Welcome to the ParaYoga® Certification Information Guide

Here you will find:

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Overview

Certification in ParaYoga® requires mastery of the teachings. Yogarupa Rod Stryker has developed a curriculum that gives students the opportunity to grow leaps and bounds in their own lives and the ability to pass that knowledge along to others. Candidates who demonstrate excellence integrating the lessons and the ability to teach them are rewarded with the benefits of Level 1 and Level 2 status. The Certification Team is here to help guide you along the way.

Once you have enrolled in ParaYoga® and begin taking the LEVEL ONE Master Trainings, you may start working on the requirements for Level 1 Certification. Once your requirements have been met, and you have completed all Six Level One Master Trainings, you may apply for the ParaYoga® Level 1 Certification Exam. (Steps to certification are listed below). Requirements for Level 1 take a minimum of 2 years to complete.

After one year, Level 1 Certified ParaYoga® Teachers who have completed the LEVEL TWO Master Trainings may apply for the Level 2 exam. Additional requirements are listed below.

When you enroll in ParaYoga®, you are expected to begin fulfilling the requirements right away (book reports and quarterly logs). Deadlines must be met to remain on track for both levels of certification.

The ParaYoga® certification process has been developed to ensure that certified teachers have accomplished and/or met the following qualifications:

- Proficiency in teaching ParaYoga® to all levels of students
- Skill in designing a variety of classes, as well as ability to tailor them to the specific needs of individual students or groups
- Excellence and refinement of his or her own personal practice in the lineage of the ParaYoga®
- ParaYoga® Level II Certified Teachers, in addition to all of the above, are required to have more in-depth training as it relates to prescribing personal practices for individuals using the techniques of Pranayama, Asana, and specific meditation practices.

The Schedule of ParaYoga® Master Trainings (PYMT):

LEVEL ONE: (Six PYMT's required for Level 1 Certification)

1. VINYASA KRAMA: The Energetics of Sequencing
2. TANTRA SHAKTI: The Power and Radiant Soul of Yoga
3. SECRETS OF THE YOGA SUTRAS: Light on Self Mastery
4. PRANA SHAKTI: The Power and Path of Yoga
5. PARAYOGA MARMA: Principles of Enlightened Practice
6. THE FOUR DESIRES: Yoga of Fulfillment – 3 Day (can be taken at any time, no pre-requisites)

LEVEL TWO: (Four PYMT's required for Level 2 Certification)

7. THE FOUR DESIRES: Yoga of Fulfillment – 5 day (can be taken at any time, no pre-requisites)
8. KOSHA: Unleashing the Science of Soul
9. KUNDALINI: The Grandeur and Spirit of Yoga
10. GURU PARAMPARA: Empowering the Teacher

The Schedule of PYMT's is designed for you to flow seamlessly, from one Master Training to the next, building on the foundation. We ask that you take the trainings **in order** to get the most out of your learning experience.

Support along the way

The ParaYoga® Certification Team (PYCT) is a group of ParaYoga® Level II Certified teachers that have been selected and trained by Yogarupa Rod Stryker to aid you in your process and evaluate your exams. They will interface with you directly and mentor you in your evolution toward becoming certified.
These teachers exemplify what being a ParaYoga® teacher is all about. They are dedicated and compassionate about supporting you in this tradition. You are encouraged to seek them out, to study with them and to utilize their counsel to help you grow in ParaYoga®.

The ParaYoga® Certification Team:

René Quenell, ParaYoga® Certification Director
Cheryl Bell
Faith Lipori
Brenna Geehan
Mary Bruce
Sue Neufeld (Four Desires)

ParaYoga® Certified Teacher Benefits

ParaYoga® Level I Certified Teachers are entitled to:

- Hold the legal license to promote themselves as ParaYoga® Level I Certified teachers
- Market classes as ParaYoga® classes.
- Use the ParaYoga® logo to promote their classes.
- A listing on the ParaYoga® website Teacher Directory page
- Receive a 50% discount on tuition fees when repeating a PYMT (not accommodations and/or meals).
- Receive a 25% Discount on Para Yoga® hosted workshops.

