



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 of Living Now Yoga 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, to run a clinical study involving prenatal yoga - 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 50-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
- And much more...

SESSION DATES & TIMES

9am - 6:30pm (1½ hour lunch break) October 12th, 13th & 14th, 26th & 27st, 2019

PROGRAM REQUIREMENTS & PERAMETERS

This 50-hour program for certification is comprised of these four parts:

40 HOURS OF ON-SITE TRAINING: Students must attend all sessions (unless prior permission otherwise has been arranged) and must participate meaningfully in all group activities. See session dates & times, above.

HOMEWORK: Students must complete/hand in any homework, in a timely and tidy manner that demonstrates pride in one's work. Please expect that homework may be due for every class including the first class.

CLASS OBSERVATIONS. Students must observe minimally three prenatal yoga classes at Sacred Sounds Yoga, by (at the latest) 5 months from the conclusion of the onsite portion of the program. The available times for observing: Tuesdays 4:30pm / Sundays 1:15pm

A FINAL PROJECT: Students must hand in a Final Project, by (at the latest) 6 months from the conclusion of the onsite portion of the program. The Final Project will entail teaching and documenting a prenatal yoga class, according to certain criteria.

ABOUT THE INSTRUCTOR/PROGRAM DIRECTOR

Juliana Mitchell was introduced to yoga by her mom when she was 11 and began exploring the healing capacities of the breath at 18. Having studied with master teachers in the US, Italy and India, she's earned eight, yoga certifications (including Advanced Yoga Training with Judith Lasater, Pelvic Floor Yoga with Leslie Howard and is a Yoga Therapist via the International Association of Yoga Therapists). In 2006, Juliana began teaching prenatal yoga classes. Since then, she's conducted a yoga program for pregnant, homeless teens, assisted numerous expectant couples via her workshop Movement & Breath for Labor & Delivery, was prenatal yoga mentor to an obstetrician named Dr. Shilpa Babbar (for a randomized controlled trial to measure the impact of prenatal yoga on fetal behavior, conducted at Truman Medical

Center, Kansas City), has occasionally served as a birth coach. She is the director of two prenatal yoga trainings: Carried Downward Breath – A Comprehensive, Foundational Training and Harnessing Prana – An Advanced Techniques Training. Juliana has been on faculty for 25+ yoga teacher trainings and has shared her love of yoga in 7 countries across 4 continents.

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 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. In which case, they may earn a Certificate of Intensive Study in Prenatal Yoga.)

TUITION & DEPOSIT INFORMATION

TUITION

\$850.00 “early registration price” (until Sep. 12, 2019)

\$975.00 (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 beginning on the start date of the program and through the following 30 days, it also includes unlimited prenatal yoga classes from the start date of the program and for the 5 months that follow.

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 at Sacred Sounds Yoga.*

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? 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 _____.

And I understand that although I can receive a certificate of completion at the end of the training, that I will not however receive certification as a prenatal yoga teacher. (please initial) _____

PAYMENT

To reserve a place in our program, you must provide a non-refundable \$150 deposit. To receive the early registration price, your payment must be made in full by the early registration date. Full payment is due no later than the start of the program.

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 Bleeker 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 willingly apply these principles to the filling out of and to the signing of this application. I intend to bring these principles to my conduct within the program; the very best that I know how.

I intend to bring a sense of integrity and openness to my work in this program. In that the topics of fertility, pregnancy and motherhood can be emotionally charged for some people, I will move forward with tenderness and bravery for self and for others in the program; the very best that I know how.

I have read and understood pages 1 through 4 of this document.

I understand the scope of the program. I understand that, if I am paid in full and fulfill all the requirements of *Carried Downward Breath*, including complying with in-class hours, completing written, reading & 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 I will receive a certificate of completion, which can be submitted to prospective employers as evidence that I have completed the 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 prior arrangement otherwise has been made and agreed upon, or in the unlikely event of a sincere emergency. Such missed 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, if I miss more than 5 hours, I can make up my hours 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 will be given the opportunity to make up my hours during a future training at a rate of \$125 per day.

I understand that in the unlikely event that my behavior is deemed inappropriate or unethical by Sacred Sounds Yoga 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 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