

PraiseMoves Teacher Application

We are excited about your interest in applying to become a Certified PraiseMoves Instructor!

Please print all 6 pages of this application. Clearly PRINT your information in pen, SIGN the application in spaces provided, enclose payment [check or money order in U.S. funds for \$295 full payment (\$30 off \$325 full price); or you may send \$195 for partial payment and \$130 balance no later than 2 weeks before the Certification you will be attending]] to address below. ***IF you live OUTSIDE OF U.S., email us for overseas payment information.*** Email a recent photo to office@PraiseMoves.com . If you have a CPR card, send a copy with your application to:

Laurette Willis, Director
PraiseMoves Fitness Ministry
P.O. Box 1449
Tahlequah, OK 74465

Name: _____ Date: _____
Telephone: (____) _____ Work Phone: (____) _____
Cell or other phone: (____) _____ E-mail: _____
Mailing Address: _____ City: _____
State/Province: _____ Zip/Postal Code: _____ Country: _____
Date of Birth: _____ Marital Status: _____ Spouse's Name: _____
Height: _____ Weight: _____

Did a CPI refer you to us? If so, their name: _____

Becoming a Certified PraiseMoves Instructor (CPI) means we will consider you part of the PraiseMoves Ministry family. As such, it is important that we know something about you and that you agree with the Statement of Faith as outlined below.

We believe the Bible, both Old and New Testaments, are the inspired Word of God to man, the infallible authoritative rule of faith and moral conduct.

We believe there is one God, existing eternally; revealed in Scripture as Father, Son and Holy Spirit.

We believe the Lord Jesus Christ is the eternal Son of God. The Scriptures declare: His virgin Birth, His sinless life, His miracles, His shed blood and substitutionary death on the cross for us, His bodily resurrection from the dead, His being on the right hand of God the Father and His soon-coming return in power and glory.

We believe in the lost condition of man to sin, and man's need for a Savior, and that regeneration by the Holy Spirit is essential for eternal life in Christ.

We believe in the present ministry of the Holy Spirit by whose indwelling the Christian is enabled to live a godly life. We believe in the resurrection from the dead of the saved and the lost; that the Bible declares there is a real heaven to be gained as well as a literal hell from which we can choose to be saved ("If you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved" Romans 10:9).

We believe in the Body of Christ – in the spiritual unity of believers in our Lord Jesus Christ.

I have read and understand the *Statement of Faith* and agree with it without mental reservation.

Signed: _____ Date: _____

Please PRINT clearly or TYPE. You may use additional paper if necessary.

1. Educational background: _____
2. Work or professional experience: _____
3. Current work status: _____
4. How did you hear about PraiseMoves? _____
5. Have you seen any of the *PraiseMoves* DVDs? If so, which one(s)? _____
6. Have you attended any PraiseMoves workshops or classes? _____
7. If yes, please list when, where and who taught class (if you know): _____
8. Do you have any experience in the fields of health, fitness or dance? ___ If yes, please explain: _____
9. Do you currently teach fitness classes? _____ If so, where? _____
10. Please give a brief explanation of why you would like to become a Certified PraiseMoves Instructor: _____

11. Would you consider being a PraiseMoves instructor a business, a ministry or both? _____
Please explain: _____

12. When you receive your materials, when could you begin studying and training?

13. Do you plan to study at home at least 4-6 weeks and then attend a live, in-person PraiseMoves certification training event – or – Do you plan to attend an Online PraiseMoves certification training (8 webinar classes over 4 weeks)?

- a. Home study (4-6 weeks) and in-person training event: Yes _____ No _____
- b. Online training (8 classes over 4 weeks): Yes _____ No _____

Home Study/In-Person Certification: If accepted to attend in-person training event, are you willing to devote sufficient time to this program to be able to attend a Teacher's Certification Weekend 4 weeks to 6 months after receiving your materials? _____

If no, please explain: _____

Online Training & Certification: If accepted to take ONLINE Training, are you willing to attend EACH of the 8 online classes over the 4 weeks of training? _____ CPI Trainees are expected to be *live* on the calls with us, but if you cannot because of work schedule or time zone, recordings will be made available to you (you must complete all the classes and course work within the 4 weeks of training in order to be certified and take part in the live Certification Ceremony online with us). If unable or unwilling to comply, please explain: _____

14. Are you confident that you could lead a PraiseMoves class if we taught you how? _____
Please explain: _____

15. Do you know where you could hold your first classes? _____
If yes, where? _____

16. Do you know who would enroll in your classes (friends, family, church members)? _____
If so, how many people do you foresee enrolling in your first class? _____

17. We are looking for experienced teachers to assist us from time-to-time in training other instructors. Have you had any experience teaching? _____

If yes, what classes did you teach and where? _____

18. Do you have a valid CPR card? _____. If yes, please submit a copy of CPR card with your application (or email with your photo to info@PraiseMoves.com) .

