



200-Hour Bodhi Yoga™ Thai Partner Yoga Therapist Practitioner Certification Information packet

Nuad Bo-Rarn or Thai Partner Yoga Therapy (TPYT) is an ancient form of therapeutic partner yoga first practiced over 2500 years ago in what was then Siam. TPYT is thought to have been developed by the famous Ayurvedic doctor, Shivago Komarpaj, who was the personal physician of the Buddha.

Originally TPYT was used to help prepare Buddhist monks and nuns for their daily meditation. It grew from there into a part of a traditional medical treatment which also included Yoga, herbal medicine, nutritional and food cures, and spiritual practice.

TPYT works on the pranic, or subtle, energy body through a series of slow, rhythmic palming, gentle rocking movements, and gentle stretches rooted in yoga asanas from the perspective of both the “giver” and “receiver”. It is founded on the theory of “*Sen lines*”, similar to the Nadis in the Indian system of Ayurveda. There are 72,000 Sen lines, of which ten are of primary importance. By opening up these pathways, they free movement of prana, or vital life force, through the physical, mental, emotional and spiritual aspects of the body.

TPYT is unique in that it is done fully clothed (except for bare feet) on a firm mat on the floor. This allows the practitioner to use her/his body weight transferred through yoga posturing effectively, rather than muscular force. The energy lines and points are accessed with compressions using the palms, thumbs, elbows, soles of the feet, Toes and knees, according to the needs of the recipient. The stretches constitute a form of double meditative yoga in which the recipient and practitioner both participate.

A TPYT session always starts with an invocation of gratitude and protection and ends with a benediction of blessing. TPYT original tradition sets a meditative atmosphere for the practice. Traditionally, a treatment would last 3 1/2 hours, but a well-rounded session can be completed in 1 1/2 to 2 hours. Longer sessions induce a greater feeling of timelessness and deeper relaxation.

The adept understanding of practicing TPYT gives you a profound way to transform your life into the realms of the “Everyday Sacred”. Becoming a TPYT Practitioner strengthens every area of your life. You become stronger in your Yoga, in your ability to balance the pressures of modern life, and in bringing a unique form of Spirituality to every facet of your consciousness.

Graduates of the program are in great demand by Medical Doctor’s, Physical Therapists, Rehab Centers, Schools, etc. for their in-depth knowledge, exceptional skill, intuitive insights into each client’s needs, and their ability to therapeutically guide clients to the experience of *inner harmony* that is the true essence of Thai Partner Yoga Therapy.

Practitioner Training Full Course Completion Objectives

- Understand how to structure and give a full body Thai Partner Yoga Therapy session, including all 4 traditional positions; front, side, back and sitting and Therapeutic Thai Yoga Techniques for chronic illness, & pain management.
- Theory and practice of energy lines & marma points (meridians/ Nadis).
- Yoga Therapy Restorative Yoga posturing to facilitate deep relaxation.
- Applied Hatha Yoga stretching and breathing exercises.
- Principles of energy healing (pranic healing) & Introduction to Ayurveda.
- Therapeutic treatments for common ailments (back & neck pain, chronic headaches, fatigue, impaired ROM, etc).
- How to read bodies, locate the chakras, marma yoga therapy points and Sen Lines.
- Dynamics of working in a meditative state of mind, and facilitating a deeply relaxed, altered state for your client.
- Learn the History and theoretical foundations of TPYT.
- How to use TPYT to treat individual differences, different body types, Ayurvedic doshas, and health needs.
- Daily Yoga & Movement for Energy Healers\Yoga Practitioners to strengthen your own body, mind and spirit and clear psychic build-up of working with clients.
- Anatomy of Yoga Movement & Code of Ethics for TPYT Practice

Bodhi Yoga™ TPYT Practitioner Requirements for Certification Award:

The 200-hour White Mountain Yoga TPYT Practitioner Certification includes both a solid grounding in technical skills and the development of Kratu (Intelligence in action) approach to TPYT. The curriculum includes:

Bodhi Yoga™ TPYT 200-Hour Certification Award Requirements

If you are intending to be awarded WMY TPYT Practitioner Certification, it is achieved by completing additional requirements at your own time and resource within 18 months of enrolling:

- 75 Hours Bodhi Yoga™ TPYT Certification Weekend training**
- 25 Hours Attendance in Bodhi Yoga™ Yoga Classes**
(Note: waived Bodhi Yoga™ Yoga Instructor graduates)
- 20 Hours Anatomy & Thai Theory Study**
- 40 Hours TPYT Sessions Practicum (You as the Giver to friends & family)**
- 10 Hours TPYT Sessions Practicum (You as the Receiver from a Bodhi Yoga™ Certified TPYT at their rate)**
- 20 Hours Personal Yoga Practice**
- 10 Hours TPYT Workshop Assisting**

Depending on your state of residence, once you complete the requirements for TPYT Certification, you will have the opportunity to participate as a **Bodhi Yoga™** TPYT Provider, at your current hourly rate and WMY will refer future candidates for certification to you to complete this requirement for themselves.

