

# Kripalu semester intensive application form

Applicants to the Semester Intensive of Kripalu's Institute for Integrated Leadership must complete the Program Application detailed below. We rely on information provided in this application to make informed decisions about your capacity to fully participate in and benefit from all aspects of the program. Please answer the questions honestly and completely. Providing inaccurate or incomplete information may result in nonacceptance or removal from the program.

## application process

Admission to the program is determined on a rolling basis. Because we are committed to keeping classes small, limited to 30–40 participants, we strongly recommend that applicants submit applications as soon as possible. All applications are reviewed on a space-available basis.

Our Admissions Committee considers the following in the application review process:

- Commitment to personal development
- Leadership potential
- Quality of communication and expression
- Previous community engagement
- Academic achievement
- Aptitude for living in and contributing to a community learning environment
- Contribution to a diverse student population
- Medical and mental-health readiness to meet program requirements.

We also consider the strength of references, essays, personal work, and other application materials. Applications must be completed fully prior to initiation of the review process.

If review of the application is favorable, the candidate will be invited to participate in an interview process. The interview, whether conducted via phone or in person, will assess the candidate's interest in and fit for the program. If successful in the application and interview process, candidates will receive notification of the Admissions Committee's favorable initial review.

Final acceptance in the Semester Intensive is contingent upon 1) completion of all required payments and student forms prior to specified deadlines and 2) medical and mental-health history forms completed by your health-care providers and reviewed and approved by internal Semester Intensive medical evaluators.

## program application requirement checklist

- Completed Program Application Form with Two Personal Essays
- Example of Your Work: Please submit documentation or examples of your best work. We encourage you to submit the work that best represents you, such as a paper, project, video, artwork, scientific research, media project, etc.  
  
**Note** Do not send original work; submissions cannot be returned. If you submit written work exceeding 10 pages, please indicate the excerpts that you wish us to read.
- Official High School or College Transcript: Please send your most recent transcripts. A high school transcript is required for every applicant who has completed two years of college or less. An official copy of a GED is acceptable if you did not receive a high school diploma.
- Current Resume: Please use a standard resume format and limit to two pages.

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- Two Letters of Recommendation: Please choose community leaders, teachers, employers, or mentors who can speak to your academic ability as well as your community involvement and/or commitment to personal development. Letters must be original, signed letters. Please include full contact information for the references. At least one recommendation should be from an academic or professional contact of the past two years.
- Health Information Form
- Application Fee: Please submit the \$60 nonrefundable application fee by mail with your application. Make checks/money orders payable to Kripalu Institute for Integrated Leadership.
- Scholarship Application (if you wish to apply for a need-based scholarship)

Place all requested materials in a single envelope and mail to: Institute for Integrated Leadership, Kripalu Center for Yoga & Health, PO Box 309, Stockbridge, MA 01262.

Please print all materials on single-sided paper and write your name on every page. Incomplete applications will not be reviewed. Please contact us with questions at 413-448-3582 or [leadership@kripalu.org](mailto:leadership@kripalu.org).

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## Date of application

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Are you applying for a need-based scholarship?  Yes  No

## personal information

Last name \_\_\_\_\_ First name \_\_\_\_\_ Middle initial \_\_\_\_\_

Name you prefer to be called \_\_\_\_\_ Gender \_\_\_\_\_ Race/ethnicity (optional) \_\_\_\_\_

Current street address \_\_\_\_\_ Date of birth \_\_\_\_\_ Age \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_

Permanent street address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_

Home phone \_\_\_\_\_ Cell phone \_\_\_\_\_

E-mail \_\_\_\_\_ Work phone \_\_\_\_\_

Current occupation \_\_\_\_\_

Citizenship status

- US Citizen
- Dual US Citizen; please specify other country of citizenship \_\_\_\_\_
- US Permanent Resident Visa: Citizen Alien Registration Number \_\_\_\_\_
- Other Citizenship: Country(ies) and Visa Type \_\_\_\_\_

