



NEW YORK ZEN CENTER FOR CONTEMPLATIVE CARE + OM YOGA

Dear Training Applicant,

Thank you for your interest in our Foundations in Contemplative Care Training for Yoga Teachers. We are excited to offer this new program and hope that you will join us in this joint venture between **New York Zen Center for Contemplative Care and OM yoga**. Listed below are the dates of the training. Please note that your attendance is required at all of the 9 training sessions.

2009/2010 Scheduled Dates:

- October 21
- November 18
- December 16
- January 20
- February 24
- March 2
- April 21
- May 19
- June 23

We encourage your thoughtful and reflective completion of the enclosed application. Please return your completed application and all supporting documents to the address above. We urge you to apply early as enrollment in the training is limited. If this year's program fills up, applications will be held over for the following year. Applications will be reviewed in the order we receive them. If your application meets the admissions requirements, we will call you to schedule an interview.

Tuition fee for the program is \$2,450. A \$100 discount will be offered to those who apply before July 1. There is an application fee of \$500. If you are accepted, this money goes toward your tuition. If you are not accepted, \$425 is refunded to you. You may want to explore the option of having either an organization or a group of friends and family sponsor you. A limited number of scholarships will be available.

If you have any other questions about the training, New York Zen Center for Contemplative Care or OM yoga, please go to our web sites. We look forward to hearing from you soon.



NEW YORK ZEN CENTER FOR CONTEMPLATIVE CARE + OM YOGA

**Foundations in Contemplative Care Training for Yoga Teachers
Student Application**

Date of application:

Name:

Address:

Phone(s):

Email:

Date of Birth:

Please list your Yoga Teacher Training credentials and other teacher trainings you have received. Also include your background and experience with yoga? (Please answer below)

School(s)/Style(s)	Teachers	Dates

Contemplative Practice and/or tradition: _____

What is your educational background outside of yoga?

Are you presently working/studying? _____ Full _____ Part-time _____

Please specify times during the week that you may be available for an interview. Flexibility is important:

M T W TH F: Morning Afternoon

Please respond to the following in an attached essay (no more than 3 pages total).

1. What is your occupation/course of study?
2. Do you have previous contemplative/spiritual caregiving experience? Please describe briefly, and/or attach a resume.
3. Do you have special skills? Please describe briefly. (i.e. healthcare, counseling, foreign language, community leadership, spiritual training)
4. Do you have any physical limitations? If so, please describe briefly:
5. Have you spent time with someone very sick and/or dying? Or someone in a crisis? If so, please describe briefly:

Tell us why you want to be a program participant. Please respond to the following questions as thoughtfully and completely as you can, exploring your feelings and intentions. Be certain to cover all the points indicated. You may respond to each question individually or in an essay.

1. What is your understanding of contemplative caregiving?
2. How do you envision this training to be of benefit to you? To others?
3. Please describe your experience of caregiving relationships (i.e. chaplaincy, hospice volunteer, teaching, mentoring, counseling) Chaplains work with people with cancers, AIDS, dementia, as well as other illnesses and concerns. Describe your feelings about what it may be like for you to be with people with serious physical limitations or altered appearances resulting from their illness or its treatment.
4. Contemplative Caregivers provide emotional, spiritual and practical support for people from all walks of life who are experiencing crises of health, faith, identity, etc. What kinds of people and/or situations would you anticipate having the most difficulty working with and why?

5. Describe some of your personal experience with diversity in your life and yogic life (race, class, gender, sexual orientation, religion, size, (dis)ability, etc.) and how you have dealt with it.
6. If you are someone from a generally less represented population in the western yogic world, what kind of support would you find helpful in order to participate fully in this chaplaincy program?
7. Describe your personal experience with spiritual/meditation practice (list practice periods; endorsements; ordinations, if applicable)
8. It is important for participants of this program to have good emotional support in their own lives. What are sources of emotional support for you?
9. How do you take care of yourself? What are your challenges in self-care?
10. How do you feel about the time and energy required to participate in this training?
11. Do you anticipate anything which may interfere with fulfilling the 9 month commitment to the training? (i.e. family obligations, possible plans for relocation, future study, financial concerns?)
12. How do you envision using this training in your life?
13. Are there any additional thoughts that come up for you in completing this application, or anything else you would like us to know?
14. A letter of recommendation from a yoga teacher or someone who knows your contemplative practice is required. Please attach one to this application.
15. An application fee of \$500 is also required. Paid to: "NYZCCC."

Please note: this is a graduate level training that includes several self-directed learning components. Participants will be asked to commit to attending 9 out of 9 of the Training weekends, complete 100 hours of volunteer chaplaincy, attend monthly support groups, visit various religious centers, complete readings and written reflection essays, and attend supervision with your supervisor each month. **This training does not qualify you for a full-time job as a caregiver. It does qualify you to deepen your personal practice, practice with your students and those who need care. Those who are entrepreneurial may go on to create meaningful work with this training. It does qualify you to apply to NYZCCC CPE Professional Training.** Professional chaplains are trained and credentialed by several organizations, like NYZCCC, and most employers require this credential. This training, however, can serve as preparation and discernment for people considering a career in professional caregiving.

How did you hear about the program?

Flyer _____ Advertisement _____ Internet _____ Friend _____ Other _____

Thank you for considering the NYZCCC + Om Yoga's Foundations in Contemplative Care Training for Yoga Teachers as an opportunity for learning, practice, and service. We appreciate the time and thought involved in completing this application. Please return this application to:

Contemplative Care Training
OM yoga Center
826 Broadway, 6th Floor
New York, NY 10003
Att: Christie Clark