

# **EVOLVE's Prana Flow®:Energetic Vinyasa Yoga Teacher Training Philosophy**

## **200-Hour Program - January-June 2012**

In EVOLVE's Prana Flow®:Energetic Vinyasa Yoga Teacher Training program, we practice, teach and live Prana Flow® yoga, an evolutionary approach to Vinyasa yoga created by Shiva Rea. Whether your intention is to deepen your personal practice, embark on your journey as a evolving yoga teacher or both, this five-month intensive will provide you with an enriching, life-enhancing experience that will transform your relationship with yoga, yourself and the world. You will graduate from EVOLVE YTT with a wealth of knowledge and teaching experience well-prepared to structure and guide your own Prana Flow® classes and register with the Yoga Alliance if you choose. On a more personal note: your eyes will open wide, your mind will be blown, your heart will expand, your inner fire will ignite and your whole body will be present as you EVOLVE.

Our intention is to serve your personal yoga evolution through this program. Over the next five months you will:

- Understand the roots of Hatha Yoga in the Krishnamacharya Lineage from a Tantric Perspective through sacred readings and physical embodiment
- Observe the relationship between yourself, the microcosm, and the universal, the macrocosm
- Bridge the gap between your yoga on the mat and in your Life through Seva, service, in action
- Expand the horizons of your body and mind by deepening your asana, pranayama and meditation practice from a holistic approach
- Develop a personal connection to your Living Yoga Sadhana as the source of your transformational living and teaching
- Teach eleven traditional and evolutionary Namaskars created by Shiva Rea and be inspired to create your own to serve the over arcing flow of your class
- Sequence intelligent, full-spectrum Prana Flow® classes that naturally unfold and serve Vinyasa Krama, a Peak Asana, and Bhava (feeling state)
- Develop the ability to see energetic alignment within the embodiment of the asanas and the ability to serve your students through effective hands-on enhancements
- Learn basic Sanskrit to honor the source of yoga in your teaching
- Cultivate balance in your life through the understanding and application of Ayurveda
- Serve the Maha Flow of Life by unifying and integrating your personal evolution in all ways, gracefully embodying the essence of play, Lila

## Prana Flow® Affiliate Program

EVOLVE's Prana Flow®: Energetic Vinyasa Yoga Teacher Training program is an affiliate program of Shiva Rea's Prana Flow® yoga. Therefore, you will learn and be certified to teach Prana Flow® classes once you have completed our training.

Prana Flow® is: an evolutionary method of embodied transformation and radiant health created by Shiva Rea.

Prana Flow® cultivates:

- Inner and outer strength and fluidity
- Skill and intuition
- Vital energy and relaxed being
- Activation and receptivity through balanced and creative fluid sequences (vinyasas)
- A catalyst for transforming old patterns and paradigms of the body, self and the world to discover the potency and creativity within
- A way of liberating the natural flow of spontaneous intelligence
- A cultivation of the art of yoga including: movement, music, sound, visual arts and poetry to deepen the flow
- A way to ride the waves of breath, change and life rhythms
- Living, loving, serving life in all forms

The curriculum for our 200-hour program is based on the first two foundational modules in Shiva Rea's program, Embodying the Flow™: Introduction to Prana Flow®: Energetic Vinyasa™ and Essential Tools for Teaching Vinyasa: Awakening the Mandala of Asanas™. As a participant in our affiliate program, you will receive Shiva's in-depth comprehensive manuals.

Embodying the Flow™: Introduction to Prana Flow® ~ Energetic Vinyasa™

Deepen the way you breathe, move, teach and flow in the yoga of life.

Embodying the Flow immersion is for aspiring and seasoned teachers serving as an introduction to a holistic, energetic approach to teaching vinyasa as more than a technique or style of yoga, but a way of guiding the flow of our body, practice and life. Based upon the teachings of Krishnamacharya's lineage, Tantra, Sacred Arts, Ayurveda, Bhakti and Somatics, Embodying the Flow™ models a synthesis approach integrating the roots and evolution of living yoga; which draws from Shiva's 20 + years of teaching in the fertile soil of LA's yoga community and annual retreats to India.

