**Prerequisite application for the**

**Restorative Yoga Teacher Training course with Mel Skinner**

It’s important that you are ready to receive the offerings of this course, so if you have not completed a 200hour yoga teacher course, please fill in this form and return to Mel at [mel@melskinneryoga.com](mailto:mel@melskinneryoga.com). Take as much space as you need. I will respond to your application as soon as I can.

**Name:**

**Email address:**

**Date you filled in this form:**

**Q1: How long have you been practising restorative yoga? Please be detailed i.e. frequency of practice, length of practice, teachers you have studied with, any home practice, etc.**

**Q2: Why do you want to do this course? Do you plan to teach restorative yoga afterwards?**

**Q3: Have you any teaching/facilitating experience?**

**Q4: Do you have any other relevant qualifications i.e. holistic therapy, talking therapy, group work, anatomy and physiology experience?**

**Q5: Is there anything else you’d like to tell me?**