

**PraiseMoves Teacher Application** (You may also apply for MIRA! & PraiseMoves Gold here)

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 \$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., see PayPal overseas payment information** (p.6). Email a recent photo to [info@PraiseMoves.com](mailto:info@PraiseMoves.com) . If you have a CPR card, send a copy with 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:** \_\_\_\_\_

**IF YOU ARE CURRENTLY A CPI AND WANT TO APPLY FOR MIRA! OR PMGOLD, SKIP TO PAGE 5.**

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 online classes the day they are emailed to you, but if you cannot because of work schedule or time zone, recordings are available (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 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 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](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. 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*).

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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, 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 "Unlisted" (not "public"). 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: \_\_\_\_\_ **Burlington, Ontario, Canada**  
 Date : \_\_\_\_\_ **Other Location listed on CPI training site**  
 Date : \_\_\_\_\_ **PraiseMoves Int'l Conference, June** (weekend after Father's Day)  
 Date : \_\_\_\_\_ **Online Training (February, May or September?)**

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.]. Look at Upcoming Classes dates for **PraiseMoves Gold** and **MIRA!** Trainings.

See: <http://praisemoves.com/about-us/instructor-training/upcoming-dates/> for additional information.

**AT PRESENT ONLY CPIs OR THOSE APPLYING TO BE CPIs CAN ALSO BE MIRA! & PRAISEMOVES GOLD INSTRUCTORS.**

PraiseMoves Certification is the basis of all our certifications. **PraiseMoves Gold** and **MIRA!** are additional certifications available for \$125 each.

\_\_\_ Yes, I would like to certify for MIRA! on \_\_\_\_\_ (date) in \_\_\_\_\_ (location).  
 \_\_\_ Yes, I would like to certify for PMGold on \_\_\_\_\_ (date) in \_\_\_\_\_ (location).

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](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 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)

**PayPal Application Fee Payment if Outside of the United States:**

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 PayPal and "Send Money" to: [praisemoves@gmail.com](mailto:praisemoves@gmail.com) (that's our account)

-- for \$295 plus \$15 = \$310.00 US funds

-- Funds may be taken from your bank, PayPal account, or your credit card 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 comes with the training. We cover the postage for you. You can see DVDs here: <http://praisemoves.com/dvds>

**NOTE:** In order to keep costs down, we have gone to a downloadable format for our CPI Training Manuals. Once approved, you will be sent the PDFs of the Manuals. DVDs will be mailed. IF you want hard copies of the 2 Manuals, please include an extra \$25 for the set.

**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*, *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 would like the hard copies – I understand that the downloads of the manuals are sent to me at no charge.

Enclosed: \$\_\_\_\_\_ application fee + \$\_\_\_\_\_ for DVDs (#\_\_\_\_ DVDs @ \$10.20 each) (+ optional \$25 hard copies of the CPI Manuals – no cost if getting them as PDF downloads via email)

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 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 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 \$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](mailto: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.