The purpose of this training is threefold:

- to deepen your personal practice as a laboratory for exploring the creative potential of vinyasa
- provide tools for teaching vinyasa and enlivening the flow of your classes
- focus on how to embody the flow of daily life with the rhythms of teaching

Areas to be covered include:

- Philosophical roots of vinyasa yoga and embodiment of Tantric Hatha Yoga
- Learn to teach the bandhas and ten Sun Salutations (3 classical and six innovative namaskars) to enliven your sadhana and life

- Learn Surya Namaskar, Chandra Namaskar, Classical Namaskar, and four Dancing Warrior Sequences for teaching and self-practice.
- Creating the sutra or “theme of the class” through movement meditations, underlying actions/ movement patterns, krama (stages of asanas) and bhava (inner state)
- Navigating flow-movement meditations, observation skills, hands-on adjustments, props, verbal cues, music, and other tools.
- Mandala of Asanas, Family of Asanas, and Key Actions of Asanas
- Apply Shiva’s wave sequencing methodology as a ritual arc for an embodied experience from music to sequencing
- Energetic Alignment: understanding the primary movements of prana for a mandala of 108 asanas and how to create mini-vinyasa sequences
- Understand, apply and teach sequencing principles: vinyasa krama, wave sequencing and 3-part vinyasa method
- Apply Shiva’s 3-part vinyasa methodology to standing poses, backbends, arm balances, core abdominals, forward bends, and hip openers, twists and inversions.
- Learn to create vinyasa combinations for both beginner, intermediate, and mixed-level students that are effective, creative, safe, and fun.
- Cultivating the flow of prana through asana, pranayama, drishti, and bandhas
- Principles and practice of creative and effective sequencing (beginning and intermediate flows)
- Injury prevention and basic therapeutic guidelines
- Ritual arc of class and structure: opening, namaskar, waves, peak poses, counter-posing and closing.
- Embodying the flow: living yoga with an understanding of your personal sadhana and sva dharma – service to the world
- Understand how self-practice and teaching can serve the flow of daily life – living sadhana.

#### Essential Tools for Teaching Vinyasa: Awakening the Mandala of Asanas™

A Prana Flow® Teacher Training for Energetic Alignment™, Hands-on Assists, Vinyasa Krama, Prana Flow Three-Part Vinyasa™, and Wave Sequencing™ for 108 asanas

Teaching vinyasa is an art that requires a teacher to develop related tools using their voice, hands-on assists, observation and energetic attunement to provide guidance to facilitate the state of flow. In this immersion, you will learn the energetic alignment for core asanas within the Mandala of Asanas based upon an integrated understanding of the movements of prana, practical anatomy and how to open and strengthen the core structures of embodiment from head to toe, skin to subtle body.

- Experience practical application of the Mandala of Asanas™ from a base of 108 asanas to develop and evolve your personal practice and class sequencing.
- Learn to teach alignment in the flow through Prana Flow™ movement patterns and Shiva’s three-part vinyasa™ methodology to sequence vinyasa combinations with skill, effectiveness, fluency, and creativity.
- Learn to teach five primary alignment actions in any asana including foot patterns, spiral actions of the legs, position of the pelvis, and spinal alignment.
- Understand how to teach and verbally cue the energetic alignment and flow actions of the core "blueprint" asana of the mandala of standing poses, backbends, arm balances, core abdominals, forward bends, hip openers, twists and inversions.
- Develop Energetic Observation - ability to assess imbalances, blocks and leaks of energy to a person's body, mind and heart-fire.
- Experience hands-on assists as both adjustment and "enhancement" to the core movement of the asana.
- Rejuvenate and activate your flow of yoga through daily energetic vinyasa practices and meditation.

# **EVOLVE's Prana Flow®:Energetic Vinyasa Yoga Teacher Training Guidelines**

## **200-Hour Program - January-June 2012**

### Assessment Process

In order to graduate from our program and receive a certificate of completion you must successfully fulfill the following requirements:

- 180 contact hours with Carson Efirid & Guest YTT Faculty
- a minimum of 20 non-contact hours
- OM Work assignments
- a minimum of 10 supplemental classes, including at least 3 observations
- 20-minute in class teaching practicum
- 10-day take home exam
- teach a minimum of 1 karma class at EVOLVE Movement
- attend a workshop or module with Shiva Rea

### Contact Hours

#### **8 23-hour weekends:**

January 6-8

January 27-29

February 17-19

March 9-11

March 30-April 1

April 20-22

May 11-13

June 1-3

#### **Schedule:**

Friday: 5:45-9:45pm

Saturday & Sunday: 8am-6pm (30 minute lunch break)

