# **Logo.png**

# **Facilitator Application Template**

Use this Facilitator Application Template to prepare your responses ahead of time. When you are ready, please visit [prisonyoga.org/facilitator-application](http://prisonyoga.org/facilitator-application) to start your application.

# **Training, Education, & Work Experience**

**Yoga Teacher/Therapist Training**

Please list 200/300/500-Hour Yoga Teacher Training and IAYT Accredited Yoga Therapy programs you have completed. Include the type of training, school/studio, and date completed, listed one per line.

**Have you attended training with Prison Yoga Project?**

* Yes
* No

**Prison Yoga Project Training**

Please list the training that you have completed with Prison Yoga Project, including the approximate date and location, listed one per line.

**Additional Yoga Training/Workshop(s)**

Please list other relevant yoga training and workshops you have completed. Include the type of training, school/studio, and date completed, listed one per line.

**Other Education and Credentials**

Please list other post-secondary education or other credentials completed. Include the name of the degree, institution, and date completed.

**Certifications**

* C-IAYT
* RYT 200
* RYT 500
* SEP
* MSW
* MFT
* Other

**Work Experience**

You can either upload a resume or enter your work experience as text; please prepare for the online application ahead of time.

# **Availability**

**How often would you be able to dedicate half a day to this work?**

* Daily
* More than once per week
* Weekly
* Twice/month
* Monthly
* Occasionally

**Best times of the day?**

Select all that apply:

* Morning
* Afternoon
* Evening

**Best days of the week?**

Select all that apply:

* Sunday
* Monday
* Tuesday
* Wednesday
* Thursday
* Friday
* Saturday

**How stable is your current situation?**

Are there any considerations that might impact or inhibit your ability to make a long-term and consistent commitment, approximately one year? Are your plans and circumstances (e.g. travel, employment, residence) predictable?

**Population(s) of Interest:**

* Youth
* Men’s Facility
* Women’s Facility

# **Opportunity**

**Are you currently facilitating a program or in contact with or have a connection to a facility where there is an opportunity to start a new program?**

* Yes
* No

Please describe the opportunity:

# **Let's Get to Know You**

**What led you to take the PYP training?** Why are you passionate about becoming a PYP Facilitator and serving those incarcerated?

**What (if any) concerns do you have about facilitating inside?**

**In your opinion, what do you consider to be the most vital component of trauma-informed practice? Why?**

**Describe your yoga and mindfulness practice.** What do you believe is the main benefit of maintaining a consistent practice?

**What experience do you have teaching yoga to diverse populations?** If this would be your first experience, how will you ensure that you are adapting your class to meet the needs of your participants?

**What resources - books, podcasts, websites, etcetera - have you found to be most useful in learning more about trauma, the criminal justice system, yoga, and so on?**

# **What would you do if…**

Unexpected situations often arise when facilitating yoga on this inside. Listed below are several examples of situations you may experience.

**...a participant comes into the practice, lies down on the mat, crosses their arms, and does not participate?**

**...during a balancing pose, a student begins to mimic Karate Kid moves?**

**...you have chosen to introduce a crow pose in a class and notice that a participant(s) have become competitive, frustrated, overwhelmed, or are making unsafe choices?**

**...a regular participant is behaving uncharacteristically?**

**…custody staff enters the room and advises you to end your practice early?**

# **Anything Else?**

**Is there anything else you would like us to know?**