



5Rhythms Teacher Training Application Checklist

The 5Rhythms Application is completed in three separate parts:

- 1. Prerequisite workshop hours logged on our 5Rhythms Mobile app and/or [The Dancing Path Portal](#).*
- 2. Application Fee Payment.*
- 3. Online Application.*

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..

2. Application Fee

A non-refundable, \$200 application fee may be paid online here:
(copy and past link)

<https://5rhythms.wufoo.com/forms/5rhythms-waves-teacher-training-application-fee/>

Or

Via Check or International Money Order in US Funds made payable to:
5Rhythms Global
PO BOX 1960
New York, NY 10013

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info@5rhythms.com • www.5rhythms.com*



3. Online Application

Once we have confirmed your payment for the application fee we will send you a weblink to submit your answers. **The application must be completed online in one sitting.** Before beginning this process please prepare answers to the following information and questions. 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:
1 full body
1 headshot

- A private weblink to two videos of you dancing the 5Rhythms. Upload your video to a free site such as YouTube, Vimeo, etc. and protect it with a password.
 - One 5 minute video of you dancing the 5Rhythms to music
 - One 5 minute video of you dancing the 5Rhythms without music.

- Thoughtful, concise responses to the application questions:
 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?

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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 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.?

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:

12. Do you have any history of mental illness? Please describe.
13. Have you ever taken or are you currently taking any medication for mental and/or emotional conditions?
14. If you have prerequisites that still need to be completed, please let us know below (*the list of our training path prerequisites is at the end of this packet*)
15. 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 right NONE.



TRAINING PATH PREREQUISITES

Please review the list below and your experience as a student so far. This list should be at least 70% complete to begin our training program and you must have a plan to complete any outstanding workshops by the end of the training year.

1) A minimum of 3 years studying 5Rhythms practice.

2) **WAVES**

- At least 300 hours studying the basic 5Rhythms practice in classes. If classes are not available locally, you can complete this by doing additional Waves workshop days.
- 15 Waves workshop days. This must include:
 - A minimum of 2 Waves weekend workshops, qualifying workshops are 3 days, 15 hours total
 - 1 Five-day Waves workshop, qualifying workshops are 25 hours total
 - 1 Waves workshop with Jonathan Horan

Please note, the 300 hours of classes and 15 days of Waves workshops are two separate prerequisites. Your experience needs to include 300 class hours + 15 Waves workshop days.

3) **HEARTBEAT**

- A minimum of 15 days of study, with at least 2 different teachers
- 1 Five-day Heartbeat workshop is required.

4) **CYCLES**

- A minimum of 3 workshops, 15 days of study total.

5) **MIRRORS**

- At minimum of 15 days of study
- Required Mirrors Workshops:
 - Mirrors with Jonathan Horan, 5 days of study
 - The Naked Soul with Jonathan Horan, 5 days of study
 - The remaining 5 days can be completed with student's choice of any Mirrors level workshop.

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6) **GOD SEX AND THE BODY**

- A minimum of one workshop, 4-5 days of study

7) **ELECTIVES**

- 15 days of additional study with any 5RTA member.
- This includes:
 - “Combined” or “mixed” with other disciplines outside of the 5Rhythms
 - Specialty workshops within the 5Rhythms Maps
 - Additional pure curriculum level workshops as listed above

NOTE: It is the student’s responsibility to make sure their teachers are listed on the [5Rhythms.com website](http://5Rhythms.com) at the time of the workshop. Only members of the 5Rhythms Teachers Association are authorized to provide prerequisite classes and workshops.

If you have any questions while preparing this information please do not hesitate to ask!

Blessings to your dancing feet,

The 5Rhythms Training Team