

Dear Friend,

Thank you for your interest in the Pranakriya Yoga Teacher Training program at Jai. Please read the information below and fill out and return the application form. If you need more information please contact Julie at poggy@mac.com or (610) 324-0007 or (610)642-2000.

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 if the training is offered away from Jai! Yoga. Check the Radiant Well-being website for the location and dates of the program you are interested in.

Program costs:

The tuition is \$2900. 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 free if taken at Jai(observations forms from classes taken at other studios are acceptable, however, students must pay for these classes separately). 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 25% deposit is required to hold your place in the program. Program capacity is 20 students at Jai and programs may fill early. Deposit is non-refundable 21 days before the start of the program. Complete payment is due by 9/10/11. There will be no refunds once the program has begun. Pranakriya 200 hour Basic Yoga Teacher Training Program

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 2005 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.
Pranakriya 200 hour Basic Yoga Teacher Training 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 Radiant Well-being Yoga Center 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 200 hour Basic Yoga Teacher Training Program

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
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: _____

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? _____

Pranakriya 200 hour Basic Yoga Teacher Training Application Form

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: _____

Pranakriya 200 hour Basic Yoga Teacher Training Application Form

Disclosure and Acceptance:

Yoganand and Jai! 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 for any reason, tuition will be not be refunded.. Training received will be rounded up to

weekends completed. Each weekend is one-ninth of the training.

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: _____

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