

200-Hour Yoga Alliance Approved
YOGA TEACHER TRAINING PROGRAM



PRANAKRIYA SCHOOL OF
YOGA HEALING ARTS
INFORMATION & APPLICATION

Pranakriya™ Yoga Teacher Training
200-Hour Basic Certification Application
Begins November 18, 2011



BLOOM! Yoga
Ottawa, IL 61350
bloomyogastudio@yahoo.com

310 ½ W. Main Street
(815) 228-3877
website: bloomyogastudio.net

This yoga teacher training program is led by the Pranakriya™ School of Yoga Healing Arts. We are excited that you are considering joining us on this **journey of transformation**.

The training is taught in nine intensive weekends and will provide you with all the skills you need to become a Basic Level Yoga Teacher in Pranakriya™ Yoga, a yoga practice **steeped in the tradition of Swami Kripalu**.

This in-depth program will **deepen your personal practice**. It can be a catalyst for physical healing, psychological growth and spiritual awakening. If you wish to teach, it will **help empower you to teach** from your own personal knowledge and experience. You will learn the many facets of teaching yoga—working with the physical body, the internal practices of stilling the mind, and attuning to the subtleties of the energy body.

You must meet the following requirements to take our program:

- at least two years of yoga practice (at least six months of classes with a certified instructor.)
- the ability to demonstrate an experiential understanding of yoga practice and its benefits.
- a desire to grow and a willingness to change
- receptivity to appropriate and truthful feedback.

Our training program has a strong focus on preparing teachers to teach others in an inspiring, approachable manner with compassion and acceptance. Many hours of direct experience with classroom techniques and supervised practice teaching complement a well-rounded study of yoga deeply rooted in the ancient practices of Swami Kripalu. When you have completed the program, you will be able to lead three different types of yoga classes (Gentle Stretch, Meditative Posture Class and Yoga Workout) that will enable you to teach in any setting—yoga studio, fitness center, corporate setting, etc.

Course Content

- **Theory & Practice of Pranayama:** *Learn to teach the sensitivity generated by pranayama to help students enhance the effects of postures and increase body awareness. Breathing exercises you will become skilled at include Dirgha (full yogic breathing), Ujjayi, Kapalabhati, Vamakrama Kapalabhati, Nadi Shodhana (alternate nostril breathing), and Kumbhak (breath retention).*

- **Theory & Practice of Asana.** *Learn the methodology to safely teach and demonstrate basic postures & alignment principles along with modifications, variations, counterposes, benefits, and contraindications.*
- **Theory & Practice of Teaching:** *Designing, sequencing & leading classes (including effective languaging skills, encouraging body awareness, and visualization). Learn to inspire and encourage, being sensitive to the needs of both the individual and the group. Learn to teach three levels of classes: Gentle Stretch, Meditative Posture Class, and Yoga Workout.*
- **The Art of Assisting:** *Modeling, Presspoints, Physical Adjustments, Stabilizing, and the Use of Props*
- **Leading Warm-ups and Preparatory Poses**
- **Leading Opening & Closing Centering Meditations**
- **Leading Relaxation**
- **Creating a Safe and Supportive Environment**
- **Basic Anatomy and Physiology as applied to yoga**
- **History of Yoga and Kripalu & Pranakriya Yoga**
- **Yoga Philosophy**
- **Yoga Lifestyle:** *Yamas & Niyamas*
- **Right Livelihood:** *The Business of Teaching Yoga, including marketing and ethics.*

This course will also provide you with a certification you can present to the **Yoga Alliance** to become a nationally recognized Registered Yoga Teacher (**RYT-200**).

We look forward to sharing this transformative and empowering experience with you. If you have any questions, please don't hesitate to contact Diana Carlson at (815) 228-3877.

Namaste,

Diana Carlson & Jacci Reynolds

About Pranakriya™ Yoga:

Pranakriya™ Yoga is an approach to Hatha Yoga based on the Tantric teachings of Swami Kripalu, an ascetic monk who practiced yoga ten hours each day for over 30 years. Through his practices Swami Kripalu gained a thorough understanding of all aspects of yoga. His teachings have been adapted for western students as Kripalu Yoga, developed by Amrit Desai; and as Pranakriya Yoga, developed by Yoganand Michael Carroll.

