

# Application for Pranakriya YTT-200 hour

**Dear Friend!**

Thank you for your interest in the Pranakriya Yoga 200-hour Teacher Training program. This application packet contains 4 pages. **Please read the information on page 1 & 2, then PRINT THE APPLICATION on pages 3 & 4.** After completing the application, please submit the application to Yoga at Simply Well, 28 S. Pitt St. Carlisle, PA. 17013 or fax it to info@yogaatsimplywell.com.

## **The completed application includes:**

- 1) the ORIGINAL application
- 2) your photo
- 3) eight completed essay questions and a non-refundable \$50 application fee.

## **Who this program is for:**

Our Yoga Teacher Training program is for yoga practitioners who have a love for yoga born out of practice. We help these practitioners 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.

## **Sessions times are as follows:** (Sat & Sun hours may be pushed ahead or back)

Fridays 6pm to 9:30pm. Saturdays and Sundays 9:00am to 6:30pm

(On Saturday and Sunday, students are provided a 60-90 minute lunch break)

## **Payment Refund Policy**

Refunds are provided minus a \$500 cancellation fee and any credit card charges incurred up to the night before the program. There are no refunds starting the day of the first program weekend.

## **Payment Notes**

- Payment can be made by Cash, Check or Credit Card through Yoga at Simply Well.
- Your place in the program will be confirmed ONLY with a COMPLETED AND ACCEPTED APPLICATION with CURRENT PHOTO and a \$50 APPLICATION FEE.
- Program capacity is 9 students minimum and 20 students maximum.
- All course fees are due by the first session of the first weekend.
- 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 any associated hourly

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fees for the director'/assistant's time. Missed weekends need to be identified BEFORE the training begins, when possible.

-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 4 — Pranakriya Audio CDs or downloads. Replacement manuals cost \$85 each, journals \$30 each.

-Students are required to purchase The Concise Book of Anatomy by Chris Jarney, 3rd Edition.

-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.

## **Certification Criteria:**

Successful completion of this course will give you a certification as a Basic Level Yoga Teacher in the Pranakriya Yoga tradition approved by the Yoga Alliance. 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 6 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 Yoga at Simply Well 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 to the Program Director or Program Assistant.

2) All homework assignments must be completed as assigned.

3) 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.

Please print application pages of this document, then submit the printed completed application with your photo and essay questions to Yoga at Simply Well.

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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 Yoga at Simply Well. All information will be held in strict confidence and used only in regard to Pranakriya Basic YTT selection.

First and Last Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Occupation: \_\_\_\_\_

Birthdate \_\_\_\_\_

I am applying for the Pranakriya YTT-200 Certification starting May 2018 at Yoga at Simply Well. \_\_\_\_\_ (initials)

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: \_\_\_\_\_

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

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- 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 instructor's 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.

## 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 10 days prior to the program start date. 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, and I have attached a recent photo of me. 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: \_\_\_\_\_