



PRAJNA

pilates \ yoga \ beyond

PRAJNA Advanced Studies Program 2018 Catalog



**Pilates Apparatus
Teacher Training**



**Universal Yoga
Teacher Training**

loveprajna.com



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WELCOME

to the PRAJNA Advanced Studies Program

Thank you for your interest in the PRAJNA's Advanced Studies Programs. Our school offers Universal Yoga and Pilates Teacher Training Programs. Whether you choose our yoga training or dive into the Pilates training, our programs will help the practitioner develop a well formed and mature practice, focusing not just on the physical aspects of yoga and Pilates but the body, breath, mind and spirit connection. You may intend to simply deepen your understanding of the practices or you aspire to teach and share with others, our training will prepare you for your journey.

We consider the study of yoga and Pilates a science—continually evolving. Our authentic yoga program teaches Universal Yoga. The founder, Andrey Lappa, has taken the ancient teachings and made them accessible to those living in the Western world, while staying true all of the elements and rules that make this ancient practice so powerful. Andrey is one of the few teachers with the knowledge of the external, internal, secret and complete practices and is willing to share the teachings with students who are ready to receive this information. There is a common saying in the yoga community, “When the student is ready, the teacher appears.” If you are drawn to this program, it is most likely because you are ready for the teachings. You can read more in this under the description of Universal Yoga.

Our Pilates program is based on the classic teachings of Joseph Pilates. PRAJNA has teamed up with The PhysicalMind Institute based out of New York to provide you with a full training on the apparatus including the reformer, cadillac, chair, ladder barrel, and other smaller props. As a Pilates teacher for many years now, I have seen how this system can be utilized for all ages and fitness levels, from pre-teens who have injured their bodies during extracurricular activities, office workers, doctors, and mothers who have developed poor posture from daily life, middle aged athletes who have lost their edge, seniors citizens who can hardly walk, the list can go on and on. It is a great compliment to yoga as both systems focus on body, mind, and breath, while the Pilates equipment offers a way to train the physical body that are not often worked on the yoga mat.

We are honored you are considering one of our programs. An amazing journey into the benefits you gain from regular practice and the transition it makes into everyday life awaits you. Our many years of practice and teaching experience will ensure you a rewarding adventure. We are looking forward to practicing with you.

Namaste,

Sheri Baemmert, E-RYT® 500, RCYT®, RPYT®, YACEP®
Director and Instructor
PRAJNA Advanced Studies Program





Mission Statement

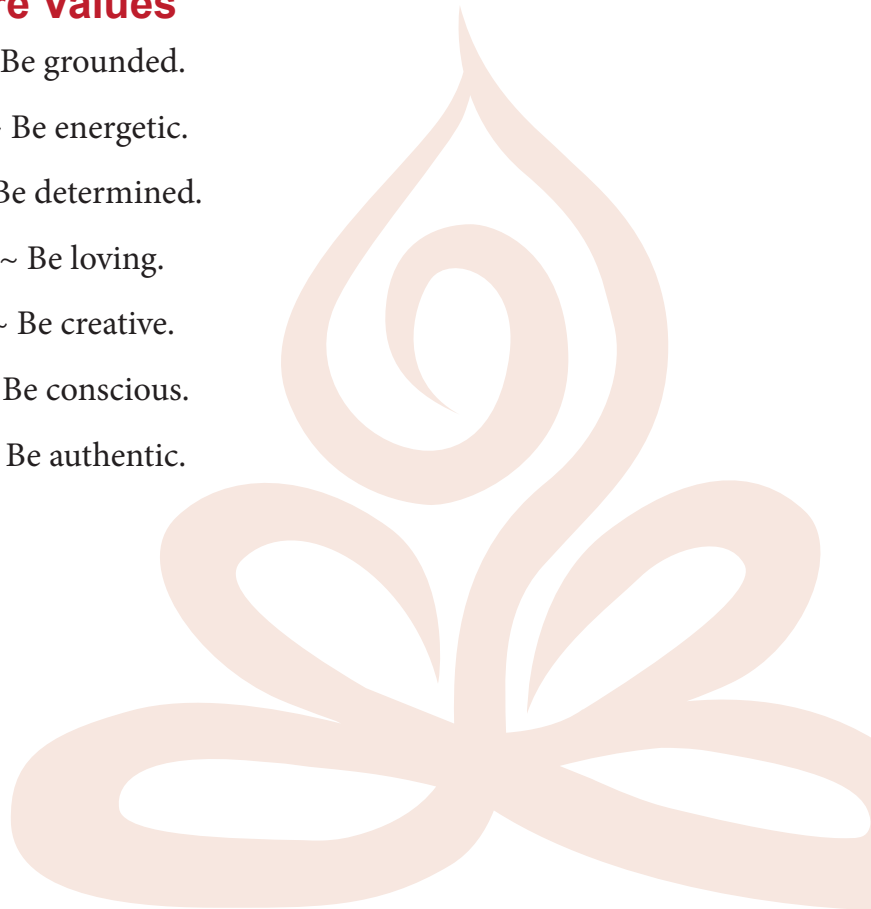
To guide students in the unification, balance and control of their body, breath and mind through the teachings of authentic yoga and Pilates as a science that continues to evolve so everyone has the opportunity to reach the ultimate goal—happiness.

Vision Statement

To allow those who walk through our door the opportunity to realize how special they truly are and to encourage them to show up and to the work. What we practice enhances how we choose to live.

Core Values

- 1st ~ Be grounded.
- 2nd ~ Be energetic.
- 3rd ~ Be determined.
- 4th ~ Be loving.
- 5th ~ Be creative.
- 6th ~ Be conscious.
- 7th ~ Be authentic.



Prajna's Location, Facilities, Amenities

Eau Claire, Wisconsin is located in Western Wisconsin. "Eau Claire" is the singular form of the original French name, "Eaux Claires," meaning "clear waters," for the Eau Claire river. According to local legend, the river was so named because early French explorers journeying down the rain-muddied Chippewa River, happened upon the Eau Claire River, excitedly exclaiming "Voici l'eau claire!" ("Here [is] clear water!") The city motto.

With a population of over 65,000, Eau Claire has all of the modern conveniences for anyone traveling from out-of-town.

Our training facility, PRAJNA, is located at 705 S Barstow Street in downtown Eau Claire, Wisconsin.

Please bring your own pilates/yoga mat. A limited number of blocks and straps are available at the facility for use during classes. Tea and water will be provided. The Pilates equipment used during the Pilates Teacher Training includes reformers, cadillac, chairs, ladder barrel, foot corrector, and props including magic circles, orbits, poles, balls, and more.

There are a variety of restaurants, lodging facilities, a grocery/convenient store, walking trails and parks nearby.

Lodging options within walking distance include The Lismore Hotel and The Oxbow Hotel. There are many more options within a short drive. There may also be airbnb.com options within driving distance. Please note a major music festival will be going on the weekend of July 6-7, 2018. Please book your lodging in advance to ensure you have a place to stay.



