



5 R H Y T H M S[®]

**WAVES TEACHER TRAINING
INFORMATION & APPLICATION
CHECKLIST**

2025-2026

5Rhythms® Waves Training Info & Application Checklist

The application period for the 2025 5Rhythms® Teacher Training is now OPEN! Please read fully before submitting your application. All application fees are non-refundable. Dates and locations may be subject to change.

5Rhythms Waves Training Locations, Tuition, Prerequisites and Post Certification Requirements:

The next 5Rhythms teacher training is projected to begin in November 2025.

Locations and Dates:

- Module 1 is projected to be at the Garrison, Institute in Garrison, NY (USA) in November 2025.
- Module 2 will be held online.
- Module 3 is projected to be held Fall of 2026 in Europe (Location TBD).

Tuition: \$11,300

Pre and Post Training Requirements: After much observation of and meditation on the prerequisite process we have come to understand the importance of spreading the requirements into a 3-Phase process.

- **Phase A** is what is necessary to submit an application.
- **Phase B** covers what is needed for your application to be reviewed and considered for an invitation into the training.
- **Phase C** includes post teacher certification workshop hours/days to be completed within three years of completing the teacher training in order to retain your active teacher status. This change allows for teacher development to be ongoing.

Please note that all class and workshop hours must be held with a teacher who is a member of the 5Rhythms Teachers Association (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 (or were Accredited teachers, i.e. part of the 5RTA-at the time of your study with the teacher). Only members of the 5Rhythms Teachers Association (5RTA) are authorized to provide required classes and workshops.

5Rhythms Teacher Training Application Checklist

Please Fully Read the Application Process Checklist

The 5Rhythms Application is to be completed in the following steps:

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 that you have already completed Phase A Prerequisites and can complete Phase B Prerequisites by August 1, 2025, before paying your application fee (the fee is non-refundable). You can submit your application fee of \$250 at the link below. Once your application fee is made you will receive an email with access to complete your application. Link for Application fee:
<https://5rhythms.wufoo.com/forms/r1juw00m0m61f2n/>
3. Submit your completed application no later than August 1, 2025

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).

The Dancing Path Portal (Log your hours on the website)

You may begin logging your workshop hours at any stage of your process and we encourage you to do so as you go along, rather than waiting until you've completed the requirements. We recommend logging hours on your computer, rather than the app.

Please send your information below to teacheradmin@5rhythms.com and we will create the account for you:

- First Name
- Last Name
- Email address
- Country and Town you live in.
- Gender - Male/Female or Other as you prefer to be identified

Once you're profile has been set up, you'll be able to login on the Dancing Path Student Portal and enter your prerequisites on the 5Rhythms website.

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

After you've logged in, you'll see a menu on the left. Hover your mouse over **Log Classes/Workshops** and a submenu will expand.

You'll see the **Waves Attendance Request** link on the left — that is for requesting weekly class hours. Click that link and you'll see a list of teachers, as well as dropdown boxes of months and years. Choose the start dates (enter end dates **ONLY** if you are no longer dancing with that teacher). Be sure to fill in the number of hours you've danced with the teacher.

The link above it — **Workshop Attendance Request** — is for requesting any workshops you have attended previously. Click that link and you'll see a drop down menu of all of our teachers. Click the teachers you've danced with in the past and a list of their workshops will appear. When you click the REQUEST button, an email is sent to the teacher to confirm your attendance. It's very easy to use.

For any workshops that are not in the teachers list, you'll need to request them. To do that click on the Workshop Attendance Request link on the left. There's a button that says **IF YOU CAN'T FIND A WORKSHOP PLEASE REQUEST HERE**. Click that button, then fill out the form with all the details you can remember. The teacher will then receive the request and approve or deny your request.

Application Fee

A non-refundable, \$250 application fee must be paid prior to submitting your application. To pay your application fee select this link:

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

Application Questions at the end of this document

Once you are ready to begin the step of submitting your application, please make sure you have all needed information ready (see application at the end of this document). The application form cannot be saved and must be completed in one sitting.

