



## Mindful Mamas Prenatal Teacher Training Program 85 HRS Prenatal Yoga Teacher Training Application

Thank you for your interest in the Mindful Mamas Prenatal Teacher Training Program. The information provided in this application is used to make informed decisions about your capacity to fully participate in, benefit from, and successfully complete all aspects of Mindful Mamas Teacher Training program. Please answer the questions honestly and completely. Providing inaccurate or incomplete information may result in non-acceptance or removal from the program. And please be honest. If you know nothing at all about pregnant women, that is OK. If you don't currently teach yoga, that is also OK. I am just trying to understand how you will use this training and how it will benefit you.

Please review information on our teacher training program. Please pay special attention to training dates, costs, curriculum, and general information. ([www.mindfulmamasyoga.com](http://www.mindfulmamasyoga.com) )

Complete the attached program application in its entirety, including the short-answer questions. After your application is completed and submitted, an interview will be scheduled with the program director (Laurel), please contact Laurel at [mindfulmamasyoga@gmail.com](mailto:mindfulmamasyoga@gmail.com) to schedule an interview. This can be completed via Skype or FaceTime if you are not local. It is the discretion of the Director of Teacher Training (Laurel) to admit you into the teacher training.

**All information provided in this application is for school use only and will be used to determine eligibility for Mindful Mamas Teacher training program. All information will be held in the strictest confidence and will be shared with no one.**

### **REFUNDS**

Canceling prior to 45 days: 100% of tuition minus \$100 administration fee

Canceling between 45-30 days: 50% of tuition minus \$100 administration fee

Canceling less than 30 days: no refund

***Once we are 30 days prior to the program start date, no refunds will be granted for any reason.***

***There will be no exceptions. (Please initial)\_\_\_\_\_***

**Signature:**

**Date:**



# Mindful Mamas Prenatal Teacher Training Program

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### Admissions Criteria

- You must be at least 18 years of age to participate in our training.
- Physical, mental, and emotional preparedness- The 85-Hour Certification program meets over the course of two weekends (4 days per weekend) for approximately 30-33 hours per weekend. The curriculum can be physically, mentally, and emotionally demanding. To be admitted you must be ready to fully participate in the demands of the program, physically and emotionally. An applicant must be able to support the group learning process. Applicants must be on time and be prepared to fully participate in the entirety of the teachings
- If you intend to do only the first module of the training, or if you do not intend to receive the RPYT designation from Yoga Alliance, then the homework, observation and teaching hours are not required.
- Yoga experience: At a minimum you must have been practicing for one year. This is your own practice...not practicing while teaching please.
- In addition to the weekend modules, there is 10 hours of observation, 6 hours of teaching practice and 10 hours of homework.
- There is a total of 10 hours of homework which includes reading the books on the reading list and giving a short summary of what was learned from this book in your own words. **Plagiarism is not tolerated and may result in the dismissal of the student from the teacher training without certification.**
- You must be prepared to complete all requirements to the Director's satisfaction to receive your certificate for the entire training. It is the right of the Director to refuse certification if the student does not meet the Director's expectations. This certificate can then be submitted to Yoga Alliance. If you have a RYT-200 designation, then the designation of Registered Prenatal Yoga Teacher will be issued by Yoga Alliance after you complete the trainings requirements and teach 30 hours of prenatal yoga. The training certificate does not give the student certification to train other yoga teachers in prenatal yoga, it only gives the certification to teach prenatal yoga.



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## Application

Name: preferred name:

Address:

City: province/state:

Zip/postal code:

E-mail:

Cell phone:

Day phone: evening phone:

Best way to contact you:

Date of birth:

### **Emergency contact**

Name: relationship to you

Address

City:

Province/State: Zip/Postal code:

E-mail: Cell phone:

Day phone: Evening phone:

How did you learn about Mindful Mamas Prenatal Yoga Teacher Training?



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\*If you are referred by an Mindful Mamas teacher or graduate from the previous teacher training, please indicate the teacher and/or graduate's name:

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How long have you been practicing yoga? < 6 months/ 6 months–1 year/ 1–2 years /2+ years

If you have practiced yoga for more than 2 years, please indicate how many years you have been practicing: \_\_\_\_\_

How long have you had a consistent practice (practicing yoga 4–7 times per week)? < 6 months/ 6 months–1 year/ 1–2 years 2+ years

Within the past year how many times, on average, do you practice per week? < 2 times per week/ 2–3 times per week/ 4–7 times per week

On average how long is your practice? < 1/2 hour / 1/2 hour–1 hour/ 1+ hours

What style(s) of yoga do you primarily practice?

How familiar are you with pregnancy and childbirth? (Very familiar or Barely familiar)

Have you been pregnant before?

Have you had a miscarriage or problems conceiving a child? Please explain.

Have you completed a 200 hr teacher training course?

Do you intend to become certified as a Registered Prenatal Yoga Teacher and teach prenatal yoga?

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## Education

Have you received a high school diploma or equivalent Yes No

Advanced degree (please describe):

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Please list schools attended, dates, and degrees obtained:



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Please list any body-centered training you have completed (e.g., massage therapy, dance, Pilates):

## **Work**

Current occupation \_\_\_\_\_ Number of years \_\_\_\_\_

Previous occupation \_\_\_\_\_ Number of years \_\_\_\_\_

Any other occupation information you wish to provide?

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## **Health Information (please indicate yes or no)**

Are you under medical treatment for any physical/mental condition?

Are you currently pregnant or trying to get pregnant?

Do you have any chronic pain, physical limitations, or disabilities?

Have you had a serious illness or major surgery within the last five years?

Do you have a communicable disease?

