

Biographical Information

Name *

First Name

Last Name

Email *

example@example.com

Date of Birth *

Home City, State, Country *

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? *

Pre-Requisites:

Pre-req courses that must be taken to enter the apprenticeship:

The 360 Compass, Seer, The Circle Work, Emotional Embodiment

I have attended, or I am intending to attend: *

The 360 Compass

SEER

The Circle Work

Emotional Embodiment

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. *

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: *

What practices (if any) are you currently facilitating? *

What is in your human tool kit? What skills? Natural talents and areas of expertise? *

What is your relationship to dance? Why do you dance? *

How do you see implementing your tool kit in a 360 offering? *

What geographical locations do you intend to facilitate? *

What do you wish to cultivate during this apprenticeship? *

What demographics and populations do you aim to work with? Are there any areas of focus that you want to offer? *

Why do you practice? *

What do you see your challenges as a leader and/or movement facilitator might be? *

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 length.

Format: If attaching a link to a video platform such as YouTube, Vimeo, Google Drive or DropBox please be sure to set your video to "private" or "only those with the link may view" for your privacy. You may also upload a .mp4, .mov, or other video files if filling this form out on the web.

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.

Link to Video:

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.

Link to Spotify Playlist:

Upload Audio File From Traktor:

If you uploaded an audio file, please include the list of track names and artists here:

Application Check List: *

- I am up to date with my core curriculum
- I have completed all written answers.
- I have submitted my embodiment video.
- I have submitted my music playlist.
- I have submitted payment for the non-refundable application fee.

Only after we receive all of your materials;
written application, video submission, music playlist, and application fee,
will your application be complete.

With the amount of attention we are asking you to take with this process,
we are taking the same with reviewing your application.
Please be patient with our response.

Feel free to ask questions along the way by emailing info@the360emergence.com.