If you are attending these trainings from out of town, The Cottontree Inn is located across the street from **Bodhi Yoga™**, within the enclosed Cottontree Square.

It is recommended that you book your room early to guarantee your accommodations. When making your reservations, you will want to mention you are with **Bodhi Yoga™**, you're your will receive 15% off your room.

Various restaurants, shopping, entertainment and services are within walking distance of Cottontree Square.

Contact:

Cottontree Inn
2230 N University Parkway
Provo UT 84604 800.662.6886
Email. rusty@bwcti.com

For a virtual tour and room preferences, view:
<http://www.bwcottontreeinn.com/provo/>

200-Hour Bodhi Yoga™ TPYT Practitioner Certification Application

Applications are considered for enrollment in order received, apply early, as Bodhi Yoga™ accepts previous program waiting list enrollees first. *Graduates of the Bodhi Yoga™ Yoga Instructor Certification that have completed their requirements and been awarded certification are automatically accepted for study.*

Return Completed Application, and your \$500. Tuition Deposit to:

Bodhi Yoga™

Attention: Applications

PO Box 970037

Orem UT 84097

Personal Information

First Name

Last Name

Address

City

State

Zip Code

Home Phone

Mobile Phone

E-mail

Date of Birth

Current Occupation

Emergency Contact

Phone Number

How did you find out about the White Mountain Yoga TPYT Practitioner Certification Program?

Prerequisite Information

How long have you been practicing yoga asana?

How long is your daily practice? 10 min _____ 30 min _____ 1 hours _____ 2 hours(+) _____

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

Have you ever received a TPYT session? Where, from whom?

Have you taken classes with a certified teacher for at least 6 months? Yes No

Have you practiced White Mountain Yoga? Yes No

If you answered yes: With a WMY Instructor? Instructor's name

In a Bodhi Yoga™ workshop? Title

With a Bodhi Yoga™ CD/DVD? Title

Other

Yoga Teaching / Bodywork / Energy Healing Experience

Are you currently teaching yoga? Yes No

How long have you been teaching?

What tradition/style?

If so, number of classes per week?

Are you Certified/Licensed in bodywork/energy healing modality? Yes No

How long have you been Certified/Licensed?

What tradition/style?

Initial here _____

Essay Questions

Please answer the following questions regarding your relationship to yoga and becoming a teacher on a separate sheet of paper.

1. Please provide a detailed description of your daily asana practice.
2. What does yoga mean to you? How has your involvement in yoga changed and developed over time?
3. Why do you want to be certified as a TPYT Practitioner at this time in your life?
4. If you complete this training program, you will be certified as a **Bodhi Yoga™** TPYT Practitioner. Why have you chosen to teach this particular approach to TPYT? Based on your personal experience, what are the components of White Mountain Yoga that you enjoy the most?

Health Information

(If you answer yes to any of the following questions please describe fully on a separate page.)

Are you under medical treatment for any physical or psychological condition? Yes No

Are you currently pregnant or trying to get pregnant? Yes No

Have you ever been hospitalized for a psychiatric condition? Yes No

Do you have any chronic physical limitations or disabilities? Yes No

Have you had a serious illness or major surgery within the last 5 years? Yes No

Do you have a communicable disease? Yes No

Are you in recovery from a drug/alcohol addiction and if so, how long? Yes No # of years _____

Describe your weekly alcohol/drug consumption:

On a separate page, please list any prescription medications you are currently taking (indicate dosage and frequency of intake; we do not need to know about birth control or prescriptions).

Bodhi Yoga™ Instructor's & TPYT Practitioner Ethics Agreement

Bodhi Yoga™ Instructors & TPYT Practitioners offer experiential educational yoga classes and sessions. We recognize that the nature of yoga is to promote physical and psychological growth through which profound transformation can occur. It is your responsibility to do your best to uphold and foster a sacred, safe environment to allow transformation to happen. It is important for you to possess a high degree of emotional maturity and personal integrity in order to serve and empower your students.

As Bodhi Yoga™ TPYT Practitioner I agree to the following code of ethics:

I agree to have a sincere commitment to provide the highest quality care to those that seek my professional services.

