KCFitnessLink School of Yoga & Holistic Health Yoga Hybrid Bridge Program Supplemental Applicatior

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Hybrid Yoga Program Overview

The purpose of the hybrid yoga certification is to support a convenient method for students to study and pursuit yoga certification by combining online study with face-to-face mentoring/coaching to meet Yoga Alliance's requirement for contact hours.

The mentor should be an E-RYT instructor at 200 or 500 hours. They will need to submit the a formal application to KCFitnessLink as a contractor to be considered a part of the adjunct staff that will work with you. The mentor and student will schedule at their convenience one-on-one mentoring and coaching sessions to review the curriculum highlights below. The student is responsible for any financial arrangements with the mentor and understands their tuition for the program does not include mentoring costs.

Mentoring & Coaching Hours

The student will meet, discuss and review required reading material topics from course textbooks, course manual and project/homework assignments, videos, audio files and related articles in the following areas, in addition to the normal hours for the 200/300 hour program:

Subject	Face to Face Hours
Student will attend classes of mentor for personal practice that translates to	40
teaching practice. Meet afterwards to discuss teaching methodology,	
sequencing, themes, etc.	
Systems anatomy, functional anatomy, pranic system	20
Sequencing, communication, teaching methodology	25
Asana, meditation and pranayama break-down: review of alignment, benefits, contraindications, modifications	100
Yoga Philosophy: Yoga psychology, model of pain and suffering, meditation, yoga diet	30
Student teaching. Mentor to attend and provide feedback of student's classes in yoga, pranayama and or meditation	10

Application Procedure:

- 1. Find the main application and review requirements for the 200/300 hour yoga programs, located at http://www.kcfitnesslink.com/holistic-health-certification/school-catalog/
- 2. Contact your local yoga studio for an E-RTY 200/500 or visit the Yoga Alliance Directory at https://www.yogaalliance.org/Directory?Type=Teacher
- 3. Talk with your potential mentor and review this document with them. Make any negotiations in terms of the cost for their time and mentoring.
- 4. Submit your applications:
 - a. Submit the main KCFitnessLink Application
 - b. Submit the Hybrid Yoga Application
- 5. Timeline:
 - a. Application Received: Applications are processed typically in 5-10 business days, up to 14 days in certain times.
 - b. An orientation by Web conference will be scheduled with you and your mentor to answer questions and go over a learning plan.

Mentoring Supplemental Application:

Student

I understand the above requirements and agree to adhere to the above standards and requirements.

Student (Print name):_____

Student Signature:

Date:_____

Mentor

I understand the above requirements and agree to adhere to the above standards and requirements. I understand I must become adjunct faculty of KCFitnessLink to mentor the applicant.

Mentor (print Name):

Mentor Signature:

Date:



KCFITNESSLINK

Adjunct Faculty Contractor Application

Applicant Information							
Last Name	First		M.I.	Dat			
Street Address			Apartm #	Apartment/Unit #			
City	State		ZIP	ZIP			
Phone		E-mail Address					
Date Available	Social Security No.			Desired Salary			
Position Applied for							
Are you a citizen of the United States?	YES	NO 🗆	If no, are you authoriz U.S.?	zed to work in	the YES D NO D		
Have you ever worked for this company?	YES	NO 🗆	If so, when?				
Have you ever been convicted of a felony?	YES	NO 🗆	If yes, explain				

Education					
High School			Addres s		
From	То	Did you graduate?	YES □	NO 🗆	Degree
College			Addres s		
From	То	Did you graduate?	YES	NO 🗆	Degree
Other			Addres		
From	То	Did you graduate?	YES □	NO 🗆	Degree

References	
Please list three professional references.	
Full Name	Relationship
Company	Phone ()
Address	
Full Name	Relationship
Company	Phone ()
Address	
Full Name	Relationship
Company	Phone ()
Address	

Previous En	nployment					
Company			Phone ()			
Address			Superviso r			
Job Title	Job Title Startin Salary			\$	Ending Salary	\$
Responsibilitie s						
From	То	Reason for Leav	ing			
May we contact your previous supervisor for a reference? YES INO I						
Company Phone ()						
Address Superviso r						
Job Title Starting Salary			Starting Salary	\$	Ending Salary	\$
Responsibilitie s						
From	То	Reason for Leaving				
May we contact your previous supervisor for a reference? YES INO I						
Company				Phone ()		

Address				Superviso r		
Job Title			Starting Salary	\$	Ending Salary	\$
Responsibilitie s						
From	To Reason for Leaving					
May we contac reference?	t your previous s	upervisor for a	YES 🗆	NO 🗆		

Military Service	
Branch	Fro To
Rank at Discharge	Type of Discharge
If other than honorable, explain	

Disclaimer and Signature

I certify that my answers are true and complete to the best of my knowledge.

If this application leads to employment, I understand that false or misleading information in my application or interview may result in my release.

Signature

Date