School Information

PRAJNA LLC - PRAJNA Advanced Studies Program

Mailing Address: 705 S Barstow Street, Eau Claire, WI 54701

PRAJNA website: loveprajna.com

PRAJNA phone: 7150577-5502

Email: sheri@baemmert.com

PRAJNA LLC Owner, Operator and School Administrator: Sheri Baemmert, E-RYT® 500, RCYT®, RPYT®, YACEP®, PMA®-CPT, Certified Pilates Teacher PhysicalMind Institute

Universal Yoga Website: universal-yoga.com

PhysicalMind Institute Website: www.physicalmindinstitute.com



Advanced Training Program Faculty

Universal Yoga Teacher Training Program

Andrey Lappa, Founder of Universal Yoga



“Yoga is strength, balance, and unification.” This is the essence of what Andrey Lappa*, a Ukrainian Yoga Master and a self-realized Vajrayana Buddhist, has explained yoga to be. A world-renowned teacher, who’s life’s work has been to study and teach yoga philosophy and techniques, Andrey has spent most of his life in India and Nepal training with B.K.S. Iyengar, Patthabi Jois, Desikachar, Bhagavan Sri Rajnish, and also remote Himalayan yogis. Andrey is trained in Kalarypayat (an ancient Indian martial art), Bharata Natyam (an ancient style of Indian dance), Zyong-Shin and Viet-Vo-Dao (ancient Vietnamese martial arts), and in Karate. Currently, Andrey lives in Nepal and teaches mostly throughout Asia. He is a follower of the Karma Kagyu lineage of Buddhism and a disciple of the venerable Choje Lama Phuntsok. After devoting a lifetime

of exploration to the most esoteric and challenging practices of yoga in Hindu ashrams and Buddhist monasteries, Andrey developed the powerful and effective Universal Yoga. It is a systematic approach to spiritual evolution based on the key principles of classical yoga, creativity in practice and personal spiritual freedom. Andrey is the keeper of Shiva Nata™ (Dance of Shiva), a system of consciousness control and liberation. He is also the author of the book “Yoga: Tradition of Unification,” 48 yoga DVDs in English and Russian, and nine computer yoga-training programs. Learn more about Andrey and his additional trainings and workshops at www.universal-yoga.com.

Universal Yoga Teacher Training & Pilates Teacher Training Programs

Sheri Baemmert, E-RYT® 500, RCYT®, RPYT®, YACEP®, PMA®-CPT, Certified Pilates Teacher PhysicalMind Institute

Sheri Baemmert is the owner and senior yoga and Pilates teacher at PRAJNA. She has been teaching wellness classes in 1990, yoga in 1995, and Pilates since 2001. She trained with many world renowned



teachers over the years but found her Guru, Andrey Lappa, in 2011. Sheri has been studying extensively with him to learn the full Universal Yoga system. She has completed 700+ hours of Universal Yoga trainings including multiple rounds of Level 1, Level 2 and Level 3, and workshops. Sheri is honored that she will be assisting Andrey during this training and is dedicated to spreading the wealth of knowledge contained in this authentic yoga system. Sheri holds the highest qualification possible with Yoga Alliance, E-RYT® 500, RCYT®, RPYT®, YACEP®. Sheri is a certified Pilates teacher through The PhysicalMind Institute and she is PMA® Certified Pilates Teacher. Her Pilates training includes all of the apparatus, mat and standing Pilates. Sheri is also trained in Thai Yoga Bodywork. Learn more about Sheri at www.loveprajna.com.



What is Pilates?

Pilates is an exercise system developed by Joseph Pilates. As a child, Pilates suffered from a variety of ailments and became obsessed with becoming healthy. He studied various forms of physical fitness including boxing, fencing, wrestling, gymnastics, yoga, and zen meditation. Eventually, Pilates pulled these forms of exercise together and developed his own method called Contrology. Today, his method is named after him and is known the world over as Pilates.

Joseph Pilates' philosophy, as stated in his 1945 book *Return To Life*, is a vision of health and well-being that gives a context to his exercises. Three guiding principles: Whole Body Health, Whole Body Commitment, Breath.

Whole Body Health

“Physical fitness is the attainment and maintenance of a uniformly developed body with a sound mind fully capable of naturally, easily, and satisfactorily performing our many and varied tasks with spontaneous zest and pleasure.” —Joseph Pilates

Whole Body Health refers to the development of the body, the mind and the spirit in complete coordination with each other. Mr. Pilates wrote that the Whole Body Health could be achieved through exercise, proper diet, good hygiene and sleeping habits, plenty of sunshine and fresh air, and a balance in life of work, recreation and relaxation.

Whole Body Commitment

“To achieve the highest accomplishment within the scope of our capabilities in all walks of life, we must constantly strive to acquire strong, healthy bodies and develop our minds to the limit of our ability.” —Joseph Pilates

“Faithfully perform your Contrology exercises only four times a week for just three months...you will find your body development approaching the ideal, accompanied by renewed mental vigor and spiritual enhancement.” —Joseph Pilates

Whole Body Commitment is mental and physical discipline, a work ethic, an attitude toward one's self and assuming a lifestyle that is necessary to achieve Whole Body Health.

Breath

*“Above all, learn how to breathe correctly.”**

*—Joseph Pilates as told to Ron Fletcher

The breath is an integral part of overall body functioning, increasing volume capacity, oxygenation and other physiological changes. Full consistent inhalation helps the circulatory system nourish all the tissues with oxygen-rich blood while carrying away impurities and metabolic waste. Pilates Referred to this cleansing mechanism as the “internal shower” which results in mental and physical invigoration and rejuvenation.



The Pilates Movement Principals

“Physical fitness is the first requisite of happiness.” —Joseph Pilates

In Pilates, as in yoga, there is a powerful mind-body connection. The mind and the body must actively engage to achieve physical fitness in the Pilates exercise regime.

The following Pilates Movement Principals are integral in achieving this mind-body connection:

- | | |
|------------------------------|----------------|
| ~Whole Body Movement | ~Breathing |
| ~Balanced Muscle Development | ~Concentration |
| ~Control | ~Centering |
| ~Precision | ~Rhythm (flow) |

The body is organized to move by centering. Balanced muscle development allows efficient movement and proper joint mechanics. Constant mental concentration is required to fully develop the body. Precision, meaning exact, defined, specific, intentional movement, is necessary for correct form. Only a few repetitions of each exercise are appropriate so that each repetition can be performed with a greatest control, using only the necessary muscles and effort necessary for each movement. Breathing promotes natural movement and rhythm and stimulates muscles to greater activity. Performance of the pilates exercises is distinguished by always using the whole body.

As such, Pilates aids in strength, posture, flexibility, and concentration. These attributes not only ease the aches and pains of everyday life, they are sought after by top athletes looking to perfect their capabilities.

Goals and Benefits

“One of the major results of Contrology is gaining the mastery of the mind over the complete control of your body.” —Joseph Pilates

The Guiding Principles and Movement Principles facilitates long-term goal achievement. The benefits are both measurable and perceived:

- Coordination
- Strength
- Mobility
- Efficient movement
- Flowing movement
- Proper posture
- Mental and spiritual rejuvenation
- Self awareness
- Self confidence
- Restoration of natural animal movement
- Integration of mind, body, & spirit
- Sense of well-being
- Enhanced quality of life



Pilates Teacher Training Program

Part 1 (300 Hours) Description

Full Program includes Part 1 and 2 (450 Hours)

Prajna offers this complete Pilates Teacher Training Program. We follow a program approved by The Physicalmind Institute located in New York. The Physicalmind Institute was founded in 1989 by Joan Briebart who continues to operate as its director and creator. The Institute was solely responsible for alerting and educating the public to the value of this work, organizing and standardizing the Pilates Method with the intent of maintaining its integrity. The Institute, in its infancy, was governed by a board of directors, many of whom worked directly with Joseph and Clara Pilates and their protégés and who are responsible for developing the initial guidelines for educating and certifying the next generations of teachers.

