

Assisting for upcoming IYT trainings at Kripalu

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.

As an IYT Assistant you will receive free room and board in an assistant dormitory for the duration of your stay. Kripalu does not offer any form of payment for travel, or travel reimbursement. You can 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

Upon completion of the training you will receive Assistant Benefit Credits which can be applied toward future trainings or programs offered through the Kripalu Schools as well as programs that are registered with the Yoga Alliance or NAMA PACE Continuing Education. Benefit credits cannot be combined with scholarship.

Each assistant benefit credit equals one day of free room and board (dormitory), and 40% off of program tuition. 3 benefit 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.

- For a 7 day module: 2 assistant benefit credits
- For a 14 day module: 3 assistant benefit credits
- For Modules 1&2 combined: 6 assistant benefit credits

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