

The 360 Apprenticeship

Application Checklist

Pre-Requisites

- Attended or Scheduled to attend:
 - The Compass
 - SEER
 - The Circle Work
 - Emotional Embodiment
- Attend at least one 360 Lab per week, finding balance between both Kate + Amber's Labs, these can be online or in person. Minimum Lab Hours: 108

Written Application

1. Letter of intent: Please write 2 - 3 paragraphs, sharing what calls you to The 360 Apprenticeship? Is your intent to facilitate The 360 Movement Labs, What is your vision?
2. List all workshop and immersion work you have attended with Kate + Amber throughout the years. This can include workshops that you took when Kate + Amber were still offering The 5Rhythms® - All embodiment work experience counts in this first apprenticeship. Please indicate how many online hours vs. in person hours. It doesn't need to be exact, yet please be as close as possible.
3. List all past training with other teachers/influences in embodiment, movement practices, meditation, shamanism, yoga, breath work, martial arts, etc. Please name the length of time you have been engaged in these practices.
4. What practices (if any) are you currently facilitating?
5. What is in your human tool kit? What skills? Natural talents and areas of expertise?
6. What is your relationship to dance? Why do you dance?
7. How do you see implementing your toolkit in a 360 offering?
8. What geographical locations do you intend to facilitate?
9. For what demographics and populations do you aim to work with? Are there any areas of focus that you want to offer?
10. What do you wish to cultivate during this apprenticeship?
11. Why do you practice?

12. What do you see your challenges as a leader and/or movement facilitator might be?
13. What are your strengths? What do you see yourself bringing to The 360 Community?

Embodiment Video

Embodiment video recording :

We are looking for your presence, your unique and individual style. Be mindful of presentation and having good lighting and sound.

The video presentation should not exceed 15 minutes in TOTAL.

Format: Please upload a .mp4, .mov or other video file.

Video Components:

- Introduction (3-5 minutes):
Name, where you are from?
Why do you dance?
Why are you called to teach?

- Teach an intentional movement sequence (3 - 5 minutes) ie: A sequence on being grounded and centered.

- Complete the embodiment video by dancing to a song that supports the teaching (3 - 5 minutes). Find a way to end well.

Music Playlist

Musical compilation and skill level check:

Create one playlist with a 30 - 40 minute progression of intentional music. Choose music that inspires you and inspires movement. The musical journey should have a beginning, middle, and end, and should support a specific movement intention for an embodiment practice.

This can be submitted as a Spotify Playlist or a recorded mix from Traktor Pro.

Submission Components:

Give the playlist a title that reflects the intention.

If you are uploading an audio file, please upload a list of the track names and artists utilized in your set.

Application Fee

1. Cost to apply: \$180 This fee is non refundable, and if your application is approved for this round of apprenticeship it will be applied towards your tuition.
2. Each applicant, regardless of approval, will receive guidance and honest input on how to deepen their practice.