**100% attendance or approved make-up required to fulfill EVOLVE YTT & Yoga Alliance Standards**

### Non-Contact Hours

#### **OM Work Assignments Include:**

Embodiment Project Reflection

8 Required Reading/Viewing & Book Responses

8 Teaching Lab Sequencing Assignments

Living Yoga Sadhana Project & Response

Sva Dharma Project Proposal & Reflection

**All assignments must be completed successfully to fulfill EVOLVE YTT & Yoga Alliance Standards. It is required that you maintain an up-to-date record in your Non-Contact Hour Log.**

### Supplemental Classes

- Attend a minimum of 7 drop-in classes at EVOLVE with EVOLVE YTT Faculty and YTT Graduates. A list of approved teachers will be provided.
- Observe a minimum of 3 drop-in classes at EVOLVE with EVOLVE YTT Faculty and YTT Graduates. A list of approved teachers will be provided. Observation forms will be provided for you to complete and hand in.

**Included in your tuition is an EVOLVE Movement 10-class card to fulfill this requirement and support your continued practice. These classes can not be EVOLVE YTT hours.**

### Evaluation

**Teaching Practicum & Sequence:** You will sequence and teach a 20-minute class to fellow practitioners in EVOLVE YTT and hand in your class sequence.

**Take Home Exam:** You will have 10 days to complete this comprehensive exam at home.

**Both components of our EVOLVE YTT Evaluation are required to be completed successfully and punctually to receive an EVOLVE YTT Certificate of Completion.**

### Karma Classes

Once you have completed your contact and non-contact hours as well as your supplemental classes and observations you will be scheduled to teach a by-donation-only karma class at EVOLVE. All proceeds that you raise will be donated to your charity of choice in alignment with your Sva Dharma Project. This is a fantastic opportunity for you to invite friends and family to experience your class and begin to gain experience as a teacher.

### Experience Shiva Rea

Shiva Rea is the creator and seed of Prana Flow®: Energetic Vinyasa. Therefore, before you graduate from our Prana Flow®:Energetic Vinyasa affiliate program it is integral that you experience the practice directly from the source by attending a workshop or module with her. Studying with Shiva is a not to be missed, amazing, life enhancing practice and final requirement for your certificate of completion. We will arrange to host Shiva in Raleigh, however, if you can not make those dates, you will be required for making arrangements to study with her elsewhere. For a complete schedule of Shiva's offerings visit: [www.shivarea.com](http://www.shivarea.com).

## Contact Hour In-Class Components

**Prana Flow® Classes:** Prana Flow® classes are ritual sadhanas. Prana Flow® classes are breath inspired journeys that offer a complete spectrum (ha-tha) of rhythms from meditative and rejuvenating to the challenging and em-powering. The wave of a class is created through cycles of effective and creative sequences (vinyasas) linked together through the breath-wave.

**Asana Workshop:** includes energetic alignment, key actions, benefits & contraindications for 108 asanas, as well as effective verbal cues, the application of props/modifications/kramas, and effective hands-on enhancements.

**Experiential Anatomy & Physiology:** the experiential anatomy of the body and its systems as they pertain to the practice of yoga. Emphasis is placed on injury prevention, and both eastern and western perspectives of the physical body.

**Meditation Circle:** the exploration of the subtle body - Prana, chakras, nadis, koshas - through mantra, pranayama, mudra & guided meditation. Self-inquiry and reflection on personal experience through journaling. Practical tools for accessing the subtle body are taught and the basics of guiding the journey inward are discussed.

**Teaching Lab:** Prana Flow® Wave Sequencing methodology is taught for open level classes. Students create their own sequences and practice teaching their sequences, pranayama and meditation while receiving/giving constructive feedback.

**Discussion Group:** students guide group discussions around yogic texts and philosophical ideas based on our required reading to gain experience talking in depth in front of a group

**Focus Presentation:** an interactive lecture/demonstration of the methodology, philosophy or lifestyle feature of each YTT Module including: developing a personal practice, the history of yoga, Tantra, Ayurveda, Sanskrit, sacred texts, meditation, Kirtan, the business and ethics of yoga, creative expression and more...