3 Phases of 5Rhythms Study to Complete and Maintain 5Rhythms Teacher Certification

PHASE A:

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

Waves Classes

- **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). If you live in an area without in-person classes email TT@5Rhythms.com with questions and for support regarding fulfilling this prerequisite. Specific situations will be considered on a case-by-case basis.

Waves Workshops (Total 20 days of Waves Level)

- **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).
- **And One 5-day Waves workshop,** qualifying workshops are a minimum 30 hours total of consecutive workshop time.

Heartbeat Workshops

(Total 15 days of Heartbeat Level: 10 Days required to submit your application, and an additional 5 Day Heartbeat workshop required for your application to be reviewed)

- **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
- Please note that the additional 5-Day Heartbeat workshop is required to complete Phase B (see below).

PHASE B:

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

- **Heartbeat** - One 5-day Heartbeat Workshop (in-person only, 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) with Jonathan Horan, Tammy Burstein, Peter Fodera or Laura Martin-Eagle.
- **Mirrors** - A minimum of 1 workshop with Jonathan Horan or Joanne Winstanley (5 or 7 consecutive days study total). ***If you will be attending Mirrors with Joanne Winstanley in late August 2025 you may apply before the August 1 application closure date. You MUST note on your application that you will be attending that Mirrors. Invitation to the training will be delayed until we have received confirmation of your attendance.
- **God, Sex, and the Body** - A minimum of 1 workshop with Jonathan Horan, Alex Mackay, or Jup Jansonius (4 days consecutive study total).

PHASE C: POST TEACHER CERTIFICATION STUDY

Post Teacher Certification Study: 25 Days of Additional Study that must be completed within 3 years of Teacher Certification to maintain Active Teacher status.

- **Cycles** - A minimum of 1 workshop (5 consecutive days study total).
- **Mirrors** - A minimum of 1 workshop (5 - 7 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)
 - **Workshops classified as “Electives”**
 - Waves workshops that are “Combined” or “mixed” with other disciplines outside of the 5Rhythms
 - **Specialty workshops within the 5Rhythms maps**

Online Application

Once you have sent in your application fee you will receive a link to complete your full application. Please take this time to review and prepare your written 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 and have the following Information ready before beginning your application:

- Full name, Address, Phone numbers, Email, Date of birth, Languages spoken, and preferred pronouns.
- Two current photographs to upload. Have these ready to upload before beginning the application.
 - Name the files as YourFirstandlastnameBODY.jpg (Example JonathanHoranBody.jpg) and FirstandlastnameHEAD.jpg (Example JonathanHoranHEAD.jpg). You will be unable to upload the photos without these file name formats, and you will be unable to move forward in the application until the photos are uploaded: One Full body photo, One Headshot photo.
- A private web link to **two** videos of you dancing a 5Rhythms Wave, as described below. Upload your videos to a free site such as YouTube, Vimeo, etc. and protect it with a password. Have this link 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. (**Note:** this must be a different video, not just the “music” video with the sound removed)

- Thoughtful, concise responses to the application questions below. 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 (i.e. 5Rhythms teachers who were not, or are not, 5RTA members when you have studied with them), 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 of, or a current, mental health condition? Please describe, including your support system (therapist, coach, psychiatrist, etc.) and include medications you have or are currently taking.
(Note: this information is held in complete confidence.)

13. Check boxes for all of your currently completed prerequisites. Leave the check box blank if the prerequisite is outstanding and include in the next question your plan to complete by August 1, 2025.

- Waves (300 Class hours)
- Waves (20 days of Waves Workshops)
- Heartbeat (15 days)
- God, Sex, and the Body (One 4-day workshop)
- Cycles (One 5-day workshop)
- Mirrors (One 5 or 7 day workshop)

14. What is your plan to complete any Phase B prerequisites by August 1, 2025? Please be specific, write the 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