ParaYoga® Level II Certified Teachers are entitled to:

- Hold the legal license to promote themselves as ParaYoga® Level II Certified teachers.
- Market classes, workshops and retreats as ParaYoga® events. Workshops must conform to the list of approved workshop topics.
- Use the ParaYoga® logo to promote their classes, workshops and retreats.
- A listing on the ParaYoga® website Teacher Directory page as a ParaYoga® Level II Certified Teacher along with their scheduled ParaYoga® classes.
- Priority registration for all advanced ParaYoga® events, including special trainings, retreats, intensives, and PYMT's.
- Receive a 70% discount on tuition fees when repeating a PYMT (not accommodations and/or meals).
- Receive a 30% Discount on Para Yoga® hosted workshops.

Steps to Certification Summary:

Requirements for ParaYoga® Level 1 Certification:

- Enroll in Para Yoga®, $150 fee, Enrollment Form
- Receive Para Yoga® Enrollment Package
- Take the six **LEVEL ONE** trainings (in order)
- Submit required book reports within 6 weeks of each PYMT, Book Report Form
- Submit Quarterly reports for asana and meditation Quarterly Hatha Practice Summary Form, Quarterly Sadhana Summary Form
- Have a private session with a ParaYoga® Level 2 teacher.
- 2 years minimum practicing Para Yoga® (Trainings, classes and workshops)
- 2 years regular ParaYoga® home practice (Journaling)
- 2 years regular ParaYoga® home meditation, ParaYoga Meditation Log
- 1 year teaching ParaYoga® influenced classes, Teaching History Form
- 125,000 repetitions Gayatri, MMM or Guru mantras
- Memorize and be able to recite ParaYoga® Invocation, Gayatri, Maha Mrityunjaya Mantra. Prana Pratishta, Invocation to Patanjali and Vishve Deva mantras
- 30 day consecutive practice of Cave of the Heart and Butha Shuddhi kriyas
- Signed copy of the ParaYoga® Code of Ethics, Code of Ethics

ParaYoga® Level 1 Certification Exam:

- Send in application, Application for Level 1 Certification
- Pay $350 certification fee
- Request Level 1 exam (10 days to complete it)
- Within 30 days receive notification from evaluator
    - If pass – receive an email with instructions for submission of your teaching video (6 months to complete)
    - If fail – receive a PYCAP (ParaYoga® Certification Action Plan) from evaluator and submit $125 retake fee
- Submit video
    - If pass – You will be sent the ParaYoga® Licensing Agreement to sign and return
    - Submit $150 licensing fee.
    - Submit bio for ParaYoga® Website Teacher Directory, Bio Page Submission Form
    - If fail – receive a PYCAP(Para Yoga®Cetification Action Plan) from evaluator and submit $125 retake fee

Requirements for ParaYoga® Level 2 Certification

- Complete remaining four **LEVEL TWO** trainings
- Complete at least one more year practicing Para Yoga® for 3 years total of:
    - Para Yoga® home practice, continue journaling
    - Para Yoga® home meditation, ParaYoga Meditation Log
    - Teaching Para Yoga® influenced classes, Teaching History Record
- Continue to submit quarterly asana and meditation forms, Quarterly Asana Report Form, Quarterly Meditation Report Form
- 30 day consecutive practices of Cave of the Heart, Bhuta Shuddi, Manas Pujas, Color Purification and Dark Man of Sin.
- Begin 2 case studies to be turned in with Level 2 exam. Requirements can be sent to you as early as six months after Level 1 completion.
- After minimum one year as a Level 1 Certified teacher you may submit Level 2 application.

