

## KFIY Yoga Teacher Training Application Information



### Prerequisites to Apply

1. Certified Yoga Teacher of minimum 200 Hours as well as 200 Hours Minimum of Teaching Experience.
2. Must have 24 hours of study with Fr Joe Pereira or a certified KFIY teacher (may be concurrent).
3. Rudimentary knowledge of the 50 Classical Poses in KFIY syllabus.
4. Basic familiarity with the 12 steps of AA as one who is afflicted or affected or as a health care professional using AA as a prescription for recovery.
5. A letter of recommendation from your yoga teacher or someone of authority in an Addiction Program.
6. A one to two page essay on i) why you wish to attend this training ii) and what your plans are for using this knowledge in your community.

### Extra Curricular Requirements

1. Additional 24 study hours with Fr. Joe, includes one 30 minute one on one online mentorship meeting during the training.
2. ATTENDANCE AT any self-help meetings: AA: NA: AL-ANON: FAMILY ANONYMOUS. FST ( family systems therapy-in kripa). Five meetings.

### Conditions of Graduation

1. TEACHING ASSESSMENT submitted by video, virtual or done in person with Fr. Joe or TOT
2. Case Study Report
3. Completion of all assignments
4. 75% Attendance Rate (Missed hours may be made up via peer study and viewing recordings and hours recorded). You are responsible for understanding all missed content.  
*Progress is tracked by the Director of KFIY or TOT.*

### Graduate Benefits:

- Kripa Foundation Iyengar Yoga certificate signed by Fr Joe Pereira
- The privilege to teach KFIY in therapeutic environments, This Certificate is specific to teaching individuals, special classes, institutionally or in clinical settings.
- Optional teacher listing on KFIY website
- Be a part of the KFIY community

To Apply or request more information please write to Director, lead teacher Leigh Anne Milne [leigh@sadhanayoga.ca](mailto:leigh@sadhanayoga.ca) Space is limited. Applications are processed in the order they are received.