This comprehensive program is designed to teach the key concepts of Pilates. Participants will learn a full program for the Reformer, Cadillac (trapeze table), Chair, Ladder Barrel, and matwork. Along with why to choose one apparatus over another in various circumstances. Participants will learn how to utilize Pilates to work with modern people and the adjustments for different lifestyles and populations. This course will also discuss how to teach, not just what to teach. The goal is for participants who complete the program to have the tools to teach successfully.

For individuals wanting to learn how to use the apparatus for home use, but don't want to teach others, this would also be a good fit. Anyone can purchase Pilates equipment, but just because one has the equipment doesn't mean they are practicing Pilates. There is a difference between Pilates and just plain exercises. This program will point out how to turn exercise into Pilates.

Lectures are held weekly. Students are required to attend all scheduled lectures and make-up any missed sessions through one-on-one mentoring with one of the faculty members at the student's own expense. Observation, self practice and practice teaching hours scheduled separately each week during regular studio hours. Students are expected to start observation and self practice hours within the first two weeks of the start of the program. Practice teaching hours are to be started within 30 days of the start of program. Students are required to put in observation, self practice and practice teaching totally at least 10 hours weekly. Students will be given logs to use to track hours and must have them initialed by teacher. Teacher will check log sheets during the lecture meetings. Teacher will observe students practice teaching periodically throughout program. Students will be given homework assignments at each lecture. Students are expected to complete the homework before the next lecture (Pass/Needs More Refinement). All logged practical, observation, and practice teaching hours must be completed within 3 months of the completion of the final lecture (Complete/Incomplete). (Additional fees will be charged for participants needing to utilize the studio beyond the scheduled timeframe.)

Students are required to complete an internship (Part 2) for at least 3 months prior to taking exam in order to have experience teaching. Students must Pass the written exam (70% needed to pass) in order to complete the full program and receive a Certificate of Completion.



Pilates Teacher Training (Part 1) Program Schedule

Participants must attend all lectures.

Lecture are held on the following Fridays in 2018 from 5-9pm.			
March 9	March 16	March 23	March 30
April 6	April 20	April 27	May 4
May 11	May 18	May 25	June 1
June 8			

No lectures on the following Friday in 2018: April 13
Please use this time for homework, practice, and studying.

Part 2 Dates:

TBA - tentative Winter 2018

Breakdown of Part 1 Program Hours (300 Hours):

Lectures (see scheduled dates)	52 Hours
Observation (scheduled with teacher)	50 Hours
Practice Teaching (participants schedule when studio is open)	60 Hours
Practicum (participants schedule when studio is open)	75 Hours
Homework (assigned weekly)	44 Hours
Private or Group Classes (additional fee per studio rates).	15 Hours
Exam (additional fee - scheduled with teacher)	4 Hours
	300 Hours

Breakdown of Part 2 Program Hours (150 Hours):

Internship Teaching.	120 Hours
Lectures/Q&A	20 Hours
Homework	10 Hours
	150 Hours

Total Hours For Part 1 and 2 450 Hours

Pilates Teacher Training Syllabus

- Pilates History: Who is Joseph Pilates, how has Pilates changed over the years
- Pilates Fundamentals: understanding and teaching
- Matwork Exercises: what are the original exercises, props to use during mat classes
- Matwork cueing, transitions, progression, how to teach to beginners, intermediate and advanced students
- Beginner, Intermediate, Advanced Reformer exercises including what the exercises are, how to spot, cueing, transitions, touch techniques, rhythms, how to adjust equipment, how to check equipment for safety, how to change springs
- Reformer Add-ons to keep students interested and progressing
- Group Reformer and Chair Teaching, how is it different that private sessions, how to keep students safe, how to decide if someone is ready for group classes, how to teach to different levels of students
- Beginner, Intermediate, Advanced Cadillac exercises including what the exercises are, how to spot, cueing, transitions, touch techniques, rhythms, how to adjust equipment, how to check equipment for safety, how to change springs
- Beginner, Intermediate, Advanced Chair Exercises including what the exercises are, how to spot, how to adjust equipment, how to check equipment for safety, how to change springs
- Beginner, Intermediate Small Barrel and Ladder Barrel exercises including what the exercises are, how to spot, cueing, transitions, touch techniques, rhythms, how to adjust equipment, how to check equipment for safety, how to change springs
- Alignment in different body positions and common errors
- Anatomy: bones, muscles, joints, fascia in relation to the Pilates repertoire
- Fascia: the fabric of the body, how Pilates exercises incorporate the whole body
- Reading Bodies, understanding how to plan a session based on a clients needs
- Essay Assignments (given during lectures.)
- Observation: observe how a teacher teaches a session or group class, observe cueing, techniques, how session is organized, what is done for a warm-up, main body of session and cool-down, how does teacher communicate with different personalities
- Practice Teaching: practice teaching the exercises given during lectures, only teach the exercises you are familiar with, start out by teaching to participants in good physical health
- Self Practice: practice the exercises given during lectures, familiarize yourself with the modifications and variations, feel what it is like if equipment is not set up to size of student, observe your own progress in the exercises
- Technique and Teaching Feedback: teacher will offer guidance to continue progressing student to teach safely and effectively, giving corrections as needed
- Assessments:
 - Theoretical Exam (written)
 - Technique Assessment(practical)
 - Teaching Assessment (practical)



Registration, Tuition, Program Information

Pilates Teacher Training Program

Requirements:

This course is suitable for all dedicated students, aspiring Pilates teachers, and current teachers seeking additional training. This program is very demanding, both emotionally and physically. Commitment, determination and good health are basic requisites. Students must be prepared to make personal sacrifices in order to achieve 100% course attendance.

Students seeking teacher certificate must:

- Have a minimum of one year of Pilates or similar experience.
- A minimum of two months of Pilates apparatus experience (recommended).
- Have a passion to learn and to explore the deeper dimensions of Pilates.
- Be free of major injuries going into the program (students with minor but recurring injuries must inform the teacher of their condition).
- Be fully committed to 100% attendance.

Tuition:

- Part 1: \$3000 (exam fee and private sessions additional)
- Part 2: \$500
- Full Program including Exam: \$3700 (private sessions additional)
- Application fee: \$100 (due when applying)
- Exam Fee for Certificate of Completion: \$200

Required reading:

- Pilates Apparatus Student Manual (Provided during program)

Recommended reading:

- *Return to Life* by Joseph Pilates
- *Your Health* by Joseph Pilates
- *Anatomy Trains* by Thomas Myers
- *PMA Pilates Certification Exam Study Guide* by PMA

Application

Please return application to Sheri Baemmert via email sheri@baemmert.com or mail to PRAJNA studio. Applications are due by March 8, 2018.

Acceptance and Notification

You will be contacted within 5 working days upon receipt of your application. You will be provided a link to pay the deposit online (if you haven't already), or you may pay in person for by mailing a check to PRAJNA.

Minimum Students

This program requires a minimum of 4 students. PRAJNA has right to cancel or post-pone program if minimum requirement is not met.

Refund/Cancellation Policy

See section on Refunds for Dismissal or Withdrawal.