## Non-Contact Hour On Work Assignments:

### Embodiment Project

We will begin this project the first weekend in class by taking informal snapshots of your embodiment in ten key asanas. We will conclude this project the last weekend in class by taking informal snapshots of your evolved embodiment in the same ten key asanas. You will then write a one-page response on your embodied evolution that you have experienced over this five month journey. Detailed on page 62 in your *Embodying the Flow* manual.

### Required Reading/Mewing & Book Responses

Please view the following DVD and seven books in their entirety by the due date noted on your syllabus. At the time of discussion a full one-page typed response is also due that can be guided by the following prompts or by your own discoveries.

**Yoga Shakti (DVD)** by Shiva Rea

Choose three sections from the DVD and discuss your experience while practicing them. How does Shiva's sequencing, language-ing and embodiment inform your personal experience of flow?

***The Heart of Yoga*** by TKV Desikachar

Discuss three revelations discovered from your reading and how they inspire your personal connection to yoga.

***Key Muscles of Hatha Yoga*** by Ray Long

Choose three asanas that are challenging to you and using your anatomical knowledge discuss what muscle groups are relevant to realizing those asanas. How do you plan on strengthening/stretching those muscles in order to embody those challenging asanas?

***Yoga Sutras of Patanjali*** translated by TKV Desikachar (appendix in *Heart of Yoga*)

Choose one sutra from each section and discuss how its meaning can be reflected in your yoga practice both on and off the mat.

***Yoga Spandakarika*** translated by Daniel Odier

Choose three stanzas that speak to you and elaborate on that connection.

***Yoga & Ayurveda*** by David Frawley

Choose three Ayurvedic practices and discuss how you could potentially adopt them into your life for more balanced living.

***The Essential Mystics*** edited by Andrew Harvey

Choose one reading that is meaningful to you and discuss how you would use that sacred text to inspire the theme of your yoga class.

***A Path with Heart*** by Jack Kornfield

Choose one meditation that speaks to you, do it, and discuss your experience in relationship to the book.

### Teaching Lab Sequences

After every weekend module you are required to complete and hand in a sequencing assignment on an Wave Sequencing template sheet. Due dates are listed on your syllabus. The Sanskrit names of the asanas should be used with correct spelling and the whole sequence should serve one peak pose and theme that is appropriate for the assignment.

**Weekend #1:** For each of the 10 namaskars you learned this weekend, choose one appropriate peak asana for each namaskar. Then choose three of the namaskars and apply the 3-Part Vinyasa method to each one. Be specific if you are choosing a Pulsation, Body or Rhythmic Vinyasa and specify the the action in the body. Choose your 3-Part Vinyasas based on the Peak Asana that each namaskar is building towards.

**Weekend #2:** Create a full sequence from Om to Om that builds to a peak asana on your evolutionary edge. Pay close attention to Vinyasa Krama and Pratikriyasana. Apply and detail 3-part Vinyasa where appropriate. (1 wave required).

**Weekend #3:** Using your new anatomical knowledge as well as the suggestions noted, revise your Weekend #2 sequence and add a second wave. Pay close attention to

Vinyasa Krama and Pratikriyasana. Apply and detail 3-part Vinyasa where appropriate. (2 waves required).

**Weekend #4:** Choose a Standing Balance Peak Asana and develop a full three wave sequence. Pay close attention to Vinyasa Krama and Pratikriyasana. Apply and detail 3-part Vinyasa where appropriate. Choose a theme from your *Yoga Sutras* Response to inspire your sequence. (3 waves required).

**Weekend #5:** Choose a Twisting or Hip Opening Peak Asana and develop a full three wave sequence. Pay close attention to Vinyasa Krama and Pratikriyasana. Apply and detail 3-part Vinyasa where appropriate. Choose a theme from your *Yoga Spandakarika* Response to inspire your sequence. (3 waves required).

**Weekend #6:** Choose an Arm Balance Peak Asana and develop a full three wave sequence. Pay close attention to Vinyasa Krama and Pratikriyasana. Apply and detail 3-part Vinyasa where appropriate. Choose a theme from your *Yoga & Ayurveda* Response to inspire your sequence. (3 waves required).

**Weekend #7:** Choose a Heart Opening Peak Asana and develop a full three wave sequence. Pay close attention to Vinyasa Krama and Pratikriyasana. Apply and detail 3-part Vinyasa where appropriate. Choose a theme from your *Essential Mystics* Response to inspire your sequence. (3 waves required).