ParaYoga® Level 2 Certification Exam

- Send in application, Application for Level 2 Certification
- Request to take the Level 2 exam and submit $350 exam fee (14 days to complete)
- Submit case studies
- Within 30 days receive notification from evaluators
    - If pass – receive an email with Level 2 Licensing Agreement, sign and return. Update bio, Bio Page Submission Form
    - If fail – receive a PYCAP (Para Yoga®Cetification Action Plan) from evaluator and submit $125 retake fee

Requirements for Maintaining Accredited Status for both Level 1 and Level 2 Certified Teachers

- Complete a minimum 12 hours of continuing education every eighteen months with Rod Stryker (this can also include assisting at Rod Stryker-led ParaYoga® events).
- Submit annual dues of $75. This fee includes licensing fees and website listing of classes and workshops.
- Follow all ethical guidelines outlined in the ParaYoga® Code of Ethics

The following activities are not acceptable and may result in losing your status as a ParaYoga® Level 1 or Level 2 Certified Teacher:

- Any involvement in romantic and/or sexual relations with current students. It should be understood that this is strictly prohibited.
- Using and distributing printed teaching material included in ParaYoga® Master Teacher manuals without permission.
- Not following the ParaYoga® Class Blueprint for Vinyasa Krama (i.e. shoulderstand at the end of class).
- Publically disputing or dishonoring the validity of any other style, teacher or practice of Yoga.
- Teaching and/or promoting ParaYoga® workshops prior to being a ParaYoga® Level II Certified Teacher. PYCT Level 1 Teachers may offer branded workshops with prior permission. A workshop outline must be submitted to the office and approved prior to promoting it.

Standards and Requirements for all Classes Titled ParaYoga®

In order to uphold the highest standards, intention, and consistency, all classes designated as ParaYoga® must adhere to the following guidelines and principles:

- The ParaYoga® Class Blueprint––this framework for sequencing is one of the most critical elements that defines a ParaYoga® class.
- Each class led by Level 1 Certified Teachers adheres to the general format of one

of the six ParaYoga® Asana sequences, modified as necessary to teach beginners. Level 2 Certified Teachers are given more creative freedom in the sequences they teach provided their classes have a clear theme and intention while applying the principle of sequencing for an apex pose (themes are derived from at least one of the Six Gems© of ParaYoga®).

- Each class must include the principles of Vinyasa Krama, Tejas and Smarana.
- Each class must include appropriate time for Savasana.
- Each class must include meditation and Pranayama.
- Each class honors the tradition and source of the teachings.

Yoga Alliance RYT status through ParaYoga®

200 RYT eligibility:

- Student must take all five LEVEL ONE PYMT's (180 contact hrs.)
- All book reports must have been completed on schedule.
- Request the ParaYoga® 200 hour, Yoga Alliance Certificate of Completion.

500 RYT eligibility:

- Student must complete of all Level 1 and Level 2 PYMT's
- All book reports must have been completed on schedule.
- Request the ParaYoga® 500 hour, Yoga Alliance Certificate of Completion. (If you are currently a 200-hour RYT with Yoga Alliance, you must complete 8 PYMT's + corresponding book reports.
  Please Note: When submitting your paperwork to the Yoga Alliance for 200hr/500hr Certification, you will need to obtain a 200hr/500hr Certificate of Completion from ParaYoga® as proof of having completed the requirements through us. The 5-day ParaYoga® Certificates of completion that one obtains at the end of a particular training **will not** be sufficient to submit to them.

Want more details? Here are the steps to certification with detailed instructions

Requirements for Level 1 Certification:

1. **Enroll** – Please submit the ParaYoga® Master Training **Enrollment Application** along with the $150 application fee. This may be submitted after completing one PYMT, but it is required before participating in your fourth PYMT. Your enrollment package includes audio practices and materials for you to begin your at home practice.
2. **Practice ParaYoga®** – You must have at least two years practicing ParaYoga®. This includes classes, workshops, PYMT's and retreats taught by Rod Stryker and/or a ParaYoga® Level II Certified Teacher.
3. **Meditate** - You must complete a minimum of two years of regular, ParaYoga-based meditation practice of at least 15 minutes per day, six days per week. This practice requirement must be documented and submitted by email to the ParaYoga® office as outlined in the **Quarterly Sadhana Summary Form**. Quarterly updates are due at the end of March, June, September, and December (there is a two-week grace period). ParaYoga® will not accept all your required Quarterly Summaries at once or at the time you are applying for certification. **Please note**: you need to be enrolled in the PYMT program before you can submit these quarterly summaries of your practices (see number one above). Therefore, we recommend that you officially enroll in the PYMT program as early as possible. If you find it helpful to track your daily practice consider using the **ParaYoga Meditation Log**.
4. **Practice Japa** – Each student must complete 125,000 repetitions of: the Gayatri, Maha Mrityunjaya, or Guru Mantra (given at initiation). These will be recorded in your forms above.
5. **Practice at home** – It is required that you have a minimum of two years of regular home asana practice. Documentation must be provided at the time of your application showing a practice of at least 30 minutes per day, 3 days per week.
6. **Teach ParaYoga® -** Students must teach ParaYoga® influenced classes for a minimum of one year (That is 75 hours teaching or one 1.5 hour class for 50 weeks). Documentation of teaching history should be submitted with your Level 1 application. Please use the **Teaching Hisory Form**.
7. **Complete all LEVEL ONE PYMT's -** Complete all six LEVEL ONE ParaYoga® Master Trainings, Vinyasa Krama, Tantra, Sutra, Prana, 3 Day Four Desires and Marma,.
8. **Turn in your book reports –** There are reading assignments for each PYMT. You must submit your book reports within 6 weeks of completing the training. See instructions below.

