



# Application

## 200-hour 2025/2026

**PURNA YOGA  
HELSINKI**

The Purna Yoga College Finland Helsinki, Finland  
[www.purnayoga.fi](http://www.purnayoga.fi) • +358 50 3533970 • [nicola@purnayoga.fi](mailto:nicola@purnayoga.fi)  
Purna Yoga Helsinki • Fredrikinkatu 67 E 42



## 200-hour Teacher Training Application

Start Date of Course: 12. September 2025

Name \_\_\_\_\_

Address \_\_\_\_\_

City, postcode \_\_\_\_\_

Phone number \_\_\_\_\_

Email \_\_\_\_\_

Date of Birth \_\_\_\_\_

Occupation \_\_\_\_\_

Secondary School Education Name, City \_\_\_\_\_

Graduation Date \_\_\_\_\_

University Education Name, City \_\_\_\_\_

Dates Attended \_\_\_\_\_

How did you hear about the Purna Yoga College? \_\_\_\_\_

How would you rate your overall health? \_\_\_\_\_

Do you have any current medical condition? \_\_\_\_\_

**PURNA YOGA  
HELSINKI**

The Purna Yoga College Finland Helsinki, Finland  
www.purnayoga.fi • +358 50 3533970 • nicola@purnayoga.fi  
Purna Yoga Helsinki • Fredrikinkatu 67 E 42

Please answer the following questions on separate paper (typed; no more than 2 sheets total please):

1. What styles of yoga and meditation have you done and for how long? Which teachers have most inspired you?
2. Briefly describe your current yoga and meditation practice. Include your current challenges and breakthroughs.
3. Have you taken any courses in Purna Yoga? If so, which one(s)?
4. Have you done a yoga teacher training course before? If so, which one(s)?
5. Do you currently teach yoga? If so, please describe your teaching style and purpose. If not, why do you wish to teach yoga?
6. What are your expectations of the program? What do you hope to learn?

Thank you!

**I choose the following Payment Option - 200-hour Level**

**Select One:**

\_\_\_\_\_ Early Bird Price 3 950€

Apply to the college by sending in the following:

Application Form  
350€ Registration Fee  
This Payment Option Form

3 600€ Due by June 15th, 2025  
Tuition must be paid in full: 3 750 € by June 15th

\_\_\_\_\_ Regular Price 4 100€

Apply to the college by sending in the following:

Application Form  
350€ Registration Fee  
This Payment Option Form

3 750€ Due by September 1st, 2025  
Tuition must be paid in full: 4 100€ by September 1st

**For personal payment plans please contact Nicola.**

**PURNA YOGA  
HELSINKI**

Please pay the registration and course fees into the following account:

PURNA YOGA HELSINKI NORDEA

FI15 1544 3000 0484 34

## *Submitting Your Application*

Courses do fill, so we recommend you apply as early as possible.

Send your completed application to:

Nicola Moberg  
Isokaari 18 A 1  
00200 Helsinki

or

email it to: [nicola@purnayoga.fi](mailto:nicola@purnayoga.fi)

or

leave it at the studio  
Purna Yoga Helsinki  
Fredrikinkatu 67E  
00100 Helsinki

Include: Application (this 3-page document)

Your typed answers to the questions above

Your 350 € Registration Fee payment confirmation

**PURNA YOGA  
HELSINKI**

The Purna Yoga College Finland Helsinki, Finland  
[www.purnayoga.fi](http://www.purnayoga.fi) • +358 50 3533970 • [nicola@purnayoga.fi](mailto:nicola@purnayoga.fi)  
Purna Yoga Helsinki • Fredrikinkatu 67 E 42



# **The College of Purna Yoga Finland, 200 Hour Foundation Course 2025/26**

## **Schedule – 11 session course**

Start date: 12. September 2025 / Graduation date: 12. April 2026  
Total class hours 180

12– 14 September  
4– 5 October, 25– 26 October  
15– 16 November  
6– 7 December  
10– 11 January , 31 January - 1 February  
14– 15 February  
7– 8 March , 27– 29 March  
11- 12 April

### **First Weekend**

Friday 14:00- 18:00

Saturday 8:30- 12:30, 14:00- 18:00

Sunday 8:30- 12:30, 14:00- 18:00

### **All other weekends**

Saturday 8:30- 12:30, 14:00- 18:00

Sunday 8:30- 12:30, 14:00- 18:00

**PURNA YOGA  
HELSINKI**

The Purna Yoga College Finland Helsinki, Finland  
[www.purnayoga.fi](http://www.purnayoga.fi) • +358 50 3533970 • [nicola@purnayoga.fi](mailto:nicola@purnayoga.fi)  
Purna Yoga Helsinki • Fredrikinkatu 67 E 42