



PRENATAL YOGA TEACHER TRAINING PROGRAM INFORMATION & APPLICATION

ABOUT THE PROGRAM

“Apana,” sometimes translated as “Carried Downward Breath,” is the Sanskrit word for the energetic force that moves from pelvis to earth. It is the tidal waves of Apana that deliver a child from the womb to its new life.

Sacred Sounds Yoga and Juliana Mitchell are proud to offer *Carried Downward Breath - A Prenatal Yoga Teacher Training*.

Carried Downward Breath will prepare you to lead safe and beautiful prenatal classes and enable you to feel confident when a pregnant student walks into your non-prenatal class. Prepare to have your heart opened: teaching yoga to pregnant women is incredibly rewarding work. And being certified in prenatal yoga opens doors to exciting new opportunities. Our alumnae have gone on to launch prenatal programs at studios, to teach prenatal yoga in a prison, to work as a birth coach - the list goes on.

Students in this program will acquire tools that are deeply practical and ultimately empowering. This training balances reverence for the classical study of yoga, along with scientific inquiry into the physical body, into pregnancy and into birth. We will delve into female anatomy. We will work as a community of learners on a sacred quest.

The 40-hour curriculum includes:

- Pregnancy from physiological, emotional and energetic perspectives
- Which poses to avoid, which ones to modify and why - including how to modify a Sun Salutation
- Common pregnancy discomforts and the yoga practices that can alleviate them
- Studies of anatomical models
- Understanding the progression of labor and birth
- A comprehensive teacher training manual

SESSION DATES & TIMES

PROGRAM DATES: 5 Saturdays as follows: Sep. 24, Oct, 8, 15, & 29 & Nov. 12

PROGRAM TIMES: from 9:00am-6:30pm (with a 12:00pm-1:30pm lunch break)

PROGRAM REQUIREMENTS & PARAMETERS

The program for certification is comprised of these parts:

40 HOURS OF TRAINING:

ATTENDANCE - Students must attend all of the training (unless prior permission and alternative arrangements have been made). See session dates & times, above.

QUALITY OF PARTICIPATION - We ask that you bring with you the highest quality of attention and participation that you are capable of – punctuality inclusive. We ask that you come willing to be immersed in the topic of prenatal yoga, not as a sideline observer but as an active participant in the group. Exploring the topic of pregnancy, of birth and of motherhood can be emotionally charged for some. With awareness that it's a powerful topic, please bring a conscious sense of integrity, sensitivity and responsibility.

HOMEWORK: Students must complete/hand in any homework, in a timely manner. Please expect that homework might be due for every class including the first class. There is a required book purchase. There will be required reading from *The Complete Book of Pregnancy and Childbirth* by Sheila Kitzinger, the 2003 edition. **Please do not select a prior edition.** Please have this book by the start of the training.

CLASS OBSERVATIONS: Students must observe minimally three prenatal yoga classes at Sacred Sounds Yoga, by (latest) five months from the program's end. These are the available class times for observing:
Sundays 9am / Tuesdays 4:15pm / Fridays 4:15pm

A FINAL PROJECT: Students must hand in a Final Project, by (latest) 6 months from the program's end. The Final Project will entail teaching and documenting a prenatal class, according to certain criteria.

ABOUT THE INSTRUCTOR/PROGRAM DIRECTOR

Juliana Mitchell was introduced to yoga by her mom at age 10 and has been studying breath awareness since she was 18. In her late twenties she committed her life to the study of yoga. Since then she's trained with master and senior teachers in India, Italy and the US. In 2006 Juliana met Judith Lasater and has been a devoted student since. Today she teaches yoga (vinyasa, restorative & prenatal) fulltime in NYC. Her involvement in yoga for pregnancy & birth includes: multiple experiences serving as a doula, assisting hundreds of expectant couples to prepare for childbirth via her original birth preparation workshop and teaching multiple prenatal yoga classes each week. Additionally, she conducted a free yoga program for pregnant, homeless teens. And served as prenatal yoga mentor to Dr. Shilpa Babbar, an obstetrician for Truman Medical Center in Kansas City, Missouri, who conducted a randomized controlled trial to measure the impact of prenatal yoga on fetal behavior. Presently, Juliana is completing her certification as a pelvic floor yoga teacher. She is proud to be creator and director of Carried Downward Breath. An impassioned student of yoga and an impassioned teacher, Juliana is abundantly grateful to her Teachers.

PREREQUISITES

This program, as a path to certification, is open to those who:

- Have completed a 200-Hour Yoga Teacher Training Program (or equivalent)
- Have been teaching group yoga classes for a minimum of 6 months. (If however you feel you qualify for an exception, please let us know and we will gladly consider on a case-by-case basis.)
- Carry your own Yoga Teacher Liability Insurance.

(Anyone with an intense interest in the topic – such as birth coaches and midwives - who have a strong prior yoga practice may undertake the program, but not as a path to certification.)

TUITION & DEPOSIT INFORMATION

TUITION

\$675.00 “early registration price” (until August 24th, 2016)
\$775.00 thereafter.

In order to receive the early registration price, your tuition payment must be made in full by the early registration date.

Full payment is due no later than the start of the program.

Tuition, once paid in full, includes unlimited classes at Sacred Sounds Yoga from September 24th, 2016 up until November 12th, 2016 and unlimited prenatal yoga classes from September 24th, 2016 up until end of March 2017.