9. **Meet with a teacher –** An essential part of your ParaYoga® journey is your own personal practice. Your Level 2 teacher can direct you to an asana and meditation practice, specifically designed for you.
   You can use the teacher directory on the ParaYoga® website to help you find the right teacher. You may contact them directly, or if you are not sure who to choose you can call the office and we will help you. Private session fees differ from teacher to teacher. Be sure to ask upfront how you can meet (in person or by Skype) and how to handle payment for your session.
10. **Learn the Mantras and Invocations –** All students must be able to recite the following mantras and invocations found in your manual: The ParaYoga® Invocation, The Gayatri Mantra, Maha Mrityunjaya Mantra (MMM), Prana Pratishta, Invocation to Patanjali, and Vishve Deva mantra.
11. **30 Days of Kriyas –**You will need a minimum 30-day practice (consecutive) of Cave of the Heart and Bhuta Shuddhi Kriyas. These kriyas are given in the trainings.

Application and Instructions for ParaYoga® Level 1 Certification.

1. **Apply** - Upon completion of all requirements, you may submit the following to the ParaYoga® office:
   -Level 1 Certification Application
   -A signed copy of the ParaYoga® Code of Ethics
   -Certification Fee of $350
   -Teaching Logs
2. **Request The Exam** - After submitting all the necessary documentation and fees to the ParaYoga® office, you may request the exam.
   You will have 10 days to complete it.
   This test demonstrates your understanding of and ability to apply the fundamental principles of ParaYoga®, with particular emphasis on sequencing, correct application and adaptation of Asana, Pranayama and meditation as well as their energetic effects (i.e. Prana Vayus, Gunas, and Doshas.
   You will then be contacted within 30 days by your PYCT reviewer, to discuss the results of your written test.
   Please note: if the results of your written test are less than satisfactory, you will be guided as to how to prepare to retake the exam. A $125 fee will be charged for retakes.
3. **Film your video** - After passing the written exam, you must submit a video of your teaching for review. The video, in digital format, should demonstrate your proficiency in teaching a ParaYoga® class. You will receive documents which provide detailed instructions regarding the requirements of your teaching video. Please be certain you have read and feel prepared to implement these requirements before you start filming. You will have 6 months to submit your video (via Dropbox to the PY office) after passing your written exam and receiving the guideline documents.

After your video has been reviewed you will be contacted within 30 days to discuss it. If the video is not approved, you will receive detailed feedback and guidance as to what aspects of your teaching need improvement and a ParaYoga® Certification Action Plan (PYCAP) from your evaluator. A second video can be submitted no less than six months from the review and requires an additional processing fee of $125.

4. **Get Licensed** - After passing your video exam, you will be sent the ParaYoga® Licensing Agreement, which you must sign and fax/email back, along with your $150 Licensing Fee.
5. **Get Listed** - After receiving your signed agreement and fees, you will then be listed on the ParaYoga® Teacher Directory on the ParaYoga® website.
6. You will be sent your ParaYoga® Level 2 Certificate of Completion.

