

# Application for Pranakriya 200-hour Yoga Teacher Training

April 2020-October 2020, Main Street Yoga, Bloomington



## Dear Friend!

Thank you for your interest in the **Pranakriya Yoga 200-hour Teacher Training program.**

This application packet contains 6 pages. Please read the information on page 1-3, then PRINT THE APPLICATION on pages 4-6. After completing the application, please submit the application to the studio where you want to take the training with your \$50 application fee (checks made out to Main Street Yoga).

## The completed application includes:

1. The ORIGINAL application
2. Your RECENT photo
3. The eight completed essay questions
4. Two letters of reference – one from your current yoga teacher and another from a non-family member

Your spot in the program is confirmed AFTER your application has been approved AND payment-in-full or non-refundable deposit have been received and cleared.

## Who this program is for:

Our Yoga Teacher Training program is for yoga practitioners who have a love for yoga born out of practice who want to bring the practice to other people. We help our YTT students develop the skills needed as professional teachers to share yoga with students.

To enroll in our training, you must meet the following PROGRAM REQUIREMENTS:

1. One-plus years of consistent, hatha yoga practice with at least six months of regular classes with a certified yoga instructor.
2. The ability to demonstrate an experiential understanding of yoga practice and its benefits.

## Dates of training and participation requirements:

The training is offered as 9 intensive weekends. All sessions of each weekend must be attended and full participation during each program session is expected. Any portion of the training that will be missed must be approved prior to program start.

Weekend #1: 4/3/2020 – 4/5/2020

Weekend #2: 4/24/2020 – 4/26/2020

Weekend #3: 5/15/2020 – 5/17/2020

Weekend #4: 6/5/2020 – 6/7/2020

Weekend #5: 6/26/2020 – 6/28/2020

Weekend #6: 7/31/2020 – 8/2/2020

Weekend #7: 8/28/2020 – 8/30/2020

Weekend #8: 9/25/2020 – 9/27/2020

Weekend #9: 10/23/2020 – 10/25/2020

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## Sessions times are usually as follows:

(some studios will use different program hours )

Fridays 6pm to 9:30pm. Saturdays 8:30am to 6:30pm. Sundays, 8:30am to 6:30pm. On Saturday and Sunday, the main meal break is at least 60 minutes.

**Please Note:** Due to the nature and work of this program, it is highly recommended that applicants don't purposely plan on engaging in additional educational courses (yoga or otherwise), sporting events that require extensive training time or other life events that may distract them from the time needed to complete this program. The program weekends include over 18-hours of contact time with an instructor that are both physically, mentally and emotionally engaging. In between program weekends, trainees are required to commit 5-8 hours a week to homework time.

Program costs, dates and times are determined by the program's host studio.

1. \$2900 plus \$150 materials fee 5 months out by 11/3/2019
2. \$3100 plus \$150 materials fee by 1/3/2020
3. \$3200 plus \$150 materials fee after 2/3/2020

**Payment Refund Policy:** Once you have been accepted into the program you will be asked to provide a \$500 non-refundable deposit to hold your space in the program. All tuition is due by the Friday, of the first weekend of the Teacher Training. If you withdraw your application before 5pm of the first Friday of the program, your payment will be refunded in full less the \$500 non-refundable deposit.

## Payment Notes

- Payment can be made by Cash, Check or Credit Card through the host studio.
- Your place in the program will be confirmed ONLY with a COMPLETED AND ACCEPTED APPLICATION with CURRENT PHOTO and a non-refundable \$50 APPLICATION FEE. The date each applicant completes payment-in-full determines the total amount due from that applicant, not the date of deposit.
- Program capacity is 9 students minimum and 24 students maximum.
- All training and material fees are due by the first session of the first weekend. Payment plans are the exception and must be negotiated directly with the host studio upon acceptance into the training.
- All materials fees are due by the first session of the first weekend. Check (made payable to Pranakriya School of Yoga Healing Arts) or cash are accepted for the materials fees.
- If you miss a weekend of the training, you will need to meet with a Program Director or Program Assistant to make-up the missed course time, and pay the \$60 per hour YTT fees for the director's/assistant's time. Missed weekends need to be identified BEFORE the training begins, when possible.
- Students MAY NOT miss more than one weekend during the program. If more than one weekend is missed, the student may be asked to withdraw from the program with no refund.

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- Over the course of the program, each student will be required to take (and pay any fees for) 8 classes from different certified yoga teachers, then fill out an observation form for each of these classes.
- Pranakriya will provide each student with a training manual, sadhana journal and 3 Pranakriya Audio CDs or downloads. Replacement manuals cost \$100 each, journals \$35 each.
- Students are REQUIRED to purchase an Anatomy book called "Anatomy & Yoga: A Guide for Teachers and Students" by Ellen Saltonstall. Other books and resources will be recommended, but are not mandatory to read or purchase.
- Please note: each student is responsible for any travel, lodging or food expenses incurred during the training. Please contact [Carmen@mainstreetyoga.com](mailto:Carmen@mainstreetyoga.com) if you need any help finding lodging or with travel questions.