If you are not a US citizen and live in the United States, how long have you been in the country? \_\_\_\_\_

## education

Please circle the highest education level completed (number of years):

High School: 1 2 3 4 College: 1 2 3 4 Other: \_\_\_\_\_

College or education program(s) you attended in the past five years:

School/Program	Degree	Years
Location	Course of study	
School/Program	Degree	Years
Location	Course of study	
School/Program	Degree	Years
Location	Course of study	

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**parent/legal guardian(s) information**

Guardian 1

Relationship to you \_\_\_\_\_

Last name \_\_\_\_\_ First name \_\_\_\_\_ Middle initial \_\_\_\_\_

Street address \_\_\_\_\_ Date of birth \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_

Home phone \_\_\_\_\_ Cell phone \_\_\_\_\_

E-mail \_\_\_\_\_ Work phone \_\_\_\_\_

Guardian 2

Relationship to you \_\_\_\_\_

Last name \_\_\_\_\_ First name \_\_\_\_\_ Middle initial \_\_\_\_\_

Street address \_\_\_\_\_ Date of birth \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_

Home phone \_\_\_\_\_ Cell phone \_\_\_\_\_

E-mail \_\_\_\_\_ Work phone \_\_\_\_\_

We'd love to have a photo of you before you arrive.  
Please attach here (optional).

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**short answer questions** (please answer on separate sheet of paper)

1. How did you learn about this program?
2. Why are you interested in participating in the Semester Intensive?
3. Briefly describe a powerful educational experience that you have had. What did you take away from it?
4. This program is residential and has a strong community-living component. Briefly describe a community-living experience you have had and the impact it made on your personal life.
5. Students from various educational and cultural backgrounds will be coming together for this program. What aspect(s) of “diversity” do you hope to contribute to this group?

**personal essays** (please answer on separate sheet of paper)

Please think critically and answer the following two questions.

**Note** Type your essays; we do not accept handwritten responses. Maximum length for each question is three pages double-spaced.

We are always looking for interesting things to post on our website; may we use excerpts from your writing or examples of your work for these purposes?  Yes  No

1. In *One City: A Declaration of Interdependence*, author Ethan Nichtern discusses the complex web of interdependent relationships that bind us together, and calls us to a personal and spiritual practice of relating deliberately and authentically to others. He writes, “The kind of love that deeply understands interdependence involves precision, rigor, and a method of in-depth training. Love requires learning to look ourselves in the mirror, and learning to look other people in the eye.”

Tell us about a relationship challenge or conflict that forced you to look yourself “in the mirror” and look another “in the eye.” What happened? What was the core conflict or challenge? What did you learn about yourself in the “mirror” of this relationship? What did you learn about the other(s) involved? What did you take away from this situation that you want to carry into other relationships?

2. Contrary to the popular Western view, yoga is more than just a series of physical postures. It also includes the practice of removing or redirecting the elements in all areas of our lives that hold us back and limit our ability to thrive. In many ways, the practice of yoga reflects Audre Lorde’s renowned quotation, “When I dare to be powerful, to use my strengths in the service of my vision, then it becomes less and less important whether I am afraid.”

Describe a time in your life when you have used your strength towards your vision. What fears or obstacles did you confront? How did your efforts affect your vision?

# Kripalu semester intensive health information form

It is essential that you answer the following questions completely and truthfully, as your physical, mental, and emotional health are important factors in determining how our program can best work for you. This form is based on your own knowledge and self-assessment. If you receive favorable initial review by our Admissions Committee, we will then require you to submit full medical and mental-health history forms, completed by appropriate health-care professionals.