Requirements for Level 2 Certification:

1. **Complete all LEVEL TWO PYMT's**- You must finish all ten ParaYoga Master Teacher Trainings in order and associated reading assignments and book reports to be eligible for Level 2.
2. **Practice ParaYoga®** - All candidates must have been practicing ParaYoga® for at least three years. This includes classes, workshops, PYMT's and retreats taught by Rod Stryker and/or a ParaYoga® Level II Certified Teacher. You must have been a Level 1 ParaYoga® Certified Teacher for a minimum of one year.
3. **Teach** – Continue teaching another year of ParaYoga®-style classes. (Minimum 150 hours or one 1.5 hour class for 100 weeks over two years). Documentation of teaching history should be submitted with the Level 2 application. Please use the Teaching History form.
4. **Practice at home** – Continue another year, for a total of three years of regular home asana practice and journaling. Documentation must be provided showing a practice of at least 30 minutes per day, 3 days per week.
5. **Meditate** – Keep meditating for another year for a total of three years of regular meditation practice (in the ParaYoga® tradition). This practice requirement must be documented and submitted by email to the ParaYoga® office as outlined in the Quarterly Sadhana Summary Form. Quarterly updates are due at the end of March, June, September, and December (there is a two-week grace period). ParaYoga® will not accept all your required Quarterly Summaries at once or at the time of your application for certification. If you find it helpful to track your daily practice consider using the ParaYoga Meditation Log.
6. **Complete two Case Studies** - You will be required to work privately with at least two individuals and document your results. Candidates need to show proficiency in working with individual client needs. Case studies must be

submitted using the Case Study Form, which will be sent to you 6 months after completion of Level I Certification, if requested.

7. **30 more days of Kriyas –** you must complete a minimum 30-day practice (consecutive) of the following ParaYoga® meditation/kriya practices: Bhuta Shuddhi, Cave of the Heart, Manas Puja, Tibetan Color Purification, and Tattwa Shuddhi (Dark Man of Sin).
8. **Know the Mantras –** You must be able to recite the following mantras and invocations: ParaYoga Invocation, Gayatri Mantra, Maha Mrityunjaya Mantra, Prana Pratishta, Invocation to Patanjali and Vishve Deva mantra.
9. **Have another Private Consultation with ParaYoga®** - Another private session with Yogarupa Rod Stryker, Karina Ayn Mirsky or an authorized ParaYoga® Senior Teacher is necessary for completion of your training.

Application and Instructions for Para Yoga® Level 2 Certification:

1. **Apply** - Once all of the above requirements have been met, you may submit an application for Level 2 Certification. All required documents must be submitted to the ParaYoga® office. Please review this checklist so that your submission is complete:
    - Teaching History form
    - All Practice and meditation Quarterly Summaries forms (must have been submitted <u>on a regular basis</u> **prior** to receiving the written exam)
    - Certification Fee of $350.00 (non-refundable)
2. **Request the exam** - You will have 14 days to complete it, at which time you will submit the completed test and completed case studies to the ParaYoga® office via email.
   You will then be contacted within 30 days by your PYCT reviewer to discuss the results of your written test.
   In the event that you do not pass the exam, you will be coached as to how to prepare to retake it, and be given specific guidance. An additional fee of $125 will be required to retake the exam.
3. **Get Licensed** - After passing your written exam, you will be sent the ParaYoga® Licensing Agreement, which you must sign and fax/email back, along with your $75 Licensing Fee.
4. **Get Listed** - After receiving your signed agreement and fees, you will then be listed on the ParaYoga® Teacher Directory on the Para Yoga® website.
5. You will be sent your ParaYoga® Level 2 Certificate of Completion.
6.

Book Report Assignments:

For Certification in Para Yoga®, candidates must read and submit book reports to the Para Yoga® office within 6 weeks of completing the related training. Failure to do so will inhibit your certification process.