19. If you do not have a CPR card, you cannot receive your PraiseMoves Instructor Certificate until you email us a copy of a valid, current CPR card (or your country's equivalent).

Will you commit to taking CPR training and sending/emailing us a copy of your CPR card BEFORE completing your PraiseMoves training (live or online class)? _____

20. Please email a recent headshot photograph of yourself to: info@PraiseMoves.com .

21. If accepted and certified, may we post your name and photograph on the PraiseMoves website as a Certified PraiseMoves Instructor (CPI)? _____

22. As a Certified PraiseMoves Instructor, we will promote you and your classes to potential students who are looking for PraiseMoves classes around the world; therefore it is important we ask several personal questions. Have you ever been convicted of a felony? _____

If yes, please explain: _____

23. Do you currently partake of any of the following substances: tobacco, alcohol, marijuana or other illegal drugs? _____ If yes, please explain: _____

24. Please describe the current status of your health: _____
Do you currently have any health problems? _____ If yes, please explain (you may use another sheet of paper if you wish) _____

25. What do you believe are your three strongest character traits? _____

26. What qualities, gifts or talents do you have that you believe will help you most as a PraiseMoves instructor? _____

27. Have you received certification as a Personal Trainer, Aerobic/ Group Exercise Instructor, Pilates, Kickboxing, Yoga or Martial Arts Instructor; Sports Therapist, Coach or Trainer; or other? _____ If yes, which certifications and what organization certified you?

28. Have you received training in Bible studies, or attended a Bible college? _____ Do you work in your church, or in another ministry? _____ If yes to either, please explain: _____

29. PraiseMoves offers more than fitness classes. PraiseMoves is a ministry and a calling. If you are a yoga Instructor, would you be willing to give up teaching yoga to teach PraiseMoves? We feel very strongly about the wrong message conveyed to young believers by one who would teach both (please see: <http://praisemoves.com/calt> – the article “Why a Christian *ALTERNATIVE* to yoga?”).

You may teach one or the other, but not both. Would you be willing to teach PraiseMoves and not yoga? (**Please** mark one, even if you do not teach yoga or have never taken a yoga class. Do NOT put “N/A” or leave this blank. It is important we know if you are willing to teach PraiseMoves and not yoga, even if you have never taught yoga or taken a yoga class before.)

- _____ Yes, I am willing to teach PraiseMoves and NOT yoga.
 _____ No, I am not willing to give up teaching yoga.
 _____ No, I may want to teach both yoga and PraiseMoves at a later date.

30. Do you currently hold ministerial credentials? _____ If yes, with which church or ministry fellowship or organization? _____

31. Since PraiseMoves is considered “The *Christian* Alternative to yoga,” we are interested in the faith of those who would like to represent us as instructors. Please describe your faith and the basis of your beliefs. For example, if you say “Christian,” is your faith founded on a Bible-based salvation experience when you accepted Jesus Christ as your Savior and Lord; or based on your membership to a particular church, your upbringing, feelings, or some other reason? (*may continue on the back of the paper*).

32. What activities do you pursue which advance your spiritual growth (church attendance, Bible study, daily devotions, prayer group, Sunday school; and any leadership or service roles you have in church or ministry-related fellowships): _____

33. **Please note:** If attending an in-person certification: Applicants will not be permitted to attend a live, in-person certification training if they have *less than 4 weeks to study* the training materials at home. Many taking the Online training have been working out to PraiseMoves DVDs, and they will also be studying with us on the live Webinars for 4 weeks. If we allowed people to attend training who had less than 4-6 weeks to study the material, it would be unfair to those who had been studying for several months. We want you to rest assured that you are receiving a certification that MEANS something. We therefore strive to be a ministry of excellence, not a diploma mill.

Those attending an in-person certification ONLY, you must record a brief 10-minute video of yourself teaching several of the PraiseMoves postures to one or more students or friends before coming to the live event. This does not have to be perfect! Upload this to YouTube and label it "Private" (not "public"). And then email us the link to the video. You may choose to email it to us via SendThisFile.com or some other service. We must receive this **NO LATER** than one-to-two weeks before the Certification weekend you will attend.

Those attending Online certification will also send us a video, but this will be during the course of the training. Make sure you have or can borrow a video recorder or phone that records video.

34. Which of these Certifications would you like to attend? Space is limited, so those who send in their requests first and are accepted will receive preference.

