



# 200-Hour Bodhi Yoga™

## Instructor Certification Application Agreement Packet

### The Call to Teach

Awaken the healer within and experience the deep inner transformation sparked through the path of White Mountain Yoga Instruction.

Yoga is an ancient tradition with tremendous benefits for modern society. Bodhi Yoga™ shares a sincere desire to illuminate the essential truths of yoga, free from superstitions and gimmicks. Bodhi Yoga™ Instructors develop an exceptional sense of **KRATU**. Kratu is the Sanskrit word meaning **Intelligence of Action**. They share this understanding as they serve to inspire their own students' discovery of yoga. The practice for client and instructor becomes a symbiotic catalyst for physical healing, psychological development, and spiritual awakening.

The Bodhi Yoga™ Instructor Intensive Certification gives you powerful tools to transform your own life as well as the lives of others. During the course, you will learn the many facets of teaching yoga, from the external practices of asana and pranayama to intrinsic practice of movement, stilling the mind and attuning to the subtle levels of the energy body/mind.

The in-depth, intensive training you receive lays a solid foundation for a successful career as a yoga instructor and gives you the tools to create a viable yoga business. It enables you to offer your yoga clientele a deeper knowledge of their mind, body, spirit connection for self-awareness and healing; and empower them to transform their life.

Graduates of the program are in great demand by Medical Doctor's, Physical Therapists, Rehab Centers, Schools, etc. for their in-depth knowledge, clear instruction, intuitive insights into each client's needs, and their ability to therapeutically guide students to the experience of *inner peace* that is the true essence of yoga.

### Course Objectives

- Provide an in-depth experience of Bodhi Yoga™ and the consciousness it fosters for a time of personal exploration and self-renewal or with the objective of instructing yoga classes.
- Teach the Bodhi Yoga™ methodology of Kratu (Intelligence in Action) and endow Instructors with the confidence to competently and safely teach.
- Teach foundational Asanas, Vinyasa, Restorative, Breath-work, Meditation, "Hands-on" adjusting and other yogic practices through comprehensive instruction, anatomy study and personal practice.
- Provide awareness of the basic skills needed to start a professional Yoga business.
- Create a group environment conducive to the practice of Bodhi Yoga™ as a *Healer's Art*.

## The Curriculum

The 200-hour Bodhi Yoga™ Instructor Intensive includes both a solid grounding in technical skills and the development of Kratu (Intelligence in action) approach to teaching. The curriculum includes:

**principles of asana inquiry:** Learn to teach at least 30 classic yoga postures. You will learn the different joint articulations and neuro-muscular alignment principles for each posture; how to give clear directions for moving in and out of the posture with safety; and how to assist using pressure point methodology as well as other “hands on and off” assisting methods.

**Asana Sequencing** Practice and learn a wide variety of movements that can be used to condition and warm- up the body, as well as the principles of using asana for the cultivation of body awareness.

**Pranayama** techniques Learn how to teach foundational yogic breathing techniques, including Ujjayi, Kapalabhati, Bhastrika, Nadi Shodhana, Lunar Breathing.

**Meditation**, centering and relaxation techniques and methodology Learn essential meditation techniques, skills for creating sacred space, centering yourself and your students, and how to guide students in deep, restorative savasana.

**Teach to the Individual Group** recognize students pace and tailor your class according to students’ skill levels and experience, and how to create lesson plans for a complete series of classes with progressive levels of difficulty.

**Anatomy, Physiology, and Kinesiology** Begin to explore the skeletal and muscular systems as applied to yoga practice. Focus on joint movements, range of motion, and basic muscle groups. Gain an introductory knowledge of the WMY Ten Systems of the Body.

**Yoga Philosophy** Learn the history and philosophy of Kratu and the History of Yoga, Current Modalities and experience living in a yogic community.

**Practice Teaching** Numerous opportunities will be provided to demonstrate the ability to teach postures and complete classes using Kratu methodology.