Here is a list of the PYMT's and their corresponding books:

VINYASA KRAMA: The Energetics of Sequencing – YOGA AND AYURVEDA by David Frawley
TANTRA: The Radiant Soul of Yoga – KUNDALINI TANTRA by Swami Satyananda Saraswati (first 193 pages)
SECRET OF THE YOGA SUTRA: Light on Self Mastery – THE SECRET OF THE YOGA SUTRA by Pandit Rajmani Tigunait
PRANA: The Power and Path of Yoga – THE PATH OF FIRE AND LIGHT by Swami Rama
THE FOUR DESIRES: Yoga of Fulfillment – THE FOUR DESIRES: CREATING A LIFE OF PURPOSE, PROSPERITY, HAPPINESS, AND FREEDOM by Rod Stryker
YOGA MARMA: Hands-on Correction and the Art of Teaching - THE HEART OF YOGA by TKV Desikachar

KOSHA: Unleashing the Science of Soul – YOGA AND PSYCHOTHERAPY by Swami Rama
KUNDALINI: The Grandeur and Spirit of Yoga – AGHORA II: KUNDALINI by Robert E. Svboda
GURU PARAMPARA: Transmission and Lineage* - MANTRA AND THE MYSTERY OF INITIATION by Pandit Rajmani Tigunait

Book report assignment instructions:

1. Name:
2. Title of Book:
3. Write a 2 – 4 paragraph overview/synopsis on the material covered.
4. Write one paragraph on each (that's three paragraphs) of (what you see) as the three most compelling points of the book. Please describe the details of why.
5. Write one paragraph on each (that's three paragraphs) of (what you see as) the book's three most relevant topics in regards to teaching. Be specific. Describe the ways it has impacted your teaching, or you believe it will.
6. Write one paragraph on what you see as the most relevant topic in regard to your practice. Be specific. Describe the ways it has impacted your practice, or you believe will.

Please note: These questions are specific to the **book** you are required to read, **NOT** your experiences in the training with Rod.

Submitting your reports:
1. All reports need to be submitted in Word (.doc) or PDF format

2. Please make sure your file is titled in the same format as the following example:

Sarah Smith (abbrev. title of book).doc

3. In the subject field of your email, please be sure to indicate the title of the training you took, and location; ex: Tantra PYMT, CO (April 24-28, 2013) The office receives many reports. Make sure your is marked clearly.

4. Please submit your reports via email to pat@parayoga.com with a CC to katayoun@parayoga.com

We hope that you will enjoy the Para Yoga® certification process. We think you will find it to be one of the most rewarding achievements of your life.

Teaching History Documentation

Complete and submit your teaching history. Documentation is required for ParaYoga® Accredited teacher status:
A minimum of 75 teaching hours for ParaYoga® Level I Certified Teachers (ParaYoga-influenced classes).

A minimum of 150 teaching hours for ParaYoga® Level II Certified Teacher status (must be ParaYoga-style classes).

Asana practice requirements:

Two years of documented asana practice is required for Level 1 certification and 3 years of asana for Level 2. You are encouraged to keep a journal to document your practice. This journal should be used exclusively for the purpose of recording your practices, not to submit to the ParaYoga® office. You will need to submit the Quarterly Hatha Practice Summary forms if you wish to apply for certification.
Once you begin the process of journaling, fill in each day including those days you do not practice. If you do not practice on a given day, simply enter the date and leave the rest blank. Describe what you did along with a brief reflection on your experience doing it. You might focus on a particular insight, the general quality of the practice itself, or any thing that seems relevant about your experience on that given day. Don't force your reflections: they don't have to be groundbreaking, profound, or even different each time. You are encouraged to be honest, straightforward, and practical.
Applying for ParaYoga® Level 1 Certified Teacher status requires two of journaling about your on-going practice. Applying for ParaYoga® Level 2 Certified Teacher status requires three years of journaling about your on-going practice.

Meditation practice requirements:

A minimum of two years regular meditation practice in the ParaYoga® tradition is required for Level 1 certification. A minimum of three years of regular meditation practice is required for Level 2 Certification.

This practice requirement must be documented and submitted by email to ParaYoga's office as outlined in the Quarterly Sadhana Summary Form. Quarterly updates are due at the end of March, June, September, and December (there is a two week grace period). ParaYoga® will not accept all your required Quarterly Summaries at once or at the time of your application for certification. If you find it helpful to track your daily practice consider using the ParaYoga® meditation Log