Are you under medical treatment for any psychiatric condition?

Have you ever been hospitalized for a psychiatric condition?

Are you in recovery from an addiction?

Have you ever been in a treatment program for alcohol or substance abuse?

Do you currently have or have you had any of the following conditions in your lifetime?

Environmental or food allergies?

Respiratory conditions?

Heart conditions?

Diagnosed mental-health conditions?

Seizures or strokes?

Chemical sensitivities?

Diabetes?

High blood pressure?

If you checked yes for any of the above questions, or if you have any other health condition that could impact your full participation in the program, please describe fully (if you need more space to answer this question, please attach additional sheets of paper):

Please list any symptoms/conditions being treated:



# Mindful Mamas Prenatal Teacher Training Program

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### Short answer

Please answer the following questions regarding your relationship to yoga and becoming a Yoga teacher (you can use another sheet if needed).

1. Please provide a description of your typical yoga practice, include examples of postures you practice during a typical session.

2. Besides yoga, please list any other type of physical activity you typically engage in, including how often you engage in them per week (e.g., running—3 times per week; dancing—once per week).

3. Why do you want to learn about prenatal yoga at this time in your life?

4. How do you plan to apply your yoga teaching skills in your life and work?

5. What teaching/leadership skills do you currently embody that would support your future work as a yoga teacher or practitioner?



# Mindful Mamas Prenatal Teacher Training Program 85 HRS Prenatal Yoga Teacher Training Application

## **Mindful Mamas School Contract/Requirements for Completion**

**In order to receive a certificate of completion from Mindful Mamas School the following requirements MUST be fulfilled:**

- A basic understanding of the principles underlying the yoga system, as well as the specific philosophies, teachings, techniques, and methodology of yoga for pregnancy.
- Competencies in the full range of skills required to safely and effectively teach Prenatal Yoga.
- A level of emotional maturity, mental stability, and personal integrity sufficient to create and maintain a safe and sacred environment that allows the personal transformation of students.
- The ability to be a yoga teacher, including the good judgment required to interact with students in a professional manner that safely and effectively brings them the benefits of Prenatal Yoga, as reflected in the student's conduct inside and outside of class during the course of the training.
- **Full attendance and in class participation is required. This means arriving on time and staying for the duration of the class.**
- Any classes missed must be made up at your own expense (this may be at the next offered training)
- All homework assignments must be completed and submitted to the director and be completed to the director's satisfaction. The Director has the right to ask for resubmission of requirements if not deems satisfactory.
- You will be required to teach yoga to and with your peers during the training program
- You will be required to solicit feedback on your teaching from peers, students and/or friends.
- You will be required to teach a prenatal yoga class to Laurel and possible to your fellow students. This may need to be repeated if Laurel feels you have potential for significant growth in your teaching. This is at Laurel's discretion.

**Further Details on Certification Requirements (you only need to complete this if you intend to apply to Yoga Alliance for registration):**

1. 10 hours of observing prenatal yoga
  - 6 of these hours are observing Laurel.
  - 4 hours can be any prenatal yoga class in person or on videoObservation Forms need to be submitted for each class observed.
2. 10 hours of teaching / assisting
  - 5 of these hours are in Laurel's presence. We will be doing this during the training so that all requirements will be met by the conclusion of the in-class portion. This is in addition to the observation hours.
  - 4 hours are teaching anyone prenatal yoga (it can be a non-pregnant person). Feedback forms need to be submitted for each class you teach.



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- 1 hour is as a lead teacher of prenatal yoga. Please video this if it is not possible to do with Laurel in person.

3. Complete readings as listed below
4. Submit flyer for your prenatal yoga workshop / session / class – due for Level 2
5. Complete all modules of training (60 hrs).
6. RYT-200 registration through Yoga Alliance
7. 30 hours of teaching prenatal yoga after TT completed. This is reported to YA, not to me.

Please submit all observation / feedback forms and final teaching video **at one time**. The forms should be submitted as a single .pdf file (combine all files together so you are sending me one file instead of a bunch please), the video can be a separate file. Homework can also be mailed.

### **Readings Required for Certification:**

I am asking students taking the entire training to read 4 of the following and give a report on what they have learned. #1 and #2 are required. You may pick two of the remaining choices. I will ask you to complete some short answer questions about each book. This must be in your own words. **Plagiarism is reason for dismissal** from the training and certification will not be given.

1. **Required: Ina May's Guide to Childbirth by Ina May Gaskin**
2. **Required: Mindful Birthing by Nancy Bardacke**
3. Yoga Mama: The Practitioner's Guide to Prenatal Yoga by Linda Sparrow
4. Mindful Motherhood: Practical Tools for Staying Sane During Pregnancy and Your Child's First Year by Cassandra Vieten
5. Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth by Margo Shapiro Bachman
6. Bountiful, Beautiful, Blissful: Experience the Natural Power of Pregnancy and Birth with Kundalini Yoga and Meditation by Gurmukh Kaur Khalsa and Cindy Crawford
7. Birthing from Within: An Extra-Ordinary Guide to Childbirth Preparation by Pam England and Rob Horowitz
8. Baby Om: Yoga for Mothers and Babies by Laura Staton
9. [www.spinningbabies.com](http://www.spinningbabies.com):

I \_\_\_\_\_ acknowledge that all information submitted in this application is true and accurate. I understand that incomplete or inaccurate information may result in my non-acceptance or dismissal from the program. I acknowledge that I have read the certification criteria listed above, and, should I be accepted to attend the Mindful Mamas Prenatal Yoga School Teacher Training, I understand I will be evaluated using these criteria.

Signature  
Print name

Date