

## **Assisting for upcoming IYT trainings?**

We are recruiting for IYT Assistants for the upcoming trainings at Kripalu Center for Yoga and Health. Assisting in the IYT program is a way to be of service, reconnect and review the course again. The role of the assistant is to support the faculty as needed (see duties listed below). In addition to assisting you can enjoy the healing environment, nutritious meals and comfortable accommodations at Kripalu. You can also earn Assistant Benefit Credits for future trainings (details listed below).

### ***Experience***

Yoga teachers who have completed Module 1 may apply to assist in Modules 1, 4, 5, 6, and 7. Yoga teachers who have completed Module 1 and Module 2 may apply to assist Module 2. If you serve as an assistant in a module you have not yet taken, the hours from that training will not count toward your certification; however, you may apply the assistant benefit credits you receive toward a return visit to take the module as a student toward your certification.

### ***General Duties***

Liaison between IYT staff and students (student issues, class attendance, etc.)

Be in Program room 15 minutes prior to start time to support faculty, e.g. set up PPT, etc.

Assist teachers in ending session on time.

Attend class sessions and assist IYT faculty as needed (not to exceed 35 hours per week)

Distribute handouts during class sessions; manage the faculty teaching material (faculty table)

Help facilitate small group discussions or participate in dyad experiences/act as partner when needed

Keep Yoga room orderly; inviting participants to share in keeping community space tidy

Ensure the lighting, fans, windows meet the needs of the group.

Pass out and collect evaluation forms at the end of the training program

Coordinate cleaning of Yoga room with Kripalu Staff.

### ***Assistant Benefit Credits***

Assistants are given credits to return to Kripalu to thank them for their service. 3 credits are earned per 13 day module and 2 credits are earned per 7 day module. Assistants receive 40% off of tuition per day per benefit credit earned and free dormitory housing per day per benefit credit earned. Credits may be used toward trainings offered through the Kripalu Schools as well as programs at Kripalu that offer Yoga Alliance or NAMA PACE Continuing Education Credits. Credits cannot be combined with scholarship.

### ***Apply Now***

If you are interested in applying please complete the new on line application here:

<https://kripalu.org/assisting-kripalu-schools>.

Please let us know if you have any questions.

Namaste,

Mary