**Certification Criteria:** Successful completion of this course will give you a certification as a Basic Level Yoga Teacher in the Pranakriya Yoga tradition. Certified yoga teachers must possess the skills necessary to safely and competently teach yoga. Although the majority of students who complete this program are certified, we reserve the right to withhold certification from any student who fails to demonstrate the skills necessary to competently teach Pranakriya Yoga.

Every attempt will be made to provide each student feedback throughout the program concerning any perceived deficits that might prevent certification. If it is determined that a student has not successfully met the certification requirements, s/he will meet with the Program Director who will determine appropriate steps required to complete certification. This may include private sessions with a certified teacher outside of program weekends, and/or after the conclusion of the program, at the student's expense. If the student cannot show the necessary skills 3 months after graduation, certification cannot be obtained without successfully repeating the program in entirety.

## The following criteria will be used to determine eligibility for certification:

1. 100% attendance for all sessions. Please contact the host studio before the program starts if you know that you will need to miss any portion of our training weekends. For situations that arise during the training, contact the Program Director as soon as possible to explore possibilities. Any missed sessions must be made up before the next scheduled program weekend, at the student's expense, with the Program Director or Program Assistant.
2. Student's may not miss more than one full weekend of the training. If a second weekend is missed, the student may be asked to withdraw from the program. No refunds will be provided, however, the student may re-enroll in a subsequent trainings at a reduced price.
3. All homework assignments must be completed as assigned.
4. All students must participate fully in all practices, learning exercises and Practice Teach sessions during the program. The Practice Teach sessions are opportunities to cultivate teaching skills. They are also opportunities for the Program Director(s) to assess students' progress and ability to safely lead and teach Pranakriya Yoga.

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**Please print application pages 4-6 of this document, then submit the printed completed application with your photo and essay questions to the host studio.**

Please provide all the information requested below. Use additional paper, as necessary. Submit only completed applications, and please attach a portrait-photo to your application. This photo is for our records only and is not part of our screening process. Please deliver or mail your completed application and photo to the host studio where you would like to take the training. All information will be held in strict confidence and used only in regard to Pranakriya Basic YTT selection.

**First and Last Name**

**Mailing Address**

**Cell Phone**

**E-mail**

**Occupation**

**Birthdate (Including year)** \_\_\_\_\_

**Are you currently teaching yoga?**

Yes                      No

Number of classes/week:                      Style How long have you been teaching?

Health Information (If you answer “yes” to any of the following questions please describe fully on a separate sheet.)

- |                                                                              |     |    |
|------------------------------------------------------------------------------|-----|----|
| 1. Are you receiving treatment for any physical or psychological condition?  | Yes | No |
| 2. Have you ever been hospitalized for a psychiatric condition?              | Yes | No |
| 3. Do you have any chronic physical limitations or disabilities?             | Yes | No |
| 4. Do you have any communicable diseases?                                    | Yes | No |
| 5. Do you include recovery from a drug or alcohol addiction in your history? | Yes | No |
| 6. Do you consume alcohol more than once each week?                          | Yes | No |
| 7. Do you consume non-prescription drugs more than once a week?              | Yes | No |

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**On additional paper, please type complete essay answers for the Application Questions 1 through 6, then list teachers and programs for 7 and 8.**

1. Describe your personal yoga practice; specifically asana, pranayama, and meditation components.

*\*By home, personal yoga practice, please specify Asana and Pranayama, not dance, exercise, Tai-chi, Feldenkrais, etc*

2. What does yoga mean to you?
3. How has your relationship with yoga evolved over time?
4. Why do you want to be a yoga teacher?
5. Why is this time in your life appropriate for yoga teacher training?
6. Why are you choosing Pranakriya Yoga for your teaching certification?
7. Please list any Pranakriya teachers with whom you have practiced, including specific classes, workshops, trainings.
8. Please list any other certifications, trainings or workshops you have taken. Include dates and instructors names.

### **Whom should we contact in case of an emergency?**

Name and Phone #: \_\_\_ Address: \_\_\_

Relationship: \_\_\_

Please provide us with all the information you would want us to pass on to an emergency response person if you were seriously injured or became ill during the program.

### **Disclosure and Acceptance**

The Pranakriya Yoga Staff and Host Studio Personnel will rely on the answers in this application to make an informed decision regarding your participation in our program. Please note that all students in 200-hour YTT are expected to adhere to the Pranakriya Yoga Teachers Code of Ethics during the length of the training.

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Accordingly:

I hereby affirm that the above information is, to the best of my knowledge, true and complete. I understand that providing false information is grounds for rejecting my application, being requested to leave the program, or having my certification revoked. If I am required to leave the program because of any misrepresentation(s) on this application, no tuition will be refunded. Also, I understand that NO refunds in any amount will be made after 12pm on the first day of the program. I have carefully read the program participation criteria, requirements, and agreements expressed herein. **To this application, I have attached written answers to the 8 application questions, provided two letters of reference and I have attached a recent photo of myself.** I understand that my failure to meet the criteria for certification will result in my not being certified as a Pranakriya Yoga teacher.

Prospective Student's Signature: \_\_\_\_\_

Date: \_\_\_\_\_