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[kripalu.org/
professional
training](http://kripalu.org/professional-training)

Thank you for your interest in the Kripalu Yoga Teacher Training 500-Hour Certification program. We rely on the information provided in this application to make informed decisions about your capacity to fully participate in, benefit from, and successfully complete all aspects of the program. Please answer the questions honestly and completely. Providing inaccurate or incomplete information may result in non-acceptance or removal from the program.

application process

Admission to the program is determined on a rolling basis. Programs often fill to capacity, so we strongly recommend that you submit your application as soon as possible.

To apply to the Kripalu Yoga Teacher Training 500-Hour Certification program, please do the following:

1. Review information on program dates, costs, faculty, curricula, and general information about Kripalu on our website (www.kripalu.org/yogaschool).
2. Complete the attached program application in its entirety, including the short-answer questions. Be sure to indicate your preferred program dates. Incomplete applications will not be reviewed. Kripalu reserves the right to require a phone interview or take other steps to supplement your application, if needed, in order to arrive at an informed admissions decision.
3. Include a passport-sized headshot. This will not be considered in the screening process; however, it will help us to begin to cultivate a relationship with you prior to your arrival. You are welcome to submit a headshot upon acceptance into the program.
4. Submit the \$25 application processing fee by check or credit card. Checks can be made payable to Kripalu Center. For international applicants, checks must be drawn on a domestic bank. If you prefer to make a payment by credit card, please call Kripalu Professional Trainings at 800-848-8702.
5. Wait for a communication from Kripalu clarifying our admissions decision. This should arrive by e-mail within two to four weeks of the date of receipt of your application. If you do not have an e-mail address, we will send it by regular mail and also call you to inform you of your status.

admissions criteria

1. General requirements

You must be at least 18 years of age and demonstrate English-language competency.

2. Pre-requisite

Proof of successful completion of a Yoga Teacher Training 200-hour program from a Yoga Alliance-registered school. Proof includes a copy of your 200-hour certificate or a copy of your RYT-200 Yoga Alliance registration card.

3. Physical, mental, and emotional preparedness

The 500-Hour Certification program has an intensive schedule (approximately 10.5 classroom hours per day) and curriculum that is physically, mentally, and emotionally demanding. To be admitted, you must demonstrate medical and mental-health readiness to fully participate in the demands of the program. In addition, an applicant must be able to support the group-learning process and may be denied if it is determined that his/her participation would in any way compromise a safe and cohesive learning environment. The Professional Trainings Admissions Committee may require clinical evaluations or other information to competently evaluate your medical and/or mental-health preparedness.

4. Yoga experience

In this training you will be expected to participate in at least three hours of yoga practice each day in addition to in-class posture instruction. In general, we seek students who have been practicing and preferably teaching yoga for at least two years and have had a regular yoga practice and teaching schedule for at least six months. We highly suggest that this practice involve ongoing yoga classes as opposed to studying only with books, videos, or workshops.

5. Teaching experience

We recommend that students have at least 100 hours of teaching experience prior to taking this training.

6. Kripalu experience

We recommend that students have some personal experience with Kripalu Yoga prior to taking this training. Classes and workshops with a Kripalu Yoga teacher provide this background. To find a Kripalu Yoga teacher near you, visit www.kripalu.org/find_a_teacher. If you do not have access to Kripalu Yoga classes where you live, you can experience Kripalu Yoga at home by purchasing one of the following DVDs: *Kripalu Yoga: Dynamic* with Stephen Cope or *Kripalu Yoga: Gentle* with Sudha Carolyn Lundeen, available for purchase online at shop.kripalu.org or in the Kripalu Shop.

500-Hour Yoga Teacher Training Certification Application

program application checklist

- Complete and sign program application.
- Submit \$25 application fee by check or credit card.
- Include proof of successful completion of a Yoga Teacher Training 200-hour program from a Yoga Alliance-registered school
- Include a scholarship application if you wish to apply for a need-based partial scholarship. (Please visit www.kripalu.org/yogaschool to obtain a scholarship application.)
- Mail, fax, or scan and e-mail completed application to:
 - Kripalu Center for Yoga & Health
 - Professional Trainings
 - PO Box 309
 - Stockbridge, MA 01262
 - Fax: 413-448-3384, attention: Kripalu Professional Trainings
 - E-mail: professionaltraining@kripalu.org

We'd love to have a photo of you before you arrive. (It is not considered in the screening process.)

Please attach a passport-sized headshot here.

date of application: _____

program dates you are applying for:

Module One _____

Module Two _____

Module Three _____

Module Four _____

personal information

name _____ preferred name _____

address _____

city, state, zip _____

e-mail _____ cell phone _____

day phone _____ evening phone _____

best way to contact you _____

date of birth _____ gender _____

emergency contact

name _____ relationship to you _____

address _____

city, state, zip _____

e-mail _____ cell phone _____

day phone _____ evening phone _____

How did you find out about the Kripalu Yoga Teacher Training?**Print**

- Yoga Journal* Ad
 Other ad
 Kripalu Catalog
 Magazine or newspaper article

At Kripalu

- Wall poster
 Brochure/bookmark
 Other _____

Online

- Web search
 Kripalu-issued e-mail
 Kripalu website

Event

- Conference, expo, fair, etc.
 Referral (e.g., friend, family, teacher)*

*If you were referred by a Kripalu Yoga teacher or graduate from one of our Kripalu Professional Trainings, please indicate the teacher and/or graduate's name:

In order to help us determine where to best advertise our programs, please indicate what print and/or online yoga and wellness publications you read frequently:

- Yoga Journal*
 Tricycle
 Spirituality & Health
 Shambala Sun
 Yoga International (formerly *Yoga + Joyful Living*)
 Light on Ayurveda
 Other _____

yoga experience

How long have you been practicing yoga?