Date : _____ **Pittsburgh, PA**
 Date : _____ **Tahlequah, OK**
 Date : _____ **Valley Springs, Northern CA**
 Date : _____ **Other Location listed on CPI training site**
 Date : _____ **Online Training**

36. **Optional Additional Trainings Available!** With your CPI Application, you may also train to certify for **PraiseMoves Gold** (*to teach seniors and those with limited mobility*) and/or **MIRA!** ["MIRA" means "Look!" in Spanish. It is an energetic (*and modest*) Latin dance workout which incorporates the Word of God.]. At the present time, the only training for **PraiseMoves Gold** and **MIRA!** will be at the Annual PraiseMoves National Conference in Tahlequah in June. See: <http://praisemoves.com/about-us/instructor-training/upcoming-dates/> for additional information.

PraiseMoves Certification is the basis of all our certifications. **PraiseMoves Gold** and **MIRA!** are additional certifications available for \$125 each. If you would like to take either or both of these trainings at the PraiseMoves National Conference, they are available for an additional \$125 each, payable with your application, or before May 10, 2012.

35. Please list the name of your pastor and one other person as a character reference.

Pastor's name: _____
 Pastor's phone #: _____
 Name: _____ Phone: _____
 Relationship to you: _____

- I am enclosing \$_____ in U.S. dollars (payable thru a U.S. bank) with my application.
 I live outside of the U.S. and have made other arrangements with the PraiseMoves office.
 I will email a headshot photo of myself to info@PraiseMoves.com by this date: _____.
 I am enclosing CPR card (*or other credentials you would like us to consider. You will need to email us a copy of your CPR card or your country's equivalent BEFORE you can receive a PraiseMoves Instructor certificate*).
 I would like to attend an in-person live event. I will send a 10-minute video (per #33 above)
 Optional: In addition, I am enclosing \$125 for **PraiseMoves Gold** certification (#36 above)
 Optional: In addition, I am enclosing \$125 for **MIRA!** certification (#36 above)

NOTE: The original *PraiseMoves* DVD (*Laurette in red shirt*) is included with your training. Upon acceptance of your application, it will be sent to you with your other training materials. If you already have the original *PraiseMoves* DVD, you may substitute another.

- I already have the original PraiseMoves DVD, and would like you to substitute this DVD instead: _____

You may wish to purchase *PraiseMoves Alphabetics* (the Hebrew Letter postures); *20-Minute PraiseMoves* (with beginner/modified, intermediate & advanced workouts); *Power PraiseMoves*, *PraiseMoves for Children*, *AM-PM PraiseMoves* or any other of our DVDs at the CPI discount of \$10.20 each (*no additional postage necessary, if mailing within the U.S.*)

____ I am also enclosing a separate check for \$_____ for the following PraiseMoves DVDs @ \$10.20 each: _____

Enclosed: \$_____ full / partial CPI application fee + \$_____ for DVDs (#__ DVDs @ \$10.20 each) = Total enclosed \$_____ check(s) or money order in U.S. dollars payable thru a U.S. bank.

IMPORTANT

Please complete the *Waiver of Personal Liability and Assumption of Risk Statement*:

I, _____ (print name), an individual over the age of 18, do hereby willfully and knowingly waive any and all personal liability claims against PraiseMoves, LLC, its representatives and agents, or any successor entity, which may arise due to my participation as a student or teacher in the exercise and fitness programs sponsored, conducted by, or based on PraiseMoves.

I assume all responsibility for my participation in said program. I further certify that I have conferred with a physician and have determined that I am fit and able to participate in or teach an exercise program.

I intend for this statement to be binding in my successors and heirs, and hereby agree to hold PraiseMoves, LLC harmless for any and all expenses and/or judgments which may arise, including, but not limited to reasonable attorney’s fees and court costs.

I understand that it is my responsibility to see to it that my classes are covered by Liability Insurance, through my homeowner’s/renter’s policy, or a separate policy with my insurance company; or through the church or facility where my PraiseMoves classes are being held.

Acknowledgement: I have read and understand the *Waiver of Personal Liability and Assumption of Risk Statement*.

Signed: _____ Date: _____

Print Name: _____

Please return completed application, email photo, copy of CPR certification (if applicable), check or money order in U.S. dollars for full payment of \$295 (\$30 off) or partial payment of \$195 (Balance of \$130 due NO LATER than 2 weeks BEFORE your training) and a SEPARATE check for DVDs you would like @ CPI discount to:

Laurette Willis, Director
 PraiseMoves Fitness Ministry
 P.O. Box 1449
 Tahlequah, OK 74465

We suggest you make a copy of this application for your records.

Please note: On rare occasions, one may not be accepted to train to be a PraiseMoves Instructor at the time they apply. In such an event, their money will be refunded (less a \$15 processing fee), with a letter of explanation.

Thank you for your interest, and may God richly bless you! See 1 Corinthians 6:20—it is for you!!!

Laurette Willis
Director
PraiseMoves, LLC
info@PraiseMoves.com

Questions?

You may call us at the home office in the U.S. – 918-458-1800, Monday-Saturday 10AM-7PM Central US time.