

## **INDEPENDENT STUDY OR SELF-GUIDED APPLICATION GUIDE**

### **ISS/IST/ISR OR SELF-GUIDED STUDY WRITTEN APPLICATION**

*(IST/CURRICULUM LICENSE APPLICANTS, PLEASE SEE SEPARATE APPLICATION REQUIREMENTS BELOW)*

The application questions are for the purpose of gathering background information and learning more about your personal interests in studying Yoga and mind/body practices. Look at this as a first homework assignment so we can begin planning for your mentoring during the year ahead.

Answer all questions as thoroughly as possible. Compile your answers in a separate document and submit them as an email attachment.

Send all applications/forms to: [info@perriinstitute.com](mailto:info@perriinstitute.com). Independent Study applications are accepted year-round. Scheduling of the coursework and mentoring hours are subject to TaraMarie Perri's/advisor's schedule and availability. Such details are discussed with the applicant during the interview process to create the appropriate timeline of study/project completion.

1. Full Name/Email/Phone/Mailing Address

1a. Indicate Independent Study Track (Student or Teacher or Teacher License or Research) OR Self-Guided/Remote Study OR "Unsure" if you're seeking guidance on which study path to choose.

2. Please describe applicable details of your yoga or mind/body practice history (studio/school, style, teacher(s), how often?).

3. Please indicate any applicable education information (degree programs, certificates, etc.).

4. Please outline your proposed educational, practice-based research, formal research, written, or other study inquiry below. If you have more than one topic of interest, please indicate. Please also indicate if you have any requests for mentorship towards a personal goal or topic of study. Do you have an idea of how you would to culminate your year of independent study (written, presentation, performance, workshop, creative project, etc.)

5. Do you have any special skills, admin experience, or talents that might be beneficial to the Institute? We have very limited work/study hours availability for each year. If you are interested and have any administrative, social media, marketing, photography, film, or other business experience to share, please give us the details here for review if the need exists.

### **IST: PERRI INSTITUTE AND/OR MIND BODY DANCER CURRICULUM LICENSE-ONLY APPLICATION REQUIREMENTS**

*(Applicants must have minimum 200-hour yoga certification to apply for this track)*

1. **Contact Info** - Full Name/Email/Phone/Mailing Address

2. **CV** including education, certifications and related teaching experience.

3. **One letter of recommendation** from an employer in a teaching facility for the arts or yoga.

**4. Personal statement** - in 500 words, please express why you wish to be part of the course and become a teacher in the Perri Institute and/or Mind Body Dancer teaching community. How/where do you envision using the curriculum/license(s)? What skills would you bring to our teaching community?

**5. Teaching Practice Questions** (answering these will help us better understand your teaching practice and research interests -have fun!)

a. *Asana Analysis* - choose any asana and briefly discuss the following to the best of your ability: alignment key points of the asana, cues you use when teaching, injury-prone areas of body in the asana, if applicable, what modifications or props would you use when teaching, etc?

b. *Class Sequencing* -if you chose to offer visvamitrasana in your class, how would you organize your class sequencing to prepare your students for all elements involved in approaching this complex asana?

c. *Injury Care* - a student comes to your class or books you for a private session and is reporting a shoulder rotator cuff injury. What do you say and what choices do you make throughout class to support them?

d. *Yoga and the Arts and Sciences* -what connections do you draw between the arts and sciences and yoga? Briefly discuss from your own experience, observations, or curiosities as both a student and teacher of Yoga.

e. *Teaching Qualities* - what 3 qualities would you say are critical to cultivate as an effective teacher? Explain your choices.

f. *Continuing Education* -what skills would you like to acquire in the future for your teaching or research interests? Would you want to complete an additional Independent Study to further a goal or develop a workshop?

## **CONSULTATION/INTERVIEW**

Once the application is reviewed, a one-to-one phone or Skype consultation/interview will be arranged with TaraMarie Perri. Applicants can review availability/schedule, ask questions, and begin possible Independent Study plans.

## **APPLICATION STATUS NOTIFICATION/FINAL STEPS**

- Applicants who have been accepted will be notified via email.
- They will receive detailed payment instructions.
- Accepted applicants must confirm their commitment to the course immediately via email to secure their spot.
- If an accepted applicant fails to confirm and/or pay the deposit according to the outlined timeframe, his/her space in the class will be offered to another qualified applicant from the wait-list.