



THE YOGA AS MUSE™

Facilitator Training Application 2012

The Heart of YAM Long-Distance Course: May 14-Jun 24, 2012

Residential Immersion in NY's Hudson River Valley: July 16-24, 2012

Long-Distance Extension Program: August 13-September 21, 2012

Directions: You may type your responses or print neatly. Be sure to sign the last page and mail to
CENTER TO PAGE, LLC 156 Upper Whitfield Rd. Accord, NY 12404

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Work/Cell _____ Email _____

Emergency Contact _____ Phone _____

Please list any allergies, medications, or medical conditions:

Attach additional sheets if necessary

Tell us about your previous **Yoga As Muse™** Workshops:

Where and when:

How have the workshops influenced your creative process and other aspects of life?



Describe a brief history of your creative practice – genre(s), time per day/week/month, publications or presentations or exhibits, previous training or workshop experience in your field, relevant degrees and teaching/facilitating experience:

Tell us about your yoga teacher certification (include a copy with application):

Where and when:

Instructor and Style, any particular expertise or emphasis:

Describe a brief history of your yoga practice, including teaching. How has yoga affected your life?

What makes an experience “authentic?”

What does “creativity” mean to you?

One of the gifts of a community training is feeling equally secure in revealing our strengths and our weaknesses. In which area(s) do you most need help? What do you feel you can best offer?

Why are you pursuing this training at this time in your life?

How do you plan to use this training after completion?

Tell us about your profession, a little life history, anything you want us to know that we haven't asked. Include any personal challenges you've overcome or that may surface during a training of this nature.

YOGA AS MUSE

Course TOPICS

YAM E-COURSE

Integrate The Four Preparations of intention, time-shaping, perseverance, and focus. Deepen your own YAM Practice. Learn how to start thinking like a facilitator.

YOGA FOR CREATIVITY

Deepen your understanding of yoga at a whole new level as we breakdown how specific yoga postures and other tools can be used for creative ends.

YOGA AS MUSE EVENT 101

Learn the raw components of a Yoga As Muse experience.

Learn how to create Yoga As Muse sequences and experiences for two-hour, three-hour, and four-hour workshops.

3 CORE YAM SEQUENCES

You'll learn three core sequences for ideation/generation, focus, and creative compassion.

YOUR BRAIN ON YOGA AS MUSE

Learn what the latest neuroscience shows about yoga and meditation's effects on creativity and how this knowledge will be useful to your students.

YOUR INNER FACILITATOR

Cultivate versatility, confidence, & authenticity as a facilitator. Explore ways to balance participants' needs among yoga guidance, creative craft, and emotional depth.

READ-ALOUD FACILITATION

Learn how to facilitate the Read-Aloud method that allows participants to share their writings in a safe, beneficial manner.

FROM WORKSHOP IDEA TO PROMOTION

Draw from Jeffrey's Core Principles of Workshop Design to create and promote your own.

Jeffrey Davis

Writer, creativity consultant, and international workshop leader Jeffrey Davis is founder of the Yoga As Muse for Authentic Writing Workshops & Facilitator Training. He is author of **The Journey from the Center to the Page: Yoga Philosophies**



and Practices as Muse for Authentic Writing (Penguin 2004; Monkfish 2008)

and numerous published poems, short stories, essays, and articles. He writes the Tracking Wonder blog for Psychology Today and presents and speaks on creativity throughout North America. He is faculty mentor at Western Connecticut State University's MFA in Professional Writing Program and teaches or has taught courses at Omega, Kripalu, UNM's Taos Writer's Conference, and other centers.

Jeffrey is certified in Scaravelli Yoga and Jivamukti-inspired Bliss Vinyasa Yoga, and is a student of Sri TKV Desikachar with whom he has studied in-depth in Chennai, South India.

Jeffrey's teachings have been featured in **Poets & Writers, The Writer, Yoga Journal, Yoga International**, and elsewhere.

"YAM's foundational principles will center and direct a writer at any stage in her development. Jeffrey's approach to writers is kind, organic, and, above all, authentic."

-LARAIN HERRING, e-course participant and author of *Writing Begins with the Breath* and *The Writing Warrior* (Shambhala Press)

Packet Checklist

- ___ Packet Application
- ___ \$400 deposit or balance
- ___ Yoga Teacher Certification
- ___ ** Yoga/Creative Field teaching/facilitator experience
- ___ ** Relevant degrees and publications

** Not required for acceptance

Payment Agreement:

100% refund by Mar 15, 2012.

50% refund by May 1, 2012.

No refund after May 1, 2012.

Your signature below verifies the truth of information presented, including medical information, and acknowledges your agreement with the payment terms and refund policy as stated herein.

NAME

DATE