I agree to refrain, under all circumstances, from initiating or engaging in any sexual conduct, sexual activities, or sexualizing behavior involving a student even if the student attempts to sexualize the relationship. I agree an essential part of giving TPYT is the development and maintenance of a professional teacher/student relationship. This includes establishing clear and appropriate social and sexual boundaries.

In accordance with Utah State Laws for professional conduct, and required by Bodhi Yoga™, I agree not to engage in a sexual relationship with any student within six months of them formally discontinuing the client relationship.

I agree effective TPYT often involves physical contact applied in a professional atmosphere of safety. I agree that I will in no way sexualize TPYT as I communicate in any way with clients, potential clients, or others. I understand that this includes all forms of conversation, including, but not limited to flyers, internet, phone and any other form through which I may choose to promote myself as Bodhi Yoga™ Certified TPYT.

It is my responsibility as a teacher to create and maintain a safe environment that engenders trust and mutual respect among practitioner/client. And further understand that the State in which I reside may require licensure to perform TPYT professionally.

I agree to represent my qualifications honestly and provide only the services I am qualified and certified to perform.

I agree to refrain from recommending treatment, diagnosing a condition, or suggesting a student disregard medical advice.

I agree to acknowledge the limitations and contraindications of TPYT and refer clients to the appropriate health care professionals.

I agree to consistently maintain and improve my professional knowledge and competence, striving for professional excellence through regular assessment of personal and professional strengths and weaknesses and through continued education and training.

I agree to conduct my business and professional activities with honesty and integrity.

I agree to refuse to unjustly discriminate against students.

I agree to avoid any interest, activity, or influence, which might be in conflict with my obligation as a Bodhi Yoga™ TPYT Practitioner and to act in the best interest of the client.

I agree to respect clients' boundaries with regard to privacy, disclosure, emotional expression and beliefs.

I agree to accept an on-going, "non-compete" relationship with Bodhi Yoga™: I will not open a yoga studio/center within 30 miles of the Bodhi Yoga™ Center. As a Bodhi Yoga™ TPYT Practitioner, I understand that I am not authorized to offer Thai Yoga Certifications or group trainings in any form within the state of Utah. Outside Utah I may offer certifications following 10 years of my own Bodhi Yoga™ Cert. Award and agree to purchase the certification curriculum from Bodhi Yoga™ and the current cost.

I further agree that by receiving Bodhi Yoga™ Thai Partner Yoga Therapy Practitioner Certification manual and course participation, I agree to use reasonable care to prevent unauthorized use of this confidential Certification information. I fully acknowledge, the information included, sequencing and style of yoga study in this program is Copyrighted, and I will protect it by not reproducing, or distributing it in any form. I understand that exploiting this copyright leaves me liable for current copyright breach fines beginning at \$150,000.00. I will protect the intellectual capital from this training, including manuals, study, guides and personal class instruction the same way I would protect my own private/confidential personal information.

I agree and understand that all actions that breach the principles of this Bodhi Yoga™ TPYT Practitioner Ethics Agreement will be fairly investigated. I understand that if the situation warrants, my certification as a Bodhi Yoga™ TPYT Practitioner may be revoked or restricted. I have read this document in its entirety, understand it, and agree to honor it. I also understand that by signing the application I am entering into a legal contract that incorporates all aspects of this agreement.

Initial here_____

Acceptance of Terms

By signing below, I affirm that the information provided in this application is to the best of my knowledge true and complete. I understand that providing inaccurate, incomplete, or misleading information is grounds for rejecting this application, being required to leave the program after I have commenced participation, or the revocation of my certification after completing the program. If I am forced to leave a program because of a health consideration, continuing in another session is at the discretion of the Director of Professional Training Programs. I understand that the tuition(s) for this/these program(s) are non-transferable and non-refundable. I have carefully read the Criteria for Certification and accept the requirements, conditions, and agreements expressed therein. I understand that my failure to meet the criteria will result in my not being certified. Please Initial here _____. I have carefully read the Responsibility Agreement and understand that The Bodhi Yoga™ Center is not responsible for my physical and psychological safety during this training program. Please Initial here _____. I have carefully read the Bodhi Yoga™ TPYT Practitioner Ethics Agreement and understand that any violation of this agreement during the training could result in my not being certified and that any future violation could result in the revocation of my certification. Please Initial here _____. I understand that the Criteria for Certification, Responsibility Agreement, and Ethics Agreement are legal contracts. I will keep them for my records. I will be asked to sign copies for Bodhi Yoga™ records on the first day of the program.

Signature _____ **Date** _____

Bodhi Yoga™ L.L.C does not discriminate on the basis of race, color, religion, national origin, gender, age, marital status, disability, or sexual preference. The information in this application will be treated as confidential.

Please retain a copy of this application for your files. Submit originals to Bodhi Yoga™.