



Thank you for applying for the Therapeutic Yoga Teacher Training Program with Phoenix Rising Yoga Therapy. We are very excited to be working with you and supporting your education in facilitating therapeutic yoga classes. You are providing yourself with the opportunity to empower your clients and class participants with the practice of yoga and embodied mindfulness.

By working with Phoenix Rising, you are also beginning a journey into knowing yourself better. Being a yoga teacher provides an incredible lens through which to see yourself. How you show up as a teacher, plan your classes, the words and postures you choose, how you interact with students, how you do or do not incorporate yoga into your lifestyle... all of this has deep meaning and significance to your personal relationship to being a yoga teacher. Each of these aspects provides you with a catalytic opportunity through which to view yourself.

As you embark on this journey into yourself, this application is the first step. Please take your time and allow the process of applying to be a form of self-reflection and inquiry. There are no right answers, no wrong answers, no better or best answers—there is simply your way of being and responding. Please be honest, open and genuine in your responses.

You may return the Application to us at this email address: registrar@pryt.com. You may choose to fill it in digitally (it's a fill-in-able pdf; see instructions below*) or print to fill out by hand and mail or scan.

Please note that each Certificate Program has its own specific Prerequisites. Please be sure that you have completed (or are currently pursuing) the appropriate prerequisite courses of study or professional activities. It is extremely important to remember to attach copies of any required certifications, diplomas, or licensures when you submit this application. Your application will not be reviewed until all components are received.

Applications for our Teacher Training Programs are accepted on a rolling basis, and you will hear back about acceptance within a few weeks of our receiving your complete Application. We do ask that you return your Application at least 4 weeks before your first Teacher course date, so please check your registrations and keep that in mind.

Financial documents are handled separately. Please let us know if you are interested in pursuing a Payment Plan process or Financial Aid so that we can send you the appropriate information.

For more in depth discussion about course content, curriculum planning, and how PRYT might fit in with your personal and career goals, feel free to reach out to Sarah Greco, Student Advisor, at sarah@pryt.com.



If you have any questions, please call the Phoenix Rising office Monday through Friday between 10am and 5pm or reply to this message.

We look forward to seeing you!

Carolyn

Carolyn Ashby

Registrar & Programs Administration

Useful Contacts:

- § General Inquiries: info@pryt.com
- § Student Records: Carolyn, registrar@pryt.com
- § Financial Inquiries: Brent, finance@pryt.com
- § YTT Director: Sarah Greco, sarah@pryt.com

Application:

* a note on fill-in-able pdfs: typically these forms need to be saved onto your computer rather than opened in a preview mode or web tab. Please save the form to your computer, open using Adobe Reader, fill it in and then use the "Save As" option to save again with your name in the document title. That version can then be attached to a return email to us. To be safe, you may want to type longer answers in a Word document first (and save it) just in case something doesn't work. Thanks!

Preparation:

At this time, we encourage you to commit to personal yoga and meditation practices if you haven't already, as these will be required during the course of the training.

We highly recommend you check out the suggested reading list and other resources on our website at: <http://pryt.com/pryt-home/resources/>

Receiving PRYT sessions and participating in classes are the best ways to connect with the work. You may find Phoenix Rising Yoga Therapists and Therapeutic Yoga Teachers near you in our Directory at: <http://pryt.com/pryt-directory/>