Exam and Certification

A 300-hour (Part 1) Certification of Completion will be given to those who successfully complete the program including:

- Successfully attend all scheduled lectures and make-up any missed sessions through one-on-one mentoring with one of the faculty members at the student's own expense.
- Completion of the homework assignments (Pass/ Needs Additional Refinement).
- Completion of all logged hour sheets (Additional 3 months given after completion of lecture. Additional fees will be charged for participants needing to utilize the studio beyond the scheduled timeframe).

A 450-hour (Part 1 & 2) Certification of Completion will be given to those who successfully complete Part 1 and Part 2 of the program including:

- Successfully attend all scheduled lectures and make-up any missed sessions through one-on-one mentoring with one of the faculty members at the student's own expense.
- Completion of the homework assignments (Pass/ Needs Additional Refinement).
- Completion of all logged hour sheets (Additional 3 months given after completion of lecture. Additional fees will be charged for participants needing to utilize the studio beyond the scheduled timeframe.)
- Complete 3+ months of Internship Teaching
- Pass the written exam (70% needed to pass). Participants must complete an internship for at least 3 months prior to taking the exam in order to have experience teaching.
- Payment of application fee and tuition and payment for any make-up hours or additional mentoring required to meet completion requirements. (Complete/Incomplete).

Exams will be graded and results returned to students via email within 2 weeks of taking exam.

Sheri Baemmert is a Pilates Method Alliance Certified Teacher. Participants have the option of applying to take the Pilates Method Alliance Certification exam after successfully completing the Prajna Pilates Teacher Training Program (Parts 1 and 2) consisting of 450 hours.



Probation, Dismissal and Re-Admittance for Pilates Program

Students who violate the code of ethics will be considered on probation and will receive a verbal warning first, second offense will be given a written warning and the third offense will result in dismissal from the program.

Any criminal activity associated with the training program such as theft or illegal drug possession will result in immediate dismissal.

Non-payment of fees will result in dismissal from the program.

There are no reinstatements back into the program once a student has been dismissed. The student may apply for a future program but there is no guarantee of acceptance.

A student will be considered to be in a probationary period if they have homework that needs refinement or they aren't up-to-date with homework assignments. The student will have up to 2 additional opportunities within a 1 month period to convert a "Needs Additional Refinement" to "Pass." Students will have up to 1 month to turn in homework past the time that it is due. If they have homework in that time that "Needs Additional Refinement," they will have up to 2 additional opportunities within a 1 month period to convert a "Needs Additional Refinement" to "Pass." Students will be considered off probation when homework is turned in and a "Pass" is achieved.

Students are required to log 10 hours each week during the program. If a participant falls behind on hours, they must meet the regular requirements for 2 weeks in a row. If the student falls behind again on logging hours, the participant will be put on probation. Students will be considered off probation when they have caught up on logged hours. Students will have 3 months after the lecture portion of the program ends to complete all logged hours. Additional fees will be charged for participants needing to utilize the studio beyond the scheduled timeframe.

If a student is not grasping the content in the course or satisfactorily completing the homework and logged hours but wished to remain in the training without expectation of receiving a completion certificate, the student will sign an agreement to that effect.

A student who has an expectation of receiving a completion certificate but is unable or unwilling to develop a personal practice, complete homework, or log the required hours, will be dismissed from the program after the probationary period is over. Unused tuition will be refunded per the refund policy.

Students not satisfactorily completing the program will need to repeat the program at the students expense.



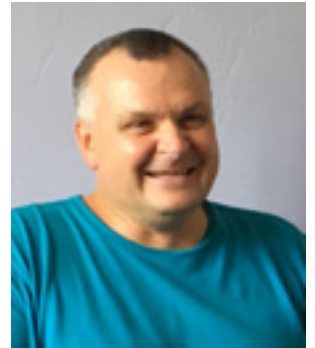
What is Universal Yoga?

PRAJNA Advanced Studies Program of yoga is from the teachings of Andrey Lappa, founder of Universal Yoga.

Universal Yoga is a multi-faceted system of methods that represent all the essential elements and laws of authentic yoga (yama, niyama, asanas, vinyasas, yogic philosophy, pranayama, pratyahara, dharana, mantra, yantra, mudras, bandhas, dhyana, samadhi) that are used to further one's spiritual growth. Is it not about the creator of the system (Andrey Lappa), nor is it about a particular, specialized direction in yoga. It is about unifying all the methods and disciplines in authentic yoga that can be used for any and all individuals, and for any broad or specific goal.

Universal Yoga is a system based on the idea of the mayakoshas (sheaths of the self) that the physical, energetic, emotional, psychological, intellectual, bliss and karmic layers. The Universal Yoga System teaches the yogic methods that enable any practitioner to create control and balance on each sheath, between the sheaths themselves and between the sheaths of the practitioner and surrounding space (world, environment, other people). There are distinct practices related to each sheath/shell that can be specialized and individuated for any level or practice or any purpose of development.

A typical Universal Yoga asana class will be oriented around the idea of creating balance on all the layers of self (physical, energetic, emotional and mental) using the three main threads of yoga practice: body, breath, and mind. The asanas, vinyasas, breathing techniques and turns on the mat, are creatively integrated while using all major ranges of mobility for arms, legs and spine. The primary goal of practice is not to just target the body, but to target one's concentration, focus and attention; to turn it all inward, creating a serenely stable inner-atmosphere conducive for awareness and personal development.



Andrey Lappa

FEATURES OF UNIVERSAL YOGA

- 1) There are four aspects of practice in Universal Yoga that never change:
 - To be karmically free (7th chakra)
 - To be conscious and responsible for all aspects of practice and life (6th chakra)
 - To be creative in practice (5th chakra)
 - To be compassionate, always (4th chakra)

Each of these aspects relate to the higher centers of the astral body (chakras), endowed to each human being.

- 2) Practitioners of Universal Yoga must use the ideas of unification, balance and control to create balance on each sheath (mayakosha), between the sheaths, and between themselves and surrounding space (others). In Universal Yoga there are practices for each sheath that can be individualized according to the needs of each practitioner.
- 3) Universal Yoga practitioners must remember to BE TRUE TO THE ULTIMATE GOAL of YOGA. If the ultimate goal is preserved then yogic knowledge will not be contaminated by personal interpretations, ego-oriented goals or yoga as a business. Each practice on any layer should bring the practitioner to an experience of the next layer.
- 4) Practitioners of Universal Yoga must follow the traditional concept of the mayakoshas in their teaching and practice. This will prevent any individual approaches from becoming too narrow or too specialized. It will keep the practitioner on the path of TRUE balance in yoga. Once we get to the deepest layers of practice, all individual practices will be different because the karma of each person is different.

There are sixteen sub-styles to universal yoga. There are numerous techniques to release patterns of tension in the body, breath, mind and the nervous system as a whole. It is a complete system suitable for any age and level of the practitioner.

A certified Universal Yoga teacher always keeps the authentic goal of yoga in mind when teaching others: the internal takes priority over the external, and through this understanding, every practice/technique of yoga should lead the practitioner to a deeper layer of experience, away from distraction.



Universal Yoga Teacher Training Level 1 Description

Approaches to yoga are as diverse as its practitioners, and so are the skills needed to master the art and science of teaching. Universal Yoga studies all systems of yoga, empowering teachers with the confidence and skills necessary to meet the needs and abilities of their students.

