



# 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](https://prisonyoga.org/facilitator-application) to start your application.

## Training, Education, & Work Experience

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### 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

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### 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

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**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

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**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...

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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?

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Is there anything else you would like us to know?