

Instructions for filling out the interactive PDF form

1. Open the form in a current version of Adobe Reader or Foxit Reader. (Since more people use Adobe Reader than Foxit Reader, the examples below are from Adobe Reader).
2. Complete the form. Some fields are mandatory; if you leave them blank you will be prompted to complete them before you are able to submit the form. Adobe Reader will often highlight the mandatory fields (see the boxes outlined in red below as an example).

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Application for Yoga Teachers' Training Course
Poland, September 3rd - October 2nd, 2011
Formularz zgłoszeniowy. Kurs dla malarzy i rzeźbiarzy
Jeżeli masz pytania, kontaktuj się z nami

ARRIVAL date / Data przyjazdu / Data przyjazdu
DEPARTURE date / Data wyjazdu / Data wyjazdu
Name / Imię i nazwisko / Imię i nazwisko
Street No. / Nr ulicy / Nr ulicy
Postal code, City / Kod pocztowy, miasto / Kod pocztowy, miasto
Telephone (work) / Telefon (praca) / Telefon (praca)
Telephone (home) / Telefon (dom) / Telefon (dom)
Mobile / Komórka / Komórka
Fax / Faks / Faks
E-mail / E-mail / E-mail
Marital status / Status cywilny / Status cywilny
Age / Wiek / Wiek
Children / Dzieci / Dzieci
Sex (M/F) / Płeć (M/F) / Płeć (M/F)
Education and skills / Wykształcenie i umiejętności / Wykształcenie i umiejętności
Occupation / Zawód / Zawód
Languages / Języki / Języki
Hobbies / Hobby / Hobby
Prescribed medication / Lek na receptę / Lek na receptę
Contact in case of emergency / Osoba do kontaktu w razie awarii / Osoba do kontaktu w razie awarii
Address / Adres / Adres
Postal code, City / Kod pocztowy, Miasto / Kod pocztowy, Miasto
Country / Kraj / Kraj
Telephone / Telefon / Telefon

3. When you are finished click the green **Submit** button. If using Adobe Reader, you will probably see the following message:

Select Email Client

Please indicate the option which best describes how you send mail.

Desktop Email Application
Choose this option if you currently use an email application such as Microsoft Outlook Express, Microsoft Outlook, Eudora, or Mail.

Internet Email
Choose this option if you currently use an Internet email service such as Yahoo or Microsoft Hotmail. You will then need to save your form and return it manually to poland@sivananda.net using your Internet email service.

Don't show again

OK Cancel

4. Select one of the options and then click **OK**. (Choose „Desktop Email Application“ if you have an email program installed on your own PC; otherwise choose „Internet Email“.)

5. **Option 1: Desktop Email Application:** Normally your email program should open and your form data (with an .fdf ending) will automatically be attached to an email addressed to poland@sivananda.net. Then just attach a photo of yourself and click the Send button. If your email program does not open and you get an error message instead, then go back to the form, click **Submit** again and choose Option 2.
6. **Option 2: Internet Email:** You will be prompted to save your file as an .fdf file in a local folder (Adobe Reader will not allow you to save this file in .pdf format). Once you have saved it, open your email application and attach it to an email in the normal way (remember to attach a photo of yourself as well!). Send the email to poland@sivananda.net.
7. If nothing happens when you click **Submit**, then please print out the form and either scan and mail it to poland@sivananda.net, or send it to us by post. (If you wish, you may fax the application form, but please send the original by post so that we receive your photo.)
8. Suggestion: Print out the form for your own records. Adobe Reader will not let you save it as a PDF file (if you are using Foxit Reader, you can save the PDF file under another name).