



5Rhythms Waves Training Info & Application Checklist

**NOTE: THE APPLICATION PERIOD FOR THE 2023 TRAINING IS CLOSED.
ALL INFORMATION BELOW IS SUBJECT TO CHANGE**

5Rhythms Waves Training Format, Dates and Location of Training:

The next teacher training's Module 1 will be held September 11-21, 2023 in Switzerland. As part of our commitment to making the training even more in-depth, and accessible, the training will continue to be held over 3 Modules: Module 1 in person, Module 2 on-line, Module 3 in person in Denmark, July 19-29, 2024 (Note: Module 3 days may change slightly). **INFORMATION FOR THE TRAINING FOLLOWING THE 2023 TRAINING IS NOT YET AVAILABLE.**

Tuition:

The tuition for the training will be \$10,900 USD.

Pre-Requisite Changes:

After much observation of and meditation on the prerequisite process we have come to understand the importance of spreading the prerequisites into a 3 Step process. Step 1 will be what will be necessary to submit an application. Step 2 covers what is needed to be considered for an invitation into the training. Step 3 includes post teacher certification workshop hours/days to be completed within two years of completing the teacher training in order to retain your active teacher status. This change allows for development to be ongoing.

Please note that all class and workshop hours must be held with a teacher who is a member of the 5RTA, or was a 5RTA member at the time that you studied with them.

Additional Information:

- It is the student's responsibility to make sure their teachers are listed on the [5Rhythms.com](https://www.5rhythms.com) website. Only members of the 5Rhythms Teachers Association are authorized to provide prerequisite classes and workshops.

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- Note: Applicants must have a working verbal and reading knowledge of English. The training will be fully held in English (Los solicitantes deben tener un conocimiento verbal y de lectura del inglés. El entrenamiento es completamente en inglés).

Please fully read the application process checklist.

5Rhythms Teacher Training Application Checklist

The 5Rhythms Application is completed in three separate parts:

1. *Prerequisite Class and workshop hours are logged into your student account via [The Dancing Path Portal](#). Please fully review the updated prerequisite list below.*
2. *Application Fee Payment complete. Ensure you have completed Step 1 Prerequisites and can complete Step 2 Pre-requisites date for training following the upcoming one to be determined.*
3. *Submit application no later than date for training following the 2023 training to be determined.*

Note: Applicants must have a working verbal and reading knowledge of English. The training will be fully held in English (Los solicitantes deben tener un conocimiento verbal y de lectura del inglés. El entrenamiento es completamente en inglés).

1. The Dancing Path Portal

You may begin logging your workshop hours at any stage of your process and we encourage you to do so as you go, rather than wait until you've completed the requirements. To create a login, download the 5Rhythms Mobile App:



When you log in for the first time, please upload a clear photograph of yourself that makes it possible for teachers to accurately endorse your attendance. Without a profile image, your requests may not get approved.

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2. Application Fee

A non-refundable, \$200 application fee may be paid online here: Please note a link will be posted closer to the opening of applications for the training following the upcoming training.

STEP 1

The following prerequisites must be completed to submit your application fee. Please review fully before paying your application fee as it is non-refundable.

- ☐ **A minimum of 3 years studying** 5Rhythms classes and workshops with 5RTA member teachers.
- ☐ **Waves Classes:** At least 300 hours of basic Waves classes with a 5RTA teacher (50% of these hours may be on-line).
- ☐ **Waves Workshops:**
 - ☐ 15 Days of Waves Workshops. This Must include a minimum of 4 Waves weekend workshops (it is recommended that one of these workshops be with Jonathan Horan). Workshop weekends are 2.5 days (minimum 15 hours of consecutive workshop time).
 - ☐ One 5-day Waves workshop, qualifying workshops are (minimum 30 hours total of consecutive workshop time).
- ☐ **Heartbeat Workshops:**
 - ☐ 10 days of Heartbeat level workshops completed with at least 2 different teachers (inquire as to whether any on-line workshops with 5RTA member teachers may apply):
 - ☐ Study with a minimum of 2 different teachers

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STEP 2

For your application to be REVIEWED and fully CONSIDERED for invitation into the training following the upcoming training you must have completed the following workshops:

- ☐ **Heartbeat** - One 5-day Heartbeat, in person or on-line, either 5-days in a row or a committed group series of one-day workshops held over several weeks or months.
- ☐ **Cycles** - A minimum of 1 workshop (5 consecutive days study total).
- ☐ **Mirrors** - A minimum of 1 workshop with Jonathan Horan (5 consecutive days study total).
- ☐ **God, Sex, and the Body** - A minimum of 1 workshop (4 days consecutive study total).