Pranakriya™ Yoga is founded on the principal that all yoga practices were originally meant to do the following:

- Cultivate inner awareness and sensitivity
- Raise energy
- Strengthen the body/mind container
- Dissolve the sense of self into universal consciousness

When asana and pranayama are practiced with these intentions they become powerful tools for self-transformation.



Yoganand Michael Carroll

Pranakriya™ Yoga was developed by Yoganand Michael Carroll, who 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 the Kripalu Basic YTT at the Kripalu Center for Yoga and Health in Stockbridge, Massachusetts. From 2001 to 2005 he was head of the Kripalu Professional Level 500-hour Yoga Teacher Training, teaching many of its courses. He reformatted the Kripalu Basic YTT into an extended nine weekend format suited to a non-residential setting. 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".

Yoganand founded the Pranakriya™ School of Yoga Healing Arts, a Yoga Alliance Registered School, and owns Radiant Well-being Yoga Center in North Augusta, South Carolina. He developed and leads Pranakriya™ Yoga 200-hour Basic and 500-hour Professional Level Yoga Teacher Training and a variety of other programs. Yoganand is registered with the Yoga Alliance as an E-RYT500 and is a member of the International Association of Yoga Therapists -IAYT. The Pranakriya™ School of Yoga Healing Arts also offers a 300-hour Yoga Therapy certification, a 400-hour Thai Yoga Therapy certification, and a Prenatal Yoga certification.



200-Hour Program Director Jacci Reynolds
yogawithjacci.com

Yoga is a practice that affects every aspect of Jacci's life both on and off the mat. A 500-hour Kripalu instructor and 200-hour Pranakriya™ E-RYT, Jacci has been practicing yoga since 1997 and teaching since 2001. An instructor of many modalities, during adulthood her yoga practice is what has brought her the greatest sense of aliveness in her body and life. Amazed and inspired by the changes yoga brings to the body, mind and spirit, Jacci traveled to the *Kripalu Center for Yoga and Health* to complete her 200-hour training. She also completed her 500-hour training with Kripalu and continues to train with her teacher Yoganand Michael Carroll, in the Pranakriya™ tradition. Jacci is the prior owner/operator of Crofton Yoga in Crofton, MD and a current owner/operator of The Eldorado Yoga Center in Santa Fe, NM. She is a Director of the Pranakriya™ 200-hour Yoga Teacher Training and the Prenatal Teacher Training for Pranakriya™ Yoga. She brings a strong sense of self and humor to her teaching. Jacci's love lies in learning and sharing what she's learned with others. Training in Thai Yoga Therapy has given her new ways to help students deepen their connection with themselves through yoga, therapy and meditation. Jacci is dedicated to creating an environment of compassion, permission, acceptance and patience, guiding each individual in the experience of being present in their practice and their life. Jacci also has a Masters of Health Science from *The George Washington University*.

Certification Criteria

This course is intended to result in your certification as a Basic 200-Hour Level Yoga Teacher in Pranakriya™ Yoga based in the tradition of Swami Kripalu. Certified yoga teachers must possess the skills necessary to safely and competently teach yoga. Although most all students who complete this program are certified, we reserve the right to withhold certification from any student who fails to develop the skills necessary to competently teach Pranakriya™ yoga.

Every attempt will be made to provide input throughout the program about teaching deficits that might impede certification. If it is determined that a student has not successfully met the certification requirements, the student will meet with the program director who will determine with them the 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. In most cases, this process takes three to six months. If the student cannot show the necessary skills after one year of work, certification cannot be obtained without repeating the program.

Additional Certification Requirements

- Complete all required homework.
- 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.
- **Required Textbook:** Anatomy of Movement, by Blandine Calais-Germain, Eastland Press. Other reading recommendations will be provided after acceptance into the program.
- During the training, each participant is 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.
- Trainees are expected to have a dedicated and consistent yoga practice and make every effort to get on their mat every day. They will keep a daily practice journal.
- All sessions of each weekend must be attended and full participation in each session is required.
- Proof of CPR certification

The training is taught in nine intensive weekends, and class size is limited to 18 students. This format supports students having time to integrate the material, complete homework, and prepare for assigned practice teach sessions.