DEPOSIT

A \$150 deposit is due with your application. The deposit is subtracted from the total cost of training. Your spot in the program is not held until deposit is received.

REFUND POLICY

- Cancellation/refund requests received more than 1 month prior to the start of the training: Shall be subject to a full refund, minus a \$150 administrative processing fee.
- Cancellation/refund requests received less than 1 month prior to the start of the training: No refund shall be given.

TO APPLY

Applicants must:

- Have read and understood the scope of the program (all of page 1 & 2)
- Fill out the below application (page 3 & 4), **adding in a copy of your resume.**
- Provide a \$150 deposit.
- Submit your completed application either:
ELECTRONICALLY: info@sacredsoundsyoga.com with subject line **Attn PYTT Application**
PHYSICALLY: Sacred Sounds Yoga / 163 Bleecker St, NY, NY 10012/ **Attn PYTT Application**

QUESTIONS?

Please direct any questions to info@sacredsoundsyoga.com

**Congratulations on your decision to become a prenatal yoga teacher. We warmly welcome you to *Carried Downward Breath*
–A Prenatal Yoga Teacher Training with Juliana Mitchell**

GENERAL INFORMATION

Name: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email Address: _____

Emergency Contact Name & Phone: _____

YOGA BACKGROUND & FURTHER INFORMATION

Describe your yoga background. How long have you been practicing, and how often? What styles do you practice? With which teachers or at which studios do you practice?

Do you have a background in anatomy, physiology and/or kinesiology? Do you have a background in fertility, pregnancy and/or labor & delivery? If yes to any, please explain.

Do you have any physical injuries or diagnosis that might affect or limit your ability to participate in this program? If yes, please describe.

Do you have any personal practices that might affect or limit your ability to participate in this program?

How did you hear about the program? List name of referral if applicable.

FOR CERTIFICATION

I have completed a 200-Hour Yoga Teacher Training Program or (minimally) the equivalent.

Yes___ No___

Name of Program: _____

Dates: _____

I carry Liability Insurance for myself as a yoga teacher and it is current.

Yes___ No___

I have been teaching for minimally 6 months. **(Or I've been granted an exception by the Program Director. If you have been granted an exception, please print out and attach the e-mail in which this is stated and agreed.)**

Yes___ No___

FOR NON-CERTIFICATION

I am not a yoga instructor but rather am a (choose one) doula / midwife / other _____

PAYMENT

To reserve a place in our program, you must have paid tuition in full. To receive the early registration price, your payment must be made in full by the early registration date.

If paying by personal check, select one.

- Check is enclosed/attached / I'm mailing/dropping it off:
Sacred Sounds Yoga, c/o Stephanie Tang, Attn: Prenatal Training
163 Bleecker Street, 2nd Floor, New York, NY 10012

If paying by credit card, select one.

- Please charge the card detailed below / I'll call the studio with my information: 212-533-9642

- Visa Mastercard America Express Other: _____

Credit card #: _____

Expiration Date: _____ CID code: _____

Name as it appears on your card: _____

Billing address, if different from your mailing address: _____

I hereby authorize a payment of: \$ _____ Initial here: _____

PARTICIPATION AGREEMENT

I honor that ahimsa (non-harming in thought or action, toward self or other) and satya (truth in word and deed) are the foundational lessons of yoga and therein are the foundational pillars of this Program.

I have read and understood pages 1 through 4 of this document. please initial: _____

I understand the refund policy. please initial: _____

I understand the scope of this Program. I understand that, if I am paid in full and fulfill all the requirements of *Carried Downward Breath – A Prenatal Yoga Teacher Training*, including complying with in-class hours, completing written, reading & any viewing homework, participating in a meaningful manner in all class discussions and practice teaching, completing my 3 prenatal yoga class observations and handing in a Final Project that meets all requirements, that I will receive a certificate of completion, which can be submitted to prospective employers as evidence that I have completed this Prenatal Yoga Teacher Training program. Paying for the program and completing the hours alone does not mean I will pass the program.

I understand that I am required to attend all of the training dates and times unless i) prior arrangement otherwise has been made and agreed upon, or ii) in the unlikely event of a sincere emergency. Such hours can be made up at the discretion of the Program Director, in special assignments and/or as mentoring time, at their sole discretion. I understand that, missed hours can be made up with the Program Director at their private rate of \$125 per hour. If I do not make up all my hours, I will receive a non-passing status. Under such circumstances I may request the opportunity to make up my hours during a future *Carried Downward Breath* training, so long as I am in good standing in the Program (as defined by the Program Director in their sole discretion). Any such hours, made up in a future training, would incur a cost of \$150 per day.

I understand that in the unlikely event that my behavior is deemed inappropriate or unethical, by Sacred Sounds Yoga or the Program Director, in their sole discretion, that they reserve the right to ask me to leave the program. Under such circumstances, I will not be refunded my tuition. I understand that in the unlikely event that my health is deemed, by Sacred Sounds Yoga or the Program Director, in their sole discretion, to be at a level such that I am unable to fully participate in the training, that they reserve the right to ask me to leave the program. Under such circumstances, I will be given a prorated refund, based on the amount of time I have attended the training, less the deposit of \$150.

I have read, and accept the above agreement: _____
Signature Print Name Date