Founded by Andrey Lappa, Universal Yoga is a logical, multi-faceted system that can be used by anyone living in the modern world, regardless of their level of asana practice. This system provides all the techniques for excellent physical health and the attainment of high spiritual aspirations.

“Andrey’s Universal Yoga is to yoga practice what Bruce Lee’s Jeet Kune Do is to martial arts – a style without style, or better said a style of all styles. Unlike more traditional schools of yoga, Universal Yoga is not fixed or patterned. The focus is to develop free yogis, by offering a philosophy of guiding thoughts and various techniques to open each practitioner to their own unique style, and giving them the tools to be spontaneous and adapt to any and all situations they might find in life and in their students. Universal Yoga empowers yogis to “Be like water” in their practice and their teaching.” — Copper Crow, Andrey Lappa’s assistant teacher in Singapore

This program is designed for all yoga practitioners who seek a deeper understanding of the ancient path of yoga, regardless of their background or practice style. Participants will come away with a profound understanding of their personal practice, as well as the skills required to effectively teach a wide array of students through both hatha and vinyasa sub-styles.

The Level 1 (first 100 hours of a 500 hour program) is led by teacher Andrey Lappa and Sheri Baemmert, delivering the full range of the yoga tradition and the practical modern methods for sharing this ancient practice with others. This program compresses a vast array of yoga subjects and styles into a highly intensive course, offering the most diverse training possible in the shortest amount of time. This intensive study includes physical practice, lectures, theory, posture clinics and teaching methodology.

- Daily sessions begin with 45 minutes of Shiva Nata (Dance of Shiva) practice, a special dynamic moving meditation aimed to develop focus and coordination.
- Asana practices give an experiential understanding of different sub-styles of yoga practice. For example: strengthening, stretching, static, dynamic, hatha, vinyasa (flow), kundalini, pranayama, meditation, and partner yoga, to name a few. These classes are mixed-level, accessible to all healthy yoga practitioners with a prior regular yoga practice (regardless of previous practice style background). Classes will offer new insights to novice practitioners, while presenting challenges to even the most seasoned yogis.
- Lecture/Theory explore the science of yoga through lectures on yoga philosophy, 8 limbs of yoga study, breakdown of sub-styles by intention, creative sequencing for various aspirations, as well as a practical understanding of asana (poses), pranayama (breathing techniques), mudras (consciousness control), bandhas (energy control), kriyas (purification techniques), meditation techniques for mental focus and peace of mind, as well as teaching methods for sharing yoga with others.

This program is the first 100 hours of a 500 hour program. Completing Level 1 and Level 2 meets the Yoga Alliance 200-RYT requirements for professional yoga teaching hours, yet far exceeds the requirements in subject and course content. If you already hold a 200-RYT completing Level 1, 2, and 3 qualifies you to apply for the 500-RYT. If you complete all 5 Levels of the PRAJNA Advanced Studies Program you also qualify to apply for the 500-RYT. Ideal for yoga practitioners who wish to deepen their understanding/practice of yoga, serious students who are committed to the study of yoga and wish to become professional yoga teachers, and current teachers who seek to expand their teaching beyond their sub-style.

Devote the training period to the training solely. Each day you will be given homework. It is also recommended you review your notes from the lectures in preparation for the exam.



Asana Practice

The Asana practice are where Universal Yoga techniques are learned, skills are sharpened and the fire of transformation is fueled. This part of the program is open to students who desire a life-affirming shift, but are not participating in the full program (space permitting). The commitment to practice with the same group of yogis over an extended period of time has enormous power. The program includes asanas, vinyasas, and in-depth study of basic pranayamas, mantras and deep meditation. The morning intensives are suitable for students, teachers, former trainees and those wishing to obtain Universal Yoga certification.

Shiva Nata Practice

Dance of Shiva – Dynamic Yoga, consciousness control and liberation, 1st level. An ancient practice re-discovered by Andrey in Himalayas and introduced to the modern world.

The Shiva Nata – Dance of Shiva is a type of Yantra Yoga – the system visualizations and body movements, aiming at developing the practitioner’s complete consciousness control, coordination and reaction during the body practice, and ultimately peace & equanimity at the end of this practice. The movements of the Dance of Shiva form the basis of majority of the Asian martial arts and dance forms.

Universal Yoga Teacher Training Level 1 (100 Hours) Schedule

Level 1 (100 hours) July 4 – 15, 2018

Exam scheduled for July 15, 2018

Level 2 (100 hours) February 5 - 16, 2019 & Level 3 (100 hours) - TBA

Daily Schedule Level 1: July 4 – 15, 2018 (Exact times subject to change based on topics being covered.)

8:00 – 8:45am	Shiva Nata Practice
9:00 – 12:00pm	Asana Practice
12:00 – 1:00pm	Lunch Break (on own)
1:00 – 6:00pm	Lecture (July 14 study \ July 15 – self-study and exam)

Breakdown of Level 1 Program Hours (100 Hours):

Direct Contact Hours:

Techniques Training/Practice	41 hours
Teaching Methodology	20 hours
Anatomy and Physiology	10 hours
Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers	20 hours
Practicum	8 hours

Non Contact Hours:

Homework (assigned daily) and Exam Study	20 hours
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Total Hours = 119

Students are required to attend all scheduled lectures, classes, Shiva Nata practice, complete homework, and make-up any missed sessions through one-on-one mentoring with one of the faculty members at the student’s own expense. Students will be given homework assignments throughout the program. Students are expected to complete the homework before the next session (Pass/Needs More Refinement). Teacher will check progress of students understanding of concepts daily during classes, Shiva Nata practice, and lecture discussions. Teacher will observe students throughout program and will verbally notify them if they “Need More Refinement” in their homework or personal practice.



Universal Yoga Teacher Training Level 1 Syllabus

Asana Practice Tentative Schedule

- Static, 1st level sequence, 1 mat, Upward Flow
- Static-Dynamic, 1st level sequence, 1 mat, Downward Flow
- Static, T- sequence, Upward Flow
- Static, 8-dimensional cross Mandala
- Static-Dynamic, strengthening + 1st level Mandala
- 2-square repetition Mandala
- Static 8-dimensional cross Mandala Self-adjustments
- Static 8-dimensional cross Mandala Self-adjustments
- Static-Dynamic, 2nd level Mandala sequence, 1 mat
- Static-Dynamic, 4-square repetition Mandala