Program dates (2011): November 18-20, December 9-11. **Program dates (2012):** January 13-15, March 2-4, April 13-15, June 8-10, July 13-15, August 17-19, September 28-30 (Extra program weekend is October 5-7 in case of weekend cancellation).

Program times are Fridays, 5:30-9:00 p.m.; Saturdays, 9:30-6:30 p.m.; Sundays, 8:30-5:30 p.m. **If you must miss any session**, please contact Jacci Reynolds before the program starts. For situations that arise during the training, contact the director as soon as possible to explore possibilities. Missed session hours must be made up before the program ends at the student's expense.

Pranakriya™ Yoga Basic 200-Hour Certification Program Application Form

Please provide all the information requested below. Use as additional paper as necessary. Submit only completed applications. **Please mail your completed Application Form to: Bloom Yoga, 310 ½ W. Main Street, Ottawa, IL 61350.**

Name _____

Address _____

City/State/Zip _____

Phone _____

E-mail _____

Occupation _____

How long have you been practicing Yoga?* _____

Have you practiced with a teacher? Yes _____ No _____

Teacher's Name: _____

Teacher's Style: _____

Do you have a personal practice? Yes _____ No _____ If yes, describe.

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

Please list any Yoga workshops or training that you have taken. Please give dates and instructors' 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_____
- 8) Are you currently pregnant? Yes_____ No_____
- 9) Have you recently had major surgery? Yes_____ No_____

Please write complete answers to the following questions on an additional page:

Describe your personal practice—specifically asana, pranayama and meditation.

What does yoga mean to you?

How has your relationship with yoga evolved over time?

Why do you want to be a yoga teacher?

Why did you choose this Teacher Training Certification Program at BLOOM! Yoga?

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: _____

We will rely on the answers in this application to make an informed decision regarding your participation in our program.

Additional Questions

1) How did you find out about BLOOM! Yoga's Basic Teacher Certification program?

2) Were you referred by someone? Yes _____ No _____

Please name _____

Disclosure and Acceptance

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.

Tuition: \$2,900 if paid in full by October 15, 2011; \$3,100 after Oct. 15, 2011. Tuition includes class instruction, course activities, mentoring, Teacher Training Manual, all handouts, and a certificate upon completion. \$100 non-refundable, non-transferable deposit with your application holds your spot until October 15, 2011 when tuition is due (either full payment or your first payment in your payment plan). If we do not receive payment by October 15, 2011, then your spot will be released for another trainee and your deposit will not be refunded. Deposits are applied to your tuition.

Payment can be made by cash, check or credit card (Visa or MasterCard). *You must pay the 3% credit card charge if you pay by Visa or MasterCard.*

We also offer an **Alternative Payment Plan** for those who would like to stretch the payments out over the 9-month period, by writing post-dated checks or using a credit card. For checks, you would pay a reasonable fee of 3% added to your total cost, spread out in three payments: Initial 1/3 payment upon Acceptance in the program; 1/3 by Feb 15, 2012; and the final 1/3 by July 1, 2012. Payment made by Visa or Mastercard will incur the additional 3% credit card charge. Please contact Diana Carlson if you need further assistance.

Refunds

Before the first training weekend, your tuition will be refunded minus a \$250 processing fee.
Before the second training weekend, your tuition will be refunded minus a \$500 processing fee.
No refunds available on the first day of the second training weekend or thereafter.

Requests for refunds must be submitted in writing to the Director of BLOOM! Yoga, Diana Carlson.

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 _____

Send application to:

BLOOM! Yoga
310 ½ W. Main Street
Ottawa, IL 61350

Please enclose a \$100 non-refundable Application Fee, which will be applied to your tuition. Make your check out to BLOOM! Yoga. Once you are accepted in the program, you will receive additional information.