Please fill in this application form to register your interest in teacher training with us at Blue Mountains Alexander Technique. This form is non-binding and does not constitute a contract or offer of a place. However, it lets us know a little about you and it allows us to determine our suitability for each other. You should be able to complete this form on your computer. Once completed email this form as an attachment to: [michael@alexandertechnique.net.au](mailto:michael@alexandertechnique.net.au?subject=Training%20Interest)

**Part 1. About you.**

Full Name: First name [      ] Surname: [       ]

Date of Birth: [       ]

( *Applicants must be 18 years of age or above. Otherwise parental consent for you to fill in this form will be required.* *We do not discriminate around age but it does help us to know about your life experience*)

Address: [       ] (please include postcode and country, if you are not in Australia)

email address:[       ]

mobile phone: [       ]

Current Occupation: [       ]

Qualifications held: [       ]

**Part 2 Alexander Technique**

Have you had lessons in Alexander Technique?

Yes  No

If yes, please indicate for how many years you have been learning.

1 year or less

2 years

More than 2 years  How many years? [       ]

What was/is the name of your Alexander Technique Teacher?

[      ]

**Part 3 Aspirations**

Tell us why you are interested in training to be an Alexander Technique teacher.

[       ]

Will getting to Leura in the Blue Mountains be difficult for you?

Yes:  No

If things work out, will you consider moving to the mountains or will you commute?

[       ]

The training program can usually be completed in three to five years. How do you feel about spending that time to get the qualification?

[      ]

The cost of training is approximately $12,000 per year. Is that costing possible for you at the moment?

Yes  No  If you answered No, do you have a plan to make the fees feasible? Would you like to discuss the fee structure with us?

[       ]

Do you have any special needs for your training process? Currently there are a number of steps to get to the Studio. Let us know if you have English as a second language, Language or Literacy needs or any other way in which we can help you.

[       ]

**Part 4 Health, Recovery and Resilience**

Do you have any health conditions that we should know about?

Yes  No  If you ticked Yes, please let us know what health issues are affecting you. Please include information about drug treatments or other therapy that you are currently utilising. Include physiotherapy, Pilates classes, yoga etc.

[       ]

Are you a pain sufferer?

Yes  No  if you ticked "Yes", tell us about how you are managing that condition.

[       ]

Do you have any diagnosed mental conditions, that are currently being treated, that you feel we should know about?

Yes  No

**Part 5 Organise a visit**

When would you like to visit Blue Mountains Alexander Technique?

Suggest a date [       ] Suggest a second date in the same week [       ]

We will ring you to confirm a date for us to meet and share some Alexander Technique work and talk about the training.