

Instructions for mac

- 1) Download pdf document
- 2) Search for “**300_hr Application**” in finder
- 3) Click the pdf so it highlights
- 4) Select “**File**” on top left of screen
- 5) Select “**Open with**” from the dropdown and finally select “**Preview**”
- 6) Once pdf has been opened using preview you can start filling out the application.
- 7) Once finished save the changes to the pdf and kindly email to kundaliniyogatherapy@grdcenter.org

Instructions for Windows

- 1) Download pdf document
- 2) Open files and search for “**300_hr Application**”
- 3) Right click the pdf and select “**Open with**” from the drop down
- 4) Select “**Microsoft Edge**”
- 5) Once pdf is opened using Microsoft Edge you can start filling out the application
- 6) Once finished save the changes to the pdf and kindly email to kundaliniyogatherapy@grdcenter.org