Lecture - Yoga Theory - Level 1*

- Universal Yoga – the complete yoga system
- Maya Koshas — human shells
- System of Shiva Nata — Dance of Shiva
- Techniques of Shiva Nata 1st level practice explanation
- Widely represented Asanas
- Asanas reformation reasons and examples of Asanas' modernisation
- Examples of the perfect Asanas and Asanas without clear purposes' critique
- Individual structural differences and corresponding alignments (based on research by Paul Grilley)
- Safety techniques in Asanas (Raja Kapotasana example)
- Alignments rules in Asanas (groups: Birds Asanas and others)
- Three sub-groups of stretching Asanas
- Difference between alignments and adjustments techniques
- Marmas – energy zones of human
- Active, Passive and Passive-Active flexibility
- “One Sector Asanas” and “Asanas Combinations”
- Asana positions in multi-dimensional space
- Directions of mobility of theoretical joints and the real joints of the human body
- Quantity of the zones of the maximum influence on Asanas: one sector and combinations
- Unique Asanas of Universal Yoga for all directions of mobility of all joints (table, techniques of alignments and adjustments)
- Asana orientation in multi-dimensional space
- Conscious perfection of old Asanas and creation of new ones
- Breath techniques during Asana practice
- Art of teaching
- Asanas developing static strength and endurance
- Groups of strengthening Asanas for the main groups of muscles
- Static strength endurance training
- Asanas developing balance
- Parts of the body support
- Coordinates of balance
- Asanas developing coordination of the body parts compared with each other
- Coordinated parts of the body
- Quantity of coordinated body parts
- Asanas for the fingers, thumbs and toes
- Asanas for relaxation: lying down, sitting, standing
- Correct Alignments practicing Shavasana
- Complete technique of Shavasana and Mritta Mudra
- Examples of simplified schemes of short relaxation for beginners
- Levels of complexity of flexibility, strength, balance and coordination of body parts developing Asanas
- Asanas for relaxation and restoration
- The functions of the Asanas for relaxation of the peripheral nervous system following relaxation of spinal cord practicing Pranayamas and relaxation of central nervous system practicing Meditation
- Link of Asanas practice with Raja Yoga practice
- Asanas for the breath exercises – Pranayamas
- Asanas for the development of attention and consciousness control
- Asanas for the long meditation with stopping of the life processes
- Special equipment for the long-holding Asanas
- Minimum Sanskrit vocabulary and naming of the new Asanas in Sanskrit
- Rules of the Asana calligraphy for personal notes and teaching
- Choice of Asanas for individual practice
- Special equipment for Asana practice (all tips of Props)
- Malakhamb Yoga — practice of Asanas hanging on a pole or rope
- Acro-yoga techniques

* Level 1 is part of a 300 hour program. At times, the content is distributed differently based on the number of participant questions and the current level of yoga knowledge of the group. All information will be presented within the full program.



Registration, Tuition, Program Information

Universal Yoga Teacher Training Program

Requirements:

This course is suitable for all dedicated students, aspiring yoga teachers, and current teachers seeking advanced certification. This program is very demanding, both emotionally and physically. Commitment, determination and good health are basic requisites. Students must be prepared to make personal sacrifices in order to achieve 100% course attendance.

Students seeking teacher certificate must:

- Have a minimum of one year of yoga practice experience (any style).
- A minimum of two months of Universal Yoga practice experience (highly recommended).
- Have a passion to learn and to explore the deeper dimensions of yoga.
- Be free of major injuries going into the program (students with minor but recurring injuries must inform the teacher of their condition).
- Be fully committed to 100% attendance.
- Be willing and able to forego most of their personal and professional commitments during the course.

Tuition:

- Level 1 Full Program: \$1800 (Early Bird Price \$1620 paid in full by March 4, 2018)
- Exam for Certificate: \$100 includes examination, grading, and certification process.
- Special Discount for Returning UY Graduates (with valid certificate): \$1350
- Deposit of \$300 (includes \$100 application fee) due with application to reserve spot.

We offer no financial aid.

Shiva Nata Only Practice

- Daily Shiva Nata Practice: \$400
- \$100 deposit reserves your spot. Full payment due first day of program.

Asana Practice Only (space permitting)

- Daily Asana Practice: \$600
- \$200 deposit reserves your spot, space permitting. Full payment due first day of program.
- Drop-In: \$70/day based on availability. Payment due before class starts.

Required Reading:

- *Universal Yoga Student Manual* (Provided during program)
- *Yoga: Tradition of Unification* by Andrey Lappa (Available for purchase at PRAJNA discounted rate of \$60. Or purchase anywhere that sells the book.)

Recommended Reading:

- *Hatha Yoga Pradipika* by Swami Muktibodhananda
- *Yoga Sutras of Patanjali* by Swami Vivekananda
- *Four Chapters on Freedom* by Satyananda Saraswati
- *The Bhagavad Gita: A Walkthrough for Westerners* by Jack Hawley
- *Light on Pranayama* by B K S Iyengar
- *Pranayama The Breath of Yoga* by Gregor Maehle
- *Shadow Yoga, Chaya Yoga: The Principles of Hatha Yoga* by Shandor Remete
- *Yoga Anatomy* by Leslie Kaminoff and Amy Matthews

Recommended DVDs:

- *Universal Yoga Teacher Training Level 1* - Andrey Lappa produced by Pranamaya
- *Universal Yoga Teacher Training Level 2* - Andrey Lappa produced by Pranamaya



Application

Please return application to Sheri Baemmert via email sheri@baemmert.com or mail to PRAJNA studio. You will be notified by email within 5 days of approval along with payment procedures and further details. Applications are due by June 4, 2018. Late applications will be considered on an individual basis.

Acceptance and Notification

You will be contacted within 5 working days upon receipt of your application. You will be provided a link to pay the deposit online (if you haven't already), or you may pay in person for by mailing a check to PRAJNA.

Minimum Students

This program requires a minimum of 15 students. Prajna has right to cancel or post-pone program if minimum requirement is not met.

Refund/Cancellation Policy

See section on Refunds for Dismissal or Withdrawal.

Included in the Program

- Sequences taught during the program.
- You may voice record lectures and practices. NO VIDEO. Please note, voice recordings are for your own personal use and may not be shared with anyone outside of the program.
- Universal Yoga Student Manual

What to Bring

- Notebook and pen/pencils for taking notes and journaling your experiences
- Two Yoga Mats
- Cushion to sit on during lecture
- Device to Voice Record
- Lunch, Snacks, Water Bottle or Tea Mug (There are restaurants and stores within walking distance.)

Exam and Certification

A 100-hour Certification of Completion will be given to those who:

- Successfully attend all scheduled classes and lectures and make-up any missed sessions through one-on-one mentoring with one of the faculty members at the student's own expense (A minimum of 90 contact hours is required).
- Completion of the homework assignments (Pass/ Needs Additional Refinement).
- Pass the written exam (70% needed to pass).
- Follow the guiding principles of Universal Yoga.
- Payment of application fee and tuition and payment for any make-up hours or additional mentoring required to meet completion requirements. (Complete/Incomplete).

Exams will be graded and results returned to students via email within 2 weeks of taking exam. This is the first part of a 300 hour program. Certification of Participation will also be given upon 100% attendance for those who do not opt to take the exam, but this does not qualify for teaching and is not recognized by Yoga Alliance.

Applying to Yoga Alliance for RYT-200 or RYT-500

Yoga Alliance is a credentialing organization for yoga teachers. Yoga Alliance maintains a national Yoga Teachers' Registry to recognize and promote teachers with training that meets minimum educational standards. Upon completion of requirements for certification, PRAJNA will issue a certificate that can be used to apply for registration with Yoga Alliance. Level 1 is the first 100 hours of a 200 hour or 300/500 hour yoga training program. Level 2 must be completed prior to registering with the Yoga Alliance for the RYT- 200. Level 3 must be completed along with having a prior 200 hour teacher training program to qualify to register with the Yoga Alliance for a RYT-500.

Any fees associated with applying for registration with Yoga Alliance are the responsibility of the student.



What PRAJNA will Do for Participants upon Completion

- Provide a certificate of completion of the training program requirements
- Keep participants informed about PRAJNA continuing education opportunities, advanced training options, and other opportunities to connect with sangha in this training lineage.

Probation, Dismissal and Re-Admittance for Yoga Program

Students who violate the code of ethics will be considered on probation and will receive a verbal warning first, second offense will be given a written warning and the third offense will result in dismissal from the program.