### 200 Hour Requirements begin Five Yoga Immersion Weekend Sessions:

#### **Session One:**

##### ***Bone, Breath & Gesture***

Introduction to Yoga,  
Foundations of ASANA & Sequencing of  
Practice

#### **Session Two:**

##### ***The Twelve Systems of the Body***

Anatomy of Yoga Movement  
& The Contexts of BodhiYoga™ Practice

**Session Three:*****Wisdom of Ayurveda***

The Emotions of Movement

Inspired Practices for BodhiYoga™

Hands-on Adjusting

**Session Four:*****Discovering Your Voice***

Structures of Sanskrit in Yoga

including Sacred Chant & Teaching

the Language of Movement

**Session Five:*****Choosing Your Path***

Teaching Specialized Yoga Classes,

Intuitive Instruction & Energy Healing

Aspects of Yoga

Each of the Bodhi Yoga™ Five Session Season include in-depth study in: yoga practice, asana clinics, study of historical yogic philosophies & applications, experiential anatomy, practice teaching, and much more. Immersion Sessions 1-5 are held the first weekend of the month, Thursday & Friday 6-9pm and Saturday 8am-5:30pm

**100-Hours Practicum Required for 200-hour Fulfillment:**

30 Hours Class Instruction\*

20 Hours BodhiYoga™ Class/Workshop Assisting

20 Hours Anatomy Study

10 Hours Ethics in Yoga

80 Hours Personal Practice

You will have one Year, following your 5-Yoga Immersion Session to complete the practicum requirements, should you choose to attend with the aim of being awarded Bodhi Yoga™ Certification.

**If you are coming 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. Mention that you are with WMY and you will receive 15% off room lodging. Contact: Cottontree Inn, 2230 N University Parkway Provo UT 84604 800.662.6886 Email. [rusty@bwcti.com](mailto:rusty@bwcti.com)**

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

## 200-Hour Bodhi Yoga™ Instructor Certification Application

*Applications are considered for enrollment in order received, apply early.*

**Return Completed Application to:**

**The Bodhi Yoga™ Center**

**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

### Program Tuition Information

**Bodhi Yoga™ 200-Hour Certification Tuition of \$3,450. includes:**

\$150. due with your application

\$800. Non-Refundable deposit due 45 days prior to training.

\$2,500 Non-Refundable tuition balance due 5 days prior to first Immersion session.

How did you find out about the Bodhi Yoga™ Intensive?

### Prerequisite Information

How long have you been practicing asana?

How long is your daily practice? \_\_\_ hour\_\_\_\_\_ 1 hour\_\_\_\_\_ 1\_ hours\_\_\_\_\_ 2 hours(+)\_\_\_\_\_\_

Which style(s) of yoga do you primarily practice

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 WMY workshop? Title

With a WMY 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?

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?

## **Bodhi Yoga™ Instructor's Ethics Agreement**

Bodhi Yoga™ Instructors offer experiential educational yoga classes. 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 BodhiYoga™ Instructor 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 effective yoga teaching often involves some physical contact applied in an atmosphere of safety. It is my responsibility as a teacher to create and maintain a safe environment that engenders trust and mutual respect among students and teacher. I agree to offer compassionate, competent, and safe touch to my students when assisting them in yoga classes.

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 teaching Bodhi Yoga™ is the development and maintenance of a professional teacher/student relationship. This includes establishing clear and appropriate social and sexual boundaries. I agree not to engage in a sexual relationship with any student within six months of them formally dropping out of class.

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 yoga and refer students 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 respect students' boundaries with regard to privacy, disclosure, emotional expression and beliefs.

I agree to avoid any interest, activity, or influence, which might be in conflict with my obligation as a BodhiYoga™ Instructor to act in the best interest of the students.

I agree and understand that all actions that breach the principles of this BodhiYoga™ Instructor's Ethics Agreement will be fairly investigated. I understand that if the situation warrants, my certification as a White Mountain Yoga Instructor 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.

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

**I further agree that by receiving Bodhi Yoga™ Instructor 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.**

## 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. Which postures do you practice during a typical session?
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 yoga teacher at this time in your life?
4. If you complete this training program, you will be certified as a Bodhi Yoga™ Instructor. Why have you chosen to teach this particular approach to yoga? Based on your personal experience, what are the components of Bodhi 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 cosmetic prescriptions).

## 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 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 WMY Center is not responsible for my physical and psychological safety during this training program. Please Initial here \_\_\_\_\_. I have carefully read the Bodhi Yoga™ Teacher's 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™ 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™.*