**Weekend #8:** Choose an Inversion Peak Asana and develop a full three wave sequence. Pay close attention to Vinyasa Krama and Pratikriyasana. Apply and detail 3-part Vinyasa where appropriate. Choose a theme from your *Path with Heart* Response to inspire your sequence. (3 waves required).

#### Living Yoga Sadhana & Journal

With the support of your EVOLVE YTT training, you will cultivate a Living Yoga Sadhana by committing to a 30-day home practice at least once during the 5-month course of this program. Living Yoga Sadhana embodies our belief that your transformational teaching begins with your dedicated personal practice and sacred connection to your yoga. This component of EVOLVE YTT will transform your relationship with yoga and strengthen your ability to teach from authentic experience. You are required to hand in a Journal that follows your progress through your Living Yoga Sadhana at the end of the training. The journal needs not be elaborate, but simply document your commitment and what you gleaned from the experience. Detailed information will be handed out the first weekend of training.

#### Sva Dharma Project, Proposal & Reflection

Your Sva Dharma Project is an opportunity for you to fulfill dreams, passions, cravings and desires that are enriching to you as an individual. The purpose of this project is to inspire you to live your yoga in the world and to make the connection between your practice on the mat and how it translates into reality. This experience is essential to cultivating your unique relationship with yoga and will inspire you on your path of becoming a transformative yoga teacher. You will only be able to encourage your student's personal evolution if you are passionate about yours...this is where you begin to serve the flow of your life path.

You will be required to hand in a one-page typed proposal for your Sva Dharma Project on the date noted on your syllabus. It is strongly encouraged that your Project incorporates a component of selfless service, Seva, which is related to your personal intention. Once approved, this Project will take place on your own time and should be completed by the end of the program. Towards the end of the program, on the date noted on your syllabus, there will be a group presentation of your Sva Dharma Project to the EVOLVE YTT class. At that time a one page typed reflection essay is due discussing your experience and how it served your evolution as a person, yogi and teacher.

Stimulating ideas for your own project:

- Develop a class for an underserved population
- Create art and sell it to profit a charitable organization
- Take several steps towards becoming carbon neutral or greening your living/working environments and educate others
- Cook weekly healthy organic meals for your family, friends and the hungry
- Build/create a space in your home or garden for your Sacred Sadhana to flourish
- Plan a trip to a place you have always wanted to visit and volunteer
- Learn a new skill, activity that intrigues you and teach it to kids

For more inspiration check out the Inspired Reading section on our EVOLVE YTT Reading Guide...

#### EVOLVE YTT Faculty

Jen Bluestone, Program Assistant & YTT Local Mentor

Carson Efird, Prana Flow® Teacher & Program Director

Maria Garre, Prana Flow® & Intro. to Ayurveda Guest Teacher

Andrew McCauley, Prana Flow® & Anatomy for Flow Guest Teacher

Conni Sithes, Prana Flow® Guest Teacher & YTT Local Mentor

Chris Tompkins, Intro. to Tantra Guest Teacher

# **EVOLVE's Prana Flow®:Energetic Vinyasa Yoga Teacher Training Reading Guide**

**200-Hour Program - January-June 2012**

## Required Reading/Mewing:

*Yoga Shakti* DVD by Shiva Rea  
*The Heart of Yoga* by TKV Desikachar  
*Scientific Key Volume 1: Key Muscles of Hatha Yoga* by Ray Long  
*Yoga Spandakarika* translated by Daniel Odier  
*Yoga & Ayurveda* by David Frawley  
*The Essential Mystics* edited by Andrew Harvey  
*A Path with Heart* by Jack Kornfield

## Excellent Resources:

Anatomy - *Yoga Anatomy* by Leslie Kaminoff  
Subtle Body - *Chakras: Energy Centers of Transformation* by Harish Johari  
Asana/Pranayama - *Light on Yoga* by BKS Iyengar  
Asana - *The Complete Book of Vinyasa Yoga* by Srivasta Ramaswami  
Sanskrit - *The Language of Yoga* by Nicolai Bachman  
History/Philosophy - *The Yoga Tradition* by Georg Feurstein

## Suggested Reading:

*Upanishads* translated by Eknath Easwaran  
*Hatha Yoga Pradipika* translated by Swami Muktibodhananda  
*Vijnanabhairava Tantra* translated by Daniel Odier  
*Bhagavad Gita* translated by Eknath Easwaran  
*Tantra: The Path of Ecstasy* by Georg Feurstein  
*Tantric Quest* by Daniel Odier  
*Eastern Body, Western Mind* by Anodea Judith  
*The Path of Practice* by Maya Tiwari  
*The Radiance Sutras* by Lorin Roche  
*The Yoga Body: The Origins of Modern Posture Practice* by Mark Singleton