Any criminal activity associated with the training program such as theft or illegal drug possession will result in immediate dismissal.

Non-payment of fees will result in dismissal from the program.

There are no reinstatements back into the program once a student has been dismissed. The student may apply for a future program but there is no guarantee of acceptance.

A student will be considered to be in a probationary period if they have homework that needs refinement or they aren't up-to-date with homework assignments. The student will have up to 2 additional opportunities within a 3 day period or before the program is finished to convert a "Needs Additional Refinement" to "Pass." Students will have up to 3 days to turn in homework past the time that it is due but before the end of the program. If they have homework in that time that "Needs Additional Refinement," they will have up to 2 additional opportunities within a 3 day period or before the end of the program to convert a "Needs Additional Refinement" to "Pass." Students will be considered off probation when homework is turned in and a "Pass" is achieved.

If a student is not grasping the content in the course or satisfactorily completing the homework and logged hours but wished to remain in the training without expectation of receiving a completion certificate, the student will sign an agreement to that effect.

A student who has an expectation of receiving a completion certificate but is unable or unwilling to participate in lectures, classes, Shiva Nata practice, or complete homework, will be dismissed from the program after the probationary period is over. Unused tuition will be refunded per the refund policy.

Students not satisfactorily completing the program will need to repeat the program at the students expense.



School Policies

Non-Discrimination

PRAJNA Advanced Studies Program does not discriminate on the basis of age, gender, physical ability, marital status, sexual orientation, race or religion.

Attendance and Tardiness

- Attendance at all sessions is required.
- Students who are more than 15 minutes late to a session will have 1 hour deducted from their contact hours and must make-up that time at their own expense of \$65/hour.
- Attendance is taken at each scheduled time block on the calendar and records are kept electronically.
- In the event of an emergency or planned absence, make-up of any missed sessions is through one-on-one mentoring with one of the faculty members. A plan will be developed to make-up course content, assess understanding of the course content and fulfill required hours. Any one-on-one mentoring for make-up is at the student's own expense and is billed at \$65/hour.
- Please see **Probation, Dismissal and Re-Admittance** policy under Pilates/yoga for how un-excused absences are handled.
- Some students may not pursue certification or registration as a teacher but are interested in deepening their personal practice and study of Universal Yoga or Pilates. Please talk with Sheri Baemmert about attendance suggestions. You will be expected to arrive on time for sessions you plan to attend. You will also be expected to review any content from missed sessions in advance of the next session so that you have the same background as other participants.

Missed Sessions

Any missed sessions must be made up with one of the primary instructors at \$65/hour. If you know that you will miss an entire day due to a prior commitment, please contact Sheri Baemmert at PRAJNA Advanced Studies Program in advance of signing up for the program to discuss options.

Additional Mentoring Required

Core concepts that are not understood or demonstrated by the student through home-study, experiential learning or practice teaching may require additional mentoring by one of the lead instructors or assigned faculty and will be charged at \$65/hour.

Leave of Absence

In the event a student must discontinue due to mitigating circumstances beyond the student's control, the refund policy will be applied to any unused tuition. If the student has completed at least 60% of the course instruction, all attempts will be made to assist the student in completing either through participation in another program or with one-on-one mentoring with lead or other designated faculty at the rate of \$65/hour. PRAJNA Advanced Studies Program is not responsible for any additional travel costs that a student might incur to attend another program or to do one-on-one mentoring.



Completion Requirements

- Attendance at all scheduled sessions and make-up any missed sessions through one-on-one mentoring with one of the faculty members at the students own expense.
- Completion of homework assignments (Pass/Needs More Refinement). Students will be given verbal comments on homework from the teacher. A student may be asked to re-do an assignment and will be given 2 additional opportunities within the program time to successfully complete the assignment.
- Development of a regular Pilates/yoga practice is expected.
- Pass the final exam if applying for certification (70% required to pass.) A failed exam will require retaking the exam for an additional fee.
- Payment of application fee and tuition and payment for any make-up hours or additional mentoring to meet completion requirements (Complete/Incomplete).

Student Records

An electronic copy of the student's completion certificate will be kept on file with PRAJNA Advanced Studies Program indefinitely. A duplicate certificate fee may be charged. Records are private and can be accessed only by the teacher trainee or PRAJNA Advanced Studies Program.

Student Conduct and Code of Ethics

Please review the code of ethics, liability and media release form.

Probation, Dismissal and Re-Admittance

See review section on Probation, Dismissal and Re-Admittance under the Pilates/yoga program.

Advanced Standing

The school does not offer any advanced standing.

Housing

PRAJNA Advanced Studies Program does not provide housing.

Student Complaints

Students with concerns of complaints are encouraged to bring them to the attention of the director of PRAJNA Advanced Studies Program. The Director's decision on all complaints is final. If resolution cannot be reached, the student may contact the Wisconsin Educational Approval Program for assistance at 608-266-1996, www.eab.wisconsin.gov or 1400 E. Washinton Avenue, Madison, WI 53703.

Employments Services

PRAJNA Advanced Studies Program does not offer job placement services. We will help participants progress in their knowledge of and ability to teach Universal Yoga and/or Pilates offering strategies and suggestions for employment. We do not offer career counseling or guarantee job placement.



Refunds for Withdrawal or Dismissal

The student will receive a full refund of all money paid if the student:

1. Cancels within the three-business-day cancellation period under SPS 406.03;
2. Accepted was unqualified and the school did not secure a disclaimer under SPS 409.04;
3. Enrollment was procured as the result of any misrepresentation in the written materials used by the school or in oral representations made by or on behalf of the school.

Refunds will be made within 10 business days of cancellation.

A student who withdraws or is dismissed after attending at least one class, but before completing 60% of the instruction in the current enrollment period, is entitled to a pro rata refund as follows:

At Least	But Less Than	Refund of Tuition:
1 unit/class	10%	90%
10%	20%	80%
20%	30%	70%
30%	40%	60%
40%	50%	50%
50%	60%	40%
60%	no	No refund

As part of this policy, the school may retain a one-time application fee of no more than \$100. The school will make every effort to refund prepaid amounts for books, supplies and other charges. A student will receive the refund within 40 days of termination date. If a student withdraws after completing 60% of the instruction, and withdrawal is due to mitigating circumstances beyond the student's control, the school may refund a pro rata amount.

A written notice of withdrawal is not required.

To make the training flow smoothly, students are encouraged to withdraw by notifying Sheri Baemmert via email or mailing letter to PRAJNA studio. But any mode of withdrawal will be recognized. Students will be administratively withdrawn after missing three (3) of consecutive sessions. Students will be refunded based on last date of attendance.

Students must return all materials given during the teacher training. If materials are not returned or are damaged a \$300 fee will be for charged for the materials.



PRAJNA LLC

ADVANCED STUDIES PROGRAM PAYMENT AND PARTICIPATION AGREEMENT FORM

Pilates Teacher Training 2018 Part 1 (300 hours)

I, _____ (print name,) agree to pay PRAJNA LLC the amount of \$3000.00 payment on time and in full for the PRAJNA Advanced Studies Teacher Training Program dated from February 9th to June 8th, 2018. By signing this agreement below, I agree to make my payment in full of \$3000. If I am taking the exam, I agree to pay an additional \$200.00. Any prepaid amount will be deducted from the total balance.

