



Dear Friend,

Thank you for your interest in the **Pranakriya Yoga Teacher Training program for 2011**. This packet contains four pages. Please read the information on pages 1 & 2 and PRINT THE APPLICATION on pages 3 & 4. After completing the application, please submit it with your photo and essay answers by US Mail to William Hufschmidt, POBox 6032, Atlanta, GA 31107, or deliver the application directly to Jai Shanti Yoga's location on Dekalb Avenue.

About us:

Since 2006, Jai Shanti Yoga has offered Pranakriya Yoga trainings in Atlanta, GA, which were developed and inspired by Yoganand Michael Carroll. Pranakriya currently offers five certification programs for the education and continuing education of yoga teachers and yoga therapists:

- 200-hour teacher training
- 500-hour teacher training
- Prenatal Teacher Training
- Yoga Therapy
- Thai Yoga Therapy

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 to share yoga with students as professional teachers. To enroll in our training you must meet the following requirements:

1. At least two years of yoga practice with at least six months of classes with a certified 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 session is required.

Session times are as follows: Fridays 4:00 p.m. – 9:30 p.m., Saturdays 12:00 p.m. – 9:00 p.m., Sundays 10:30 a.m. – 7:30 p.m.

Dates for Friday nights: July 8, July 29, Aug 19, Sep 9, Oct 7, Oct 21, Nov 11, Dec 2, Dec 16

Program rewards:

Satisfactory completion of our training results in certification as a Pranakriya Yoga Basic Level Teacher. The Pranakriya Basic Yoga Teacher Training 200 hour program is registered with the Yoga Alliance and meets or exceeds requirements for 200-hour Yoga Teacher trainings.

Refund policy:

If you withdraw your application before May 8, 2011, your payment will be refunded in full. From May 8th until the training starts, we can refund any paid-in-full tuitions less a \$500 application fee. After 4:00 p.m. on July 8, 2011 (when the program begins), no refunds will be given. If you have a medical, family or life emergency that precludes you from completing the program, please talk with the directors about postponing your training in Atlanta for one year. Your tuition can be deferred for only one year, even if another 200-Hour Teacher Training does not happen in Atlanta the following year.

2011 YTT Program costs:

- Tuition: **\$2,300** paid in full before May 8; **\$2,500** May 8 – June 8; **\$2,700** after June 8.
- Payment can be made by cash, check or credit card via our online store (www.jaishantiyoga.com/store).
- Only a COMPLETED AND ACCEPTED APPLICATION with CURRENT PHOTO and a non-refundable \$500 DEPOSIT will guarantee your place in the program.
- Program capacity is 8 students minimum and 24 students maximum.

- All course fees are due by the first session of the first weekend. Payment plans are the exception and must be negotiated directly with William Hufschmidt before noon on the first day of the training.
- Over the course of the program, each student will be required to take (and pay any fees for) 15 classes from different certified teachers and fill out an observation form for each of these classes.
- We will provide each student with a training manual. Replacement manual costs \$50 each. Students are required to purchase the book *Anatomy Of Movement, Rev Ed.*, by Blandine Calais-Germain. Students must also keep a yoga journal during the course of the training, which will be reviewed by the program director.
- 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 during the training.

Certification criteria:

Successful completion of this course will earn 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 input throughout the program about any deficits that might impede 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 at the student's expense. If the student cannot show the necessary skills after one year of work, certification cannot be obtained without repeating the program.

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

- 1) 100% attendance for all sessions. Please contact William Hufschmidt before the program starts if you know that you will need to miss any portion of our training dates. For situations that arise during the training, contact William as soon as possible to explore possibilities. Any missed sessions must be made up before the next program weekend, at the student's expense.
- 2) All homework assignments must be completed as assigned.
- 3) All students must participate fully in all exercises and practice-teach sessions in the program. The practice-teach sessions are opportunities to cultivate teaching skills. They are also opportunities for the program directors to assess students' progress and ability to safely lead and teach Pranakriya Yoga.

If you have any questions about our certification criteria, contact William Hufschmidt at Jai Shanti Yoga.

Please print pages 3 & 4 of this document, then submit the completed application with your photo and essay answers to William Hufschmidt at Jai Shanti Yoga.



Application for YTT-200 hour – July 2011 – December 2011

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: Jai Shanti Yoga – Attn: William Hufschmidt, POBox 6032, Atlanta, GA 31107.** All information will be held in strict confidence and used only in regard to Pranakriya Basic YTT selection.

Name: _____
Mailing Address: _____
Phone: _____
E-mail: _____
Occupation: _____
Birthdate: _____

How long have you practiced Yoga? _____
Have you practiced with a teacher or on your own? Teacher____ Self-taught ____
Teacher’s Name: _____
Teacher’s Style: _____
Do you currently have home, personal practice? No__ Yes __ How often?_____

**By home, personal practice, we mean Asana and Pranayama. Do not include dance, exercise, Tai-chi, Feldenkrais, etc.*

Please list any Yoga workshops or training you have taken. Please give dates and instructors' names.

Are you currently teaching yoga?
Yes____ No____ Number of classes per 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 of 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 a separate piece of paper, please write complete answers to EACH of the following questions:

- 1) Describe your personal practice; specifically asana, pranayama, and meditation.
- 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?

Emergency Contact information:

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.

Whom should we contact in case of an emergency?

Name: _____

Phone: _____

Address: _____

Relationship: _____

Disclosure and acceptance:

Jai Shanti Yoga, Pranakriya Yoga and Radiant Well-being Yoga Center will rely on the answers in this application to make an informed decision regarding your participation in our program. Accordingly, please read and sign the acknowledgement below.

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. I also understand that if I am asked to leave the program because of a misrepresentation on this application, no tuition will be refunded. I hereby affirm that I am aware of the refund policy for the Pranakriya 200-Hour Basic Level Yoga Teacher Training.

I have carefully read the program participation criteria, requirements, and agreements expressed therein. To this application, I have attached answers to the essay questions and a recent photo of myself. I understand that my failure to meet the criteria will result in my not being certified as a Pranakriya Yoga teacher.

Signature:_____ Date:_____