- 6 months–1 year 1–2 years 2+ years

If you have practiced yoga for more than 2 years, please indicate how many years you have been practicing: _____

How long have you had a consistent practice (practicing yoga 4–7 times per week)?

- 6 months–1 year 1–2 years 2+ years

Within the past year how many times, on average, do you practice per week?

- < 2 times per week 2–3 times per week 4–7 times per week

On average how long is your practice?

- < 1/2 hour 1/2 hour–1 hour 1+ hours

What style(s) of yoga do you primarily practice? _____

Have you practiced Kripalu Yoga? Yes No

If no, please be sure to familiarize yourself with admissions criteria #6 listed at the front of this application.

If yes, please answer the questions below.

With a Kripalu teacher? Teacher's name: _____

With a Kripalu video/DVD? Title: _____

In a Kripalu workshop? Title: _____

During a Kripalu visit? _____

Program name or type: _____

Program dates: _____

Have you ever been a volunteer in-residence at Kripalu? Yes No

teaching experience

How many years have you been teaching yoga?

< 6 months 6 months–1 year 1–2 years 2+ years

If you have taught yoga for more than 2 years, please indicate how many years you have taught: _____

Are you currently teaching Kripalu Yoga? Yes No

If yes, how many classes per week? _____

Are you teaching other styles of yoga? Yes No

If yes, what style(s)? _____

If yes, how many classes per week? _____

education

Have you received a high school diploma or GED? Yes No

Please circle the highest level of college education received (number of years): 1 2 3 4

Advanced degree (please describe): _____

Please list schools attended, dates, and degrees obtained:

Please list any body-centered trainings you have completed (e.g., massage therapy, dance, Pilates):

work

Current occupation: _____ Number of years: _____

Previous occupation: _____ Number of years: _____

Any other occupation information you wish to provide? _____

language

Are you fluent in English? Yes No

If no, please describe your level of proficiency:

Note The Kripalu Yoga Teacher Training requires each student to be able to comprehend and to respond with written and oral communication in English.

criminal background

Have you ever been charged with or convicted of a felony or a lesser crime? Yes No

Have you ever been incarcerated? Yes No

If yes, please explain:

health information (please check yes or no)

Are you under medical treatment for any physical condition? Yes No

Are you currently pregnant or trying to become pregnant? Yes No

Do you have any chronic pain, physical limitations, or disabilities? Yes No

Have you had a serious illness or major surgery within the last five years? Yes No

Do you have a communicable disease? Yes No

Are you under medical treatment for any psychiatric conditions? Yes No

Have you ever been hospitalized for a psychiatric condition? Yes No

Are you in recovery from an addiction? Yes No

Have you ever been in a treatment program for alcohol or substance abuse? Yes No

Do you currently have or have you had any of the following conditions in your lifetime?

Environmental or food allergies Yes No

Respiratory conditions Yes No

Heart conditions Yes No

Diagnosed mental-health conditions Yes No

Seizures or strokes Yes No

Chemical sensitivities Yes No

Diabetes Yes No

High blood pressure Yes No

If you checked yes for any of the above questions, or if you have any other health conditions that could impact your full participation in the program, please describe fully (if you need more space to answer this question, please attach additional sheets of paper):

500-Hour Yoga Teacher Training Certification Application

List any prescription medications you are currently taking, indicating dosage and frequency of intake, and what symptoms/conditions require the medication. We do not need to know about birth control or cosmetic prescriptions. If you need more space to answer this question, you may attach an additional sheet of paper.

Medication	Dosage	Symptoms/Conditions Being Treated
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
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short answer

Please answer the following questions regarding your relationship to yoga and becoming a Kripalu Yoga teacher.

1. What do you know about Kripalu-style yoga? Why have you decided to pursue certification as a 500-Hour Kripalu Yoga Teacher?

2. How do you plan to apply your yoga teaching skills in your life and work?

3. What are your greatest strengths as a yoga teacher? What skills are you hoping to improve by attending this training?

500-Hour Yoga Teacher Training Certification Application

letters of recommendation (optional)

To support your application, you may submit up to two letters of recommendation documenting how your training will be used to support your current and/or future work. Please submit letters of recommendation via fax, mail, or e-mail to:

Kripalu Center for Yoga & Health
Professional Trainings
PO Box 309
Stockbridge, MA 01262

Fax: 413-448-3384, attention: Kripalu Professional Trainings
E-mail: professionaltraining@kripalu.org

I acknowledge that all information submitted in this application is true and accurate. I understand that incomplete or inaccurate information may result in my non-acceptance or dismissal from the program. I acknowledge that I have read the certification criteria listed above, and, should I be accepted to attend the Kripalu Yoga Teacher Training, I understand I will be evaluated using these criteria.

signature

date

print name