

## PraiseMoves Teacher Application

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

Please print all 7 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 **\$395**; (or you may send \$295 for partial payment and \$130 balance no later than 2 weeks before your training begins \$425 if in 2 payments)] to address below. **IF you live OUTSIDE OF U.S., payment must be done by PayPal using any card (see instructions below)**. To expedite the application process, anyone may also SCAN in their signed application and pay via PayPal (\$15 additional PayPal fee applies)

Email a recent headshot photo to [info@PraiseMoves.com](mailto:info@PraiseMoves.com) . If you have a CPR card, send copy with application to:

Dr. 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 take the recorded online classes and check-in via email within 24-36 hours from the time they are emailed to you. You must complete all the classes and course work within the 4 weeks of training to be certified and take part in the Certification Ceremony online with us. If unable or unwilling to do so, 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](mailto:info@PraiseMoves.com)) .

19. If you do not have a CPR card, you have until your Live training begins (or before Online training ends) to submit a valid CPR card. You can get CPR online at [www.CPRCare.com](http://www.CPRCare.com) Will you commit to taking CPR training and sending/emailing us a copy of your CPR card in a timely manner? \_\_\_\_\_

20. Please email a recent headshot photograph of yourself to: [info@PraiseMoves.com](mailto: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: \_\_\_\_\_

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29. PraiseMoves offers more than fitness classes. PraiseMoves is a ministry and a calling. Even if you have never taught yoga, will you agree you will not teach BOTH PraiseMoves and yoga? If you are a yoga Instructor, are you 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*).

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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): \_\_\_\_\_

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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, 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! We simply want to assess your teaching style. Upload to YouTube and label "Unlisted." Email us the video link. We must receive it 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 training*. Make sure you have or can borrow a video recorder or smart phone which 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.

**LIVE TRAINING** Date & Location: \_\_\_\_\_

OR **PraiseMoves INTERNATIONAL CONFERENCE TULSA, OK** (Always Weekend AFTER Father's Day in June) Date: \_\_\_\_\_

**ONLINE TRAINING** February, May or September: \_\_\_\_\_

36. **Additional LIVE & ONLINE Training Available!** With your CPI Application, you may also train to certify for **PraiseMoves Gold** (*to teach seniors and those with limited mobility*), **MIRA!** ("MIRA" is an energetic *and modest* Latin dance workout which incorporates the Word of God)], **PraiseKICKS** (Kickboxing with the Word), and/or **PraiseWAVES** (Aqua PraiseMoves). You can train for CPI, and all other certifications at the PraiseMoves International Conference, or see: <http://praisemoves.com/about-us/instructor-training/upcoming-dates/> for additional locations.

**ONLY CPIs or THOSE APPLYING TO BE CPIs can Apply for additional certifications.**

PraiseMoves Certification is the basis of all our training. **Add'l certifications only \$125 each.**

**LIVE TRAINING:** Yes, I would like to certify for (*check all that apply w/Location and Date*):

MIRA! \_\_\_\_\_ @ location&date \_\_\_\_\_ / PraiseKICKS \_\_\_\_\_ @ location&date \_\_\_\_\_  
PMGold \_\_\_\_\_ @ location&date \_\_\_\_\_ / PraiseWAVES \_\_\_\_\_ @ location&date \_\_\_\_\_

**OR ONLINE – Apply NOW**, and your login to training will be sent as soon as you graduate:

**PraiseKICKS Training ONLINE** \_\_\_\_\_ OR **PraiseMoves GOLD Training ONLINE** \_\_\_\_\_

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 check or money order for \$ \_\_\_\_\_ in U.S. dollars w/ my application.

\_\_\_\_ I live outside of the U.S. and will pay via PayPal (US applicants may also pay via PayPal, using any credit or debit card).

\_\_\_\_ I will email a headshot photo of myself to [info@PraiseMoves.com](mailto: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 complete your training (You CAN apply and begin Online training without a CPR card). You can get CPR online at www.CPRCare.com*).

\_\_\_\_ 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 EACH additional certification (#36 above)  
**PayPal Application Fee Payment if Outside of the United States** (or if PayPal is preferred):

PayPal charges a percentage, so we need to figure in their fee (approximately \$15.00). Please:

1. Scan your signed application and email it to us - instead of mailing it via postal service
2. Email your photo if you haven't already
3. Go to: <http://paypal.me/LauretteWillis> and send \$395 plus \$15 = \$410.00 US funds

-- Funds may be taken from your PayPal account, or your credit or debit card.

4. We recommend getting some of the PraiseMoves DVDs, which will also help you in your study. They are \$10.20 each (about 50% off for CPIs and CPI Trainees). Be sure to let us know which ones you would like. The original PraiseMoves DVD download comes with the training. We cover the postage for you. You can see DVDs here: <http://praisemoves.com/dvds>

**NOTE:** To keep training fees low for you, CPI Training Materials are in a downloadable format. Once approved, you will be sent the PDFs of the Manual & Links to Training videos.  
IF you want a hard copy of the PraiseMoves training DVD, add \$10.20.  
If you want a hard copy of the 2 Manuals, add an extra \$25 for the manuals set.

**NOTE:** The original *PraiseMoves* DVD (*Laurette in red shirt*) is included with your training. Upon acceptance of your application, the link 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 downloadable 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*, *PraiseMoves Gold*, *AM-PM PraiseMoves*, *PraiseMoves Flow* or any other of our DVDs at the CPI discount of \$10.20 each (*no additional postage necessary, if mailing within the U.S. – Postage may be added for overseas orders. We will contact you with options.*)

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

\_\_\_\_ I am including \$25 for the HARD COPY of the CPI Manuals.

\_\_\_\_ I am including \$10.20 for the HARD COPY *PraiseMoves* DVD.

*I understand that the downloads of the training DVD & manuals are sent to me at no charge.*

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.

Total enclosed \$\_\_\_\_\_ check(s) or money order in U.S. dollars payable thru a U.S. bank

OR – I will Send \$\_\_\_\_\_ Via PayPal, which includes the Extra \$15.00 PayPal Fee.

**IMPORTANT****Please complete & sign *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 or MIRA!.

I assume all responsibility for my participation in said program(s). 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 or MIRA! 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 \$395 or partial payment of \$295 and Balance of \$130 (due NO LATER than 2 weeks BEFORE your training) and a SEPARATE check for DVDs you would like @ CPI discount to:

Dr. 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!!!

Dr. Laurette Willis  
Director  
PraiseMoves, LLC  
[info@PraiseMoves.com](mailto:info@PraiseMoves.com)

**Questions?**

Email, or call the home office in the U.S. – 918-458-1800 landline, Monday-Saturday 10AM-7PM Central US time.