

# Iyengar Yoga in Depth



Iyengar Yoga Centre  
of Hong Kong

## Application Form

Iyengar Yoga in Depth (IYID) will run over the course of a year (or 13 months). Please tick the boxes below to make a commitment to:

- attend a minimum of 12 x Level I, Level II or Level III classes every 4 month period.
- attend all meetings in the year.
- complete written assignments and exercises
- attend the Power of Practice sessions (3 times per year)
- practice Yoga every day.

Name: .....

WhatsApp Number: ..... This number will be added to a WhatsApp group for efficient communication.

Email Address: .....  
(this email address will be used to send correspondence to you)

Material is also shared on Dropbox. Therefore, you will be required to install Dropbox on one of your computers. We will provide further information about this later.

Date of Birth: .....  
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In a separate document, please provide answers to the following questions:

1. Why do you want to participate in this program? Identify 2-3 objectives.
2. Provide a brief synopsis of your studies in Yoga and in Iyengar Yoga. Include details of when you first started studying, where you were studying and the frequency of attending classes?
3. What do you find difficult or challenging about studying Yoga (whether at home or coming to the centre)?
4. Do you currently have a self practice/home practice? (If “yes” briefly describe.)
5. Any other relevant information or details?

Complete the form above, and answer the questions.

File name: “yourname IYID2021 Application.pdf”. eg. “Andy Lau IYID2021 Application.pdf”

Email a PDF file to [info@iyengaryogahongkong.com](mailto:info@iyengaryogahongkong.com)

\*\* if you have any issues with scanning or converting your document to PDF, ask George.

.....  
**Signature**

.....  
**Date**