STEP 3

POST TEACHER CERTIFICATION STUDY

Post Teacher Certification Study: 25 Days of Additional Study that must be completed within 2 years of Teacher Certification to maintain Active Teacher status. (Note: If you have already completed some or all of these please contact TT@5Rhythms.com for clarification on this requirement.)

- Cycles - A minimum of 1 workshop (5 consecutive days study total).
- Mirrors - A minimum of 1 workshop with Jonathan Horan (5 consecutive days study total).
- 15 days additional study with any 5RTA member (These workshops may include the following):
 - Naked Soul
 - Additional 5Rhythms workshops in any of the maps (Waves, Heartbeat, Cycles, Mirrors, God, Sex & the Body)

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- Workshops classified as “Electives”:
- Waves workshops that are “Combined” or “mixed” with other disciplines outside of the 5Rhythms
- Specialty workshops within the 5Rhythms maps

3. Online Application

Once we have confirmed your payment for the application fee we will send you a weblink to submit your answers within 48 to 72 hours. Please take this time to review and write responses to the questions below and prepare your photos and videos for upload. **The application must be completed online in one sitting.** Please be concise -- we've asked enough questions so that a collection of brief answers will give us a sense of you and your relationship to the 5Rhythms practice.

- ☐ Complete General Information including:
Full name, Address, Phone numbers, Email, Date of birth, Languages spoken
- ☐ Two current photographs to upload. Have these ready to upload before beginning the application and name the file as YourFirstandlastnameBODY.jpg (Example JonathanHoranBody.jpg) and FirstandlastnameHEAD.jpg (Example JonathanHoranHEAD.jpg). You will be unable to upload without this file name and you will be unable to move forward in the application until uploaded.

1 Full body
1 Headshot



- ❑ A private web link to two videos of you dancing a 5Rhythms Wave. Upload your videos to a free site such as YouTube, Vimeo, etc. and protect it with a password. Have this ready to copy/paste into your application before beginning to complete the online form.
 - One 5 minute video of you dancing a 5Rhythms Wave to music
 - One 5 minute video of you dancing a 5Rhythms Wave without music.

 - ❑ Thoughtful, concise responses to the application questions. Write these into a separate document and copy/paste into the application form.
1. Why do you want to become a teacher of the 5Rhythms?
 2. Who do you consider your primary teachers? Who supports your desire and readiness to become a 5Rhythms teacher?
 3. What impact has your study of the 5Rhythms had on how you live your life, how you move through your world day to day? Please be specific.
 4. If you were describing this work to someone who's never done it, what would you say?
 5. What has been your greatest challenge in this practice? What has been a great challenge in your life?
 6. How would you assess your own readiness to be a teacher of the 5Rhythms? What do you already have? What would you need to develop?
 7. What is your vision for offering this work from a place of service?
 8. Describe: 1. 5Rhythms work with non-5RTA teachers, including length of time, workshops, etc. 2. Any background and training you have in other related areas, such as the arts, movement and healing.
 9. What other teaching experience do you have, if any?



10. Who have been your spiritual teachers/inspirations?
11. What other regular physical practices do you have, e.g., yoga, sports, etc.?
12. This training is vigorous and intensive and we expect that all participants have well developed internal and external support systems. In addition, we need to know:

Do you have a history or current mental health condition? Please describe, including your support system (therapist, coach, psychiatrist, etc.) and include medications you have or are currently taking.

13. If you have prerequisites that still need to be completed, please let us know below.

- ☐ Waves (300 Class hours)
- ☐ Waves (15 days of Waves Workshops)
- ☐ Heartbeat (15 days)
- ☐ God, Sex, and the Body (One 4-day workshop)
- ☐ Cycles (One 5-day workshop)
- ☐ Mirrors (One 5-day workshop)

14. What is your plan to complete any prerequisites by the end of the training year? Please be specific, writing clear workshop map level, teacher & dates for all levels needed. If no prerequisites are outstanding, please write "NONE".

If you have any questions while preparing this information please do not hesitate to ask! Reach out to TT@5Rhythms.com

Blessings to your dancing feet,

The 5Rhythms Training Team