

Pranakriya School of Yoga Healing Arts

Advanced Teacher Training

501 West Ave

North August SC 29841

803 613 0684

www.radiantwellbeing.com

www.pranakriya.com

Dear Friend,

Thank you for your interest in the Pranakriya Yoga Teacher Training program. Please read the information below and fill out and return the application form. If you need more information, please contact us at the number or address above.

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 in each session is required. Sessions times are as follows:

Fridays: 6:00pm - 9:30pm, Saturdays: 8:30am - 6:30pm, Sundays: 8:30am - 6:30pm. The daily schedule may vary depending on the host studio but the total hours will be the same. Check our website for the location and dates of the program you are interested in.

Program costs:

The tuition is \$2000 if the program is taken at Radiant Well-being Yoga Center. Price may be more at other sites to cover director's travel and other expenses. Each participant is also required to take 15 classes from a variety of certified teachers and fill out an observation form after each class. The cost of these classes is in addition to the tuition amount and may vary. Students are required to purchase the book Anatomy Of Movement, by Calais Germain. Other books and resources will be recommended but are not required. Please note that tuition does not include lodging or food. Please explore the cost of these items before committing to the program.

A deposit is required to hold your place in the program. Contact the host studio for financial information or to make arrangements after you have been approved to attend. Program capacity is usually set at 20 students and programs may fill early.

Program rewards:

Satisfactory completion of our training results in certification as a Pranakriya Yoga Basic Level Teacher. 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.

Pranakriya Yoga:

Yoganand Michael Carroll has been a Kripalu Yoga practitioner and teacher since 1981. He has studied in India and North America with yoga masters from the Kripalu tradition and was initiated into the renunciate path of Swami Kripalu. From 1998 until 2006 he directed Kripalu Basic YTT. From 2001 to 2004 he was head of Kripalu Professional Level 500 hour Yoga Teacher Training, teaching many of its courses.

Upon leaving Kripalu Center in 2004 he reformatted the Kripalu Basic YTT into an extended nine weekend format suited to a non-residential setting. This format allowed students more time to integrate material and allowed the instructor to increase the effectiveness of the training by requiring more of the students through homework and training exercises.

In the Summer of 2005, Kripalu Center acknowledged the improvements Yoganand had made to the Kripalu Basic YTT and encouraged him to continue developing the training as his own. Yoganand chose "Pranakriya Yoga" to describe his approach to practice and teaching. "Pranakriya" is a Sanskrit word which means to "increase vitality" or to "make fully alive".

A 500 hour Professional Level Training is also available and is recommended for Basic Training graduates. Both programs are registered with the Yoga Alliance.

Certification Criteria:

This course is intended to result in your certification as a Basic Level Yoga Teacher in the Pranakriya 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 needed to complete certification. This may include the need to work with a certified teacher after the program 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. If you must miss any session please contact the host studio or the program director before the program starts. For situations that arise during the training, contact the director as soon as possible to explore possibilities. Any missed sessions must be made up before the program ends 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 director to assess students' progress and ability to safely lead and teach Pranakriya yoga.

If you have any questions about our certification criteria, please contact Radiant Well-being Yoga Center or speak with the YTT program director.

Pranakriya Yoga Basic 200 hour YTT Program Application Form

Please provide all the information requested below. Use as much 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 mail your completed application and photo to:

Radiant Well-being Yoga Center
501 West Avenue,
North Augusta, SC, 29841

All information will be held in strict confidence and used only in regard to Pranakriya Basic YTT.

Location and dates of the training you wish to take: _____

Name: _____

Address: _____

Phone: _____

E-mail: _____

Occupation: _____

How long have you been practicing Yoga?* _____

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

Have you practiced with a teacher? Yes: _____ No: _____

Teacher's Name: _____

Teacher's Style: _____

Do you have a personal practice? Yes: _____ No: _____

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

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 currently under medical 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) Are you in recovery from a drug or alcohol addiction, and if so, for how long? Yes: _____
No: _____

- 6) Weekly alcohol consumption? Yes: _____
No: _____

- 7) Non-prescription drug use? Yes: _____
No: _____

Write complete answers to 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.

Who should we contact in case of an emergency?

Name: _____

Phone: _____

Address: _____

Relationship: _____

Disclosure and Acceptance:

The Pranakriya School of Yoga Healing Arts will rely on the information 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 a misrepresentation on this application, no tuition will be refunded. If I leave the program before completion, paid tuition will be refunded pro-rated to training received minus a \$350 processing fee. No refunds will be made after the 3rd weekend of the training. Training received will be rounded up to weekends completed. Each weekend is one-ninth of the training. If a student drops out of the training 24 hours or less before the start of a training weekend, they will be charged for that weekend.

Please note: Host studios may have an alternative refund policy. If there are differences, the host studio policies shall apply.

I have carefully read the program participation criteria, requirements, and agreements expressed therein. I understand that my failure to meet the criteria will result in my not being certified as a Pranakriya Yoga teacher.

Signature: _____ Date: _____