To consider your application we need **two references**, one of which should be from a **yoga teacher who knows you**. The other reference can be **someone who knows you as a practising yoga student**. Your referees should complete the sections of this form which appear below.

**Teacher Recommendation**

Name of Applicant:

**Telephone number** and **email address** of **Recommending Teacher** (please note that we may wish to contact you to discuss the suitability of the applicant for the course)

How long has the applicant studied with you?

How often does she / he attend your classes?

How would you describe the applicant’s asana practice?

What do you consider to be the applicant’s strengths and why do you think the applicant is suitable to undertake teacher training?

**Signed:**

**Personal Recommendation**

Name and Address of **Second (Personal) Referee** \_

How long have you known the applicant and in what capacity?

Why do you think the applicant is suitable to undertake yoga teacher training?

**Signed:**