I prepaid \$ _____.

Full payment due February 9th, 2018. Late payment will be charged a \$25 late fee per day.

Payment method (circle): Cash | Check | Charge

Continuation of non-payment will result termination from the program. Certification of completion will not be given without full tuition payment being received.

Signature _____ Date _____

Printed name _____

PRAJNA LLC

ADVANCED STUDIES PROGRAM PAYMENT AND PARTICIPATION AGREEMENT FORM

Universal Yoga Teacher Training 2018 Level 1 (100 hours)

I, _____ (print name,) agree to pay PRAJNA LLC the amount of \$1800.00 payment on time and in full for the PRAJNA Advanced Studies Teacher Training Program dated from July 4th to July 15th, 2018. By signing this agreement below, I agree to make my payment in full of \$1800. If I am taking the exam, I agree to pay an additional \$100.00. Any prepaid amount will be deducted from the total balance.

I prepaid \$ _____.

Full payment due July 4th, 2018. Late payment will be charged a \$25 late fee per day.

Payment method (circle): Cash | Check | Charge

Continuation of non-payment will result termination from the program. Certification of completion will not be given without full tuition payment being received.

Signature _____ Date _____

Printed name _____

Student Agreements

PRAJNA Yoga and/or Pilates Advanced Studies Teacher Training Program

Copyright Acknowledgement

I acknowledge that all student materials provided in this training program, including print and audio, are the copywrite of PRAJNA LLC, Universal Yoga School and/or PhysicalMind Institute and are provided FOR MY PERSONAL USE ONLY. I acknowledge that I cannot alter or distribute in any way without written permission from PRAJNA LLC, Universal Yoga School and PhsicalMind Institute.

Photo-Video-Audio Guidelines and Release

Staff may take photographs, video, and record audio for use in future trainings or marketing of training programs. If you do not wish to be photographed or filmed, please advise the lead instrucotr. Students are permitted to take photographs as long as it is not distracting to the class. A student should ask classmates if they have theri permission to be in personal photographs, especially if those photographs will be used on social media sites.

You must ask lead instructor for permission to audio record. No video recording is allowed.

I consent to being photographed and recorded, and grant PRAJNA LLC, its assignees, employees, and agents, the unrestricted and absolute right to use the photographs or recordings by any means now known or to become known. I hereby release and discharge PRAJNA LLC, its assignees, employees, and agents any and all claims of action, including, without limitation, libel, defamation, invasion of privacy or right to publicity, infringement of copyright, trademark or violation of any other right.

Teacher-in-Training Code of Ethics

A code of conduct is a declaration of acceptable ethical and professional behavior by which all yoga and/or Pilates teachers-in-training agree to conduct themselves in the classroom, in teaching and in the business of yoga and/or Pilates. We will foster an atmosphere of respect for each other and a learning environment conducive to the development of each student. As a PRAJNA Teacher-in-Training, I agree to uphold the following ethical principles:

- Conduct myself in a professional and conscientious manner in the training an in my teaching.
- Refrain from the use of substances that impair my learning or judgement and associations while in the classroom.
- Listen to and respect the other students in the training.
- Acknowledge the limitations of my skills and scope of practice and where appropriate, refer students to seek alternative instruction, advice, treatment or direction.
- Create and maintain a safe, clean and comfortable environment for the practice of yoga and/or Pilates.
- Make only realistic statements regarding the benefits of yoga and/or Pilates.
- Accurately reflect my teaching credentials, qualifications, abilities, certifications and registrations.
- Respect all copyrights and trademarks associated with the training.
- Encourage diversity by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion, or sexual orientation.
- Respect the rights, dignity and privacy of all students in the training.
- Avoid words or actions that constitute sexual harassment.
- Avoid words or gossip or actions that may harm another student.
- Adhere to the traditional yoga principles as written in the yamas and niyamas in my relationships with the other students in the training, the instructors, in my teaching and in my yoga and/or Pilates business relationships.

Adapted from the Yoga Alliance Code of Conduct.

PRAJNA Advanced Studies Program Catalog Release

I have read, understand, and agree to the terms and conditions for application, admission, and participation in the PRAJNA Advanced Studies Program.



Ownership and Governance

All decisions are final and are at the sole discretion of Sheri Baemmert, owner of PRAJNA LLC. Sheri is the school director and the head instructor of PRAJNA Advanced Studies Program.

Liability Waiver

I understand that yoga and/or Pilates includes physical movement as well as an opportunity for relaxation, stress reduction and relief of muscular tension. As in the case with any physical activity, the risk for injury, even serious or disabling, is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, adjust the posture and ask for support from the teacher. I will continue to breathe smoothly.

Yoga and/or Pilates is not a substitute for medical attention, examination, diagnosis, or treatment. Yoga and/or Pilates is not recommended and is not safe under certain medical conditions. I affirm that I alone am responsible to decide whether to practice yoga and/or Pilates. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against Sheri Baemmert of PRAJNA LLC:

I agree to the following:

1. Copyright Acknowledgement
2. Photo-Video-Audio Guidelines and Release
3. Teacher-in-Training Code of Ethics
4. Catalog Release
5. Ownership and Governance
6. Liability Waiver

Signature _____ Date _____

Printed name _____



Application Form Pilates Teacher Training Part 1

at PRAJNA in Eau Claire, WI

March 9 - June 8, 2018



PLEASE PRINT CLEARLY

Full Name (as it might appear on a certificate): _____

Nickname (if different from above): _____

Email: _____

Street Address: _____

City: _____

State: _____

Zip Code: _____

Primary Phone Number: _____

.....

How long have you been practicing Pilates? _____

What apparatus (equipment) have you used? _____

What portion of the Advanced Studies Program do you plan to attend?

- Part 1 Part 2 I will attend both Parts 1 and 2

Where (city/studio) do you currently practice? _____

How long have you been teaching? _____

Have you successfully completed another teacher training program? _____

If yes*, Where? _____ With whom did you study? _____

.....

Please include your \$100 application fee. It is applied toward tuition.

Submit this via email or mail to:

sheri@baemmert.com

PRAJNA LLC, 705 S Barstow Street, Eau Claire, WI 54701

Signature _____ Date _____

Application Form
Universal Yoga Teacher Training Level 1
at PRAJNA in Eau Claire, WI
July 4 - 15, 2018



PLEASE PRINT CLEARLY

Full Name (as it might appear on a certificate): _____

Nickname (if different from above): _____

Email: _____

Street Address: _____

City: _____

State: _____

Zip Code: _____

Primary Phone Number: _____

.....
How long have you been practicing yoga? _____

What styles/systems of yoga do you enjoy most? _____

What portion(s) of the Universal Yoga Teacher Training track do you plan to attend? (Check all that apply.)

- Level 1 Level 2 Level 3

Where (city/studio) do you currently practice? _____

How long have you been teaching? _____

What system/style(s) do you teach? _____

Have you successfully completed a 200 hour yoga teacher training program? _____

If yes*, Where? _____ With whom did you study? _____

*Please provide a copy of your certificate and/or Yoga Alliance RYT card when submitting application.

.....
Please include your \$300 deposit (this includes the \$100 application fee.)
Deposit is applied toward tuition.

Submit this via email or mail to:

sheri@baemmert.com

PRAJNA LLC, 705 S Barstow Street, Eau Claire, WI 54701

Signature _____ Date _____