## Inspired Reading:

*The Legacy of Luna* by Julia Butterfly Hill  
*Three Cups of Tea* by Greg Mortenson  
*Animal, Vegetable, Miracle* by Barbara Kingsolver  
*Eat, Pray, Love* by Elizabeth Gilbert  
*The Alchemist* by Paulo Coelho  
*Many Lives, Many Masters* by Brian Weiss  
*Tuesdays with Morrie* by Mitch Albom  
*Swimming to Antarctica* by Lynne Cox  
*My Big New Free Happy Unusual Life* by Nina Wise  
*Learning to Breathe* by Alison Wright

## **EVOLVE's Prana Flow®:Energetic Vinyasa Yoga Teacher Training Policy**

### **200-Hour Program - January-June 2012**

#### Investment

The tuition for this 200-hour, yoga alliance approved, Shiva Rea affiliate, yoga teacher training program is \$2600.

**Please note:** required reading books are not included in this fee.

#### Payment

**Tuition:** A \$100 non-refundable deposit is due at the time you submit your application. Your remaining balance of \$2500 is due by December 1, 2011 to reserve your spot in the program.

**Payment Plan:** If you prefer the monthly payment plan, five installments of \$500 are due on December 1, 2011, January 1, February 1, March 1 & April 1, 2012.

**Work/study:** If you have applied for the work/study position we will be in touch with you regarding our decision by December 1, 2011.

**Online Payments:** You will receive an online email Paypal invoice from Carson Efird, LLC for all tuition transactions where you may pay by credit card. If you prefer to pay by personal check, which we encourage, please make check payable to Carson Efird, LLC and mail to: Carson Efird, LLC, 2341 Walnut Ave., Venice, CA 90291.

#### Cancellations

Your \$100 deposit is non-refundable. If you commit to the program and need to withdraw for personal reasons you may do so by January 5, 2012 for a full refund of tuition paid minus your deposit. Once the program has started there will be no refunds for withdrawing. Thank you for your understanding; these policies ensure the integrity and longevity of our program.

#### Scheduling Conflicts

We understand that life happens, but 100% attendance is required to meet Yoga Alliance standards and to receive a certificate of completion from our program. If you must miss a class due to a scheduling conflict or emergency, please let us know ASAP so that we can try to find the best solution for you to make up your lost hours. Generally, missed hours can be made up in private sessions with approved EVOLVE YTT Faculty or in approved workshop or retreat settings with approved EVOLVE YTT Faculty.

# **EVOLVE's Prana Flow®:Energetic Vinyasa Yoga Teacher Training Ethics**

**200-Hour Program - January-June 2012**

## Ethical Guidelines:

As a member of EVOLVE's Prana Flow®:Energetic Vinyasa Yoga Teacher Training program I agree to uphold the intentions of our Ethical Guidelines and:

**Arrive on time and prepared for all scheduled Evolve YTT meetings out of respect for my peers, my teachers and myself.**

**Actively participate in the classroom in a professional and conscientious manner that is appropriate and supportive to the subject at hand.**

**Complete all of my assignments both in class and out of class truthfully, completely and thoughtfully so that I may take out of this training all that I invest into it.**

**Understand my strengths and weaknesses as a yoga student and emerging teacher and practice within the boundaries of my experience while developing my abilities.**

**Cultivate a sacred space that facilitates our learning and enhances our experience together by maintaining safe, clean, aware and peaceful environment at all times.**

**Respect the privacy of my peers by keeping personal information shared in our group within the group without judgment, gossip or degradation.**

**Embrace diversity by honoring all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion affiliation, or sexual orientation.**

**Avoid suggestive words and actions that constitute sexual harassment.**

**And most importantly, I will nurture and take care of myself lovingly and healthfully through this intensive training program. I will ask for help when I need it and I will generously offer it when needed. By taking good care of myself I will be an available, alert and joyful participant in the group.**

By signing here you are agreeing to both our EVOLVE YTT Policies & Ethical Guidelines. Thank you for aligning with our collective intention for the greater good of our program.

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Signature

Date