/>

Ballina Airport – approx and thirty minutes drive

<http://www.ncas.com.au/html/balinaairport.html>

Airport Transfers

<http://www.ballinabyronshuttle.com.au/>

<http://www.airporttransfersbyronbay.com/>

<http://www.byronbayshuttle.com.au/>

<http://www.airlinkbyronbay.com.au/>

Useful numbers for transport services:

Byron Bay Taxis

Ph: (02) 6685 5008

<http://www.byronbaytaxis.com>

Brisbane Transit Centre

Ph: (07) 3211 2855

http://www.brisbanetransitcentre.com.au/public/pub_index.asp

Greyhound Buses

Ph: 132 030

www.greyhound.com.au

Kirklands Coaches

Ph: (02) 6622 1499

www.kirklands.com.au

Blanches Buses offering regular buses to and from town

Ph: (02) 6686 2144

<http://www.blanchs.com.au/>

BYRON BAY - ACCOMMODATION

Where possible we like to assist students from out-of-town to find affordable accommodation suitable to their needs. We have some local contacts that offer rooms for rent in private homes, group houses, or good holiday let accommodation near to the Centre. We are happy to pass on these contacts so you can make your own arrangements with them.

Byron Bay is a popular tourist destination and can be heavily booked during peak periods such as school holidays, Easter, Christmas, etc. so students are advised to attend to their accommodation bookings in advance.

Helpful Websites:

Byron Bay Accom: Official accommodation service of Byron Visitor Centre
<http://www.byronbayaccom.net/>

Byron Bay.com Accommodation Guide: Large range of Byron Bay Accom
<http://www.byron-bay.com/accommodation/>

The local newspaper lists share accommodation, short term holiday rentals etc
www.echo.net.au

Byron Visitor Centre for information, map, directions, tours and transport
80 Johnson Street Ph: (02) 6685 8050
<http://www.visitbyronbay.com/>

Internet Cafes

Global Gossip 84 Johnson St (at Bus Terminal) Ph: (02)6680 9140

Wicked Travel 89 Johnson Street Ph: (02) 6680 9594

Belongil Beach Accommodation

Belongil Beach House is the closest budget accommodation and offers an alternative to the ashram style rooms of Byron Yoga Centre. We suggest you stay here when you first arrive in Byron Bay if you're not staying at the yoga centre.

Located opposite Belongil Beach in landscaped sub tropical gardens, Belongil Beach House is a few minutes walk from Byron Yoga Centre. There is Balinese style café in the grounds and Relax Haven where you can enjoy a float and a massage.

Belongil Beach House

www.belongilbeachhouse.com

Dorm rooms are \$20 per night if you stay more than 7 nights. This would give you time to settle and orientate yourself and look for something more private and affordable. Discounts may be available for long term stays if you say you're training at the Byron Yoga Centre.

Belongil Fields Campsite – located nearby
<http://www.belongilfields.com.au/>

Backpacker Accommodation

There's a range of budget accommodation available in and around town, a small selection is included here:

Aquarius Backpackers

<http://www.aquarius-backpackers.com.au/>

Holiday Village Backpacker

<http://www.byronbaybackpackers.com.au/>

Byron Bunkhouse

<http://www.byronbay-bunkhouse.com.au/>

The Arts Factory Backpackers Lodge

<http://www.artsfactory.com.au/>

Camping and Caravan Parks

First Sun Holiday Park

Lawson Street

Phone: (02) 6685 6544

www.bsHP.com.au/first

Suffolk Park Holiday Park

Alcorn Street

Phone: (02) 6685 3353

www.bsHP.com.au/suffolk

Byron Bay Tourist Village

Ewingsdale

Phone: (02) 6685 7378,

<http://www.travelaustralia.com.au/details/ByronBay-31276>

Byron Bay Tourist Park

Broken Head Road

Phone: (02) 6685 6751

<http://www.byronbaytouristpark.com/>

Bicycle Hire and Sales

Byron Bay Bicycles

The Plaza Shop 8 Jonson St Byron Bay

Phone: (02) 6685 6067

www.byronbaybicycles.com.au

Free To Ride

Shop 1, 102 - 104 Centennial Circuit

Arts & Industry Estate

Ph/Fax: (02) 6680 9590

<http://www.freetoride.com.au/>

BYRON YOGA CENTRE

APPLICATION FORM

COURSE DETAILS (Please tick)

Byron Bay

Byron Yoga Centre	(Full time)	Level 1	8 Dec – 17 Dec 08	—
Byron Yoga Centre	(Part time)	Level 1 & 2	06 Feb – 20 Sep 09	—
Byron Yoga Centre	(Full time)	Level 1 & 2	16 Feb – 3 Apr 09	—
Byron Yoga Centre	(Full time)	Level 1	7 Apr – 16 Apr 09	—
Byron Yoga Centre	(Full time)	Level 1 & 2	20 Apr – 5 June 09	—
Byron Yoga Centre	(Full time)	Level 1 & 2	17 Aug – 2 Oct 09	—

Sydney

THE YOGA ROOM, St Ives		Level 2	27 Sep 08 – 31 May 09	—
Govinda Valley, Otford Retreat		Level 1 & 2	27 Feb – 11 Oct 09	—

Vietnam

Teacher Training		Level 1	10 – 20 June 09	—
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PERSONAL DETAILS

Title: _____ First name: _____ Surname: _____

Address: _____

Email: _____ Website: _____

Telephone: (H) _____ (W) _____ (M) _____

Date of Birth _____ Nationality _____ Occupation _____

Emergency contact (Name) _____ (Tel) _____

How did you hear about our courses?

EXPERIENCE (Please attach a separate sheet)

Please provide brief details of your educational qualifications and professional training:
(Certificates / Diplomas etc)

Please give details of your yoga training and experience:
(Include whether student, teacher, health practitioner, style of yoga, duration of study,
names of schools/teachers, brief description of personal yoga / meditation / pranayama etc. practice)

Provide brief details of any medical condition or injuries you have:
(Include medications, psychiatric treatment, nervous disorder, etc.)

ADDITIONAL INFO:

Accommodation required:

Any special health or dietary considerations:

For Vietnam only: (Please note each adult participant needs to complete their own form)

Flight Details:

Travel Insurance Company Name: Policy Number:

For twin share - sharing with:

PAYMENT DETAILS:

A deposit of \$ _____ has been paid by (please tick)

Refund Policy: A \$600 deposit is payable upon application and fully refunded immediately if the applicant is not accepted into the course. For full details please refer to http://www.byronyoga.com/yoga_apply.html

Cheque ___ **Money Order**___ **Direct Deposit**___ **Credit Card** ___

Credit Card Type: Visa___ Mastercard___
Credit Card Number: _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ Expiry Date ___/___

Direct Deposit:

Name of Account: Purna Yoga Name of Bank: National Australia Bank, Lismore, NSW
BSB: 082-489 Account Number: 85-960-6267 (Please include your name)
Swift code: NABAAU3302S (For overseas deposits)

AGREEMENT:

I, _____ hereby state that the information I have provided in this application is true and correct. I have read and understood the policies and guidelines, including the Code of Ethics and agree to abide by them.

SIGNATURE:

DATE:

CONTACT DETAILS: Please post or fax your completed form to:

POST: Box 721, Byron Bay NSW 2481 Australia
ENQUIRIES: 02 6687 2230
FAX: 02 6678 0313
EMAIL: john@byronyoga.com
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Thank you for booking with Byron Yoga Centre, we look forward to welcoming you to your course.