1. Please briefly describe your current overall health. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Do you have any physical conditions, health concerns, or behavior patterns that could impact your ability to participate fully in this program?  Yes  No If yes, please explain. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. Do you have any chronic issues with muscles, joints, or mobility?  Yes  No If yes, please describe. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. Blood Pressure (check one):  normal  abnormal

5. Check any of the following you currently have or have had in your lifetime:

- Chronic headaches
- Ulcers
- Seizures or strokes
- Diabetes
- Allergies
- Food allergies
- Chemical sensitivities

Please explain in detail if you checked any conditions above. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6. Have you ever been diagnosed with or treated for an eating disorder of any kind? Please explain. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Kripalu semester intensive health information form

7. Are you currently seeing a mental health professional?  Yes  No If yes, for what conditions? If no, have you seen a mental health professional at any point in the past?  Yes  No For what conditions? Please give dates and explain in detail.

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8. Are you currently taking any medications?  Yes  No If yes, what medications and for what conditions?

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Have you taken any medications in the past for a chronic condition or for a sustained period of time? Please give dates and explain in detail.

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9. What, if any, recreational drugs have you used, recently or at any point in the past? Please describe in detail.

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10. Have you ever had an alcohol- or substance-abuse problem, or any other kind of addictive disorder?  Yes  No If yes, please explain in detail.

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11. Have you ever been in an alcohol- or substance-abuse treatment program?  Yes  No If yes, please explain.

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12. If you are in recovery for an addiction, when did you enter recovery? \_\_\_\_\_

If your condition is still active, please explain. \_\_\_\_\_

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# Kripalu semester intensive health information form

13. Have you ever been hospitalized or in residential treatment for medical or psychological care?  Yes  No  
If yes, please explain in detail and give dates of treatment.

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14. Do you smoke?  Yes  No If yes, please review the Institute for Integrated Leadership (IIL) substance use policy below and note that smoking is not permitted during the program.

15. Have you ever been charged with or convicted of a crime?  Yes  No If yes, please explain.

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16. Do you have any other physical or mental limitation(s) that could impact your full participation in the program?  Yes  No If so, please explain your limitation(s) and how you would respond to them.

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17. Have you ever been diagnosed with or received special-needs accommodations for a learning difference? If yes, please give diagnosis and explain in detail.

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18. If your answers to the above questions raise any issues about your health or behaviors, what would you need from Kripalu to ensure your success in the program?

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## **tobacco, alcohol, and drug policy**

The Semester Intensive program is deeply committed to establishing a substance-free living and learning environment for all students throughout the entire four-month program. In order to create and maintain a healthy and safe environment that supports our intensive curriculum, we do not permit the use of any tobacco, alcohol, or illicit drugs by students enrolled in the program. This approach is in no way intended as a stand on the morality of substance use, but rather reflects research showing that such use is contraindicated for those engaging in practices such as yoga and meditation as well as our experience that substance use is counterproductive to the process of development in such an academically, physically, and emotionally rigorous program. With this in mind, tobacco use, alcohol consumption (including use by students of legal drinking age), illegal or illicit drug use, and the distribution, possession, or sale of alcohol or illegal drugs is strictly prohibited throughout enrollment in this program. This includes prescription drugs obtained illegally and/or prescription drugs not being used for prescribed purposes or in accordance with the prescription.

All students will be asked to sign an agreement in support of this policy as a condition of acceptance. Additionally, if staff has cause for concern, students may be asked to take drug tests during the program as a condition of ongoing participation. Any students found to be in violation of the Semester Intensive Tobacco, Alcohol, and Drug Policy during the program will face disciplinary action including possible early dismissal from the program that includes forfeiture of any tuition moneys paid.

## **prescription medication policy**

Students who are taking prescribed medication prior to the start of and during the semester must have medications and dosages noted on their Health Information Form as part of their application packet. If new medications are added after the application has been submitted or during the semester, students are required to contact a staff member in writing to update them with new prescription information. Students are also required to remain on their medications throughout the semester as well as continue to adhere to any treatment plans as specified in their Admissions Medical and Mental Health Review.