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## Yoga Teacher Training in the tradition of TKV Desikachar (KHYF)

An intensive 600 hour certification program in the authentic living tradition of  
T Krishnamacharya

### General Course Description

This two-year program offers in-depth training in yoga for teaching and personal development, as well as an introduction to yoga as a complementary healing system. The course syllabus is set, reviewed and updated regularly by the KHYF under the direct supervision of TKV Desikachar. It is conducted by the KHYF, its primary affiliate, the KYM, or by teachers affiliated to the KHYF who have obtained the Yoga Teacher Trainer Certification. The course director is Valerie Faneco.

### T. Krishnamacharya, TKV Desikachar and the KYM (Chennai)

**T Krishnamacharya (1888-1989)** was one of the most influential yoga masters of modern times. Over the course of his long life (which spanned over one hundred years) Krishnamacharya shared his knowledge of Yoga as a holistic healing discipline with thousands in his own country and with many others who came to study with him from Europe and America. His knowledge of Yoga, as well as the primary Indian philosophical schools, including Ayurveda and Sanskrit, was unrivalled by his peers, but the focus of his energy and his life-long work was the study and practice of therapeutic Yoga for supporting health, healing, and personal transformation.

Son and student of T Krishnamacharya, **TKV Desikachar** spent nearly thirty years studying with his father. This long internship, combined with 45 years of teaching experience, has made Desikachar one of the most respected yoga teachers of modern times and the torch-bearer of his father's teachings for the current generation.

In 1976, he founded the **Krishnamacharya Yoga Mandiram (KYM)**, a non-profit Yoga Therapy Centre in Chennai, India, where he has taught and served in an honorary capacity from the beginning. The KYM is renowned the world over as one of the premier institutions offering personalized, holistic Yoga. Doctors, psychologists, and other healing professionals regularly refer patients to the KYM for help in managing their ailments. The centre is noted for teaching healing techniques to people with epilepsy, gynaecological problems, high blood pressure, diabetes, depression, and other mental and physical ailments.

### What is KHYF?

For many years students and health professionals encouraged TKV Desikachar to systematize the teachings and methods of his father. In January 2006 Desikachar founded the Krishnamacharya Healing and Yoga Foundation. The KHYF is the umbrella organisation that trains and supports students who practice and transmit yoga according to the teachings of Krishnamacharya. The KHYF is committed to the highest standards of excellence amongst its global network of affiliated yoga teachers, therapists and trainers. The total of 620 hours for this course exceeds most educational standards in the field of yoga. This course represents a unique opportunity to be immersed in an authentic and respected yoga tradition.

For more information about the KHYF, [click here](#).



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### Course topics

- o Yoga as a holistic discipline for mind, body and beyond
- o Yoga as a means of personal practice and transformation
- o Yoga as a philosophy
- o Methodologies for teaching group classes and individual sessions
- o Yoga as a complementary holistic system for healing

### Teacher-Student relationship and ethics

There is a passage in the Taittreya Upanishad that compares the teacher and student to a mother and father. First, there is a mother; then a father; and when they interact a child is created. Similarly, first there is the teacher, then the student, and their interaction produces wisdom and learning. This model of relationship is the heart of yoga. Even as a teacher, you are a student, continuing to learn and grow with the guidance and support of your teacher as you foster growth, healing, learning, and good relationships with your own students.

Thus, it is essential that the ethics of this student-teacher relationship remain consistent with the *yama* and the *niyama* as described by Patanjali in the second chapter of the Yoga-Sutra. The KHYF is in the process of developing guidelines relative to such ethics.

### Working with a Mentor

Each new student will be assigned a mentor. Typically the mentor is a teacher who has been certified at the KHYF Yoga Teacher Trainer Certification level or higher. Each student will meet regularly with their mentor, who will guide them in their personal practice for the duration of their training and also provide them with general support and direction in their studies. In some cases the mentor and the course trainer will be the same person.

## COURSE INFORMATION

### Schedule and Class Timings

The program will begin in **August 2010** and finish in **the end of 2012**. It will be organised in four six-month periods. Every attempt will be made to inform the students of the training schedule for the foregoing six months.

### Integration: Kṣema

At the very end of the program there will be **one three-day period** for integration, called *kṣema*. There will be final reviews (Day 1 and 2) and examination (Day 3).

## THE TRAINING PROGRAM

KHYF training program students will participate in an intensive course of study that includes lectures, practices, home study, written and oral presentations, teaching evaluations, group class observations and most importantly individual practice.



### Program Structure

Students will earn approximately **620** hours of credit distributed as follows:

- o 25 hours of individual contact hours with mentor/trainer
- o **450** hours of group lecture and practice sessions through classroom study
- o 35 hours of observation sessions
- o 35 hours of supervised teaching sessions
- o At least **75** hours of self-study through reading, project and assignment preparations.

This breakdown may be adjusted by the trainer as she judges fit or if recommended by KHYF.

### Core Curriculum

MODULE TITLE	MODULE CONTENTS
Practice (75 hours <b>25/50</b> )	<b>Regular individual practice with mentor (25 hours)</b> Group practice with trainer (50 hours)
History of Yoga (15 hours)	Context of yoga's evolution in India. Vedas and Darśanas. History of Yoga-Sutra. Definitions of yoga. Role of yoga in ancient society (siksana, raksana, adhyatmika, cikitsa). Yoga and religion.
Yoga Philosophy (60 hours)	Introduction to the Yoga-Sutra. Detailed study of Yoga-Sutra chapters 1 and 2. Overview of chapters 3 and 4.
Asana (120 hours)	Definitions and qualities of asana. Principles of asana practice. Concept/technique of breathing in asana. Concept of vinyasa krama. Traditional classification of asana. Static and dynamic practices. Adaptations and modifications. Techniques of most common asanas.
Course planning (30 hours)	How to structure an asana practice. Preparation, main goal and transition. Concept of compensation. Concept of rest. Examples of course planning.
Pranayama (40 hours) (*Five 1 day intensives*)	Definitions and qualities of pranayama. Principles of pranayama practice. Pranayama techniques. Ratios in pranayama practice. Effects of pranayama. Bandhas, mantras and krama in pranayama. Planning a pranayama sequence.
Meditation (25 hours)	Definition of dhyānam. Process of meditation. Kinds of meditation. Some examples of meditation. Meditation in general group settings and individual settings.
Teaching methodologies (50 hours)	The Guru-Sisya parampara. Teaching in the modern context. Concept of group and individual classes. Relevance of teacher-student relationship. Ethics in teaching. Communication skills.
Anatomy and physiology(35 hrs)	Basic medical knowledge. Anatomy of the human body. The major systems (respiratory, digestive, circulation, muscular-skeletal). Review of common illnesses and their pathologies.
<b>Observation and teaching (70 hours)</b>	<b>Supervised observation (35 hours) and supervised teaching (35 hours)</b> Review of techniques of observation.
Mantras and Chanting (25 hrs)	What is chanting? What is mantra? Their role in yoga practice. Chanting practice.



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### Evaluation Process

Students' progress will be assessed in the following three areas over the duration of the course:

- **Relationship with a Mentor:** Regular meetings, the development of a personal practice and its evolution over time form an important part of the evaluation process.
- **Continuing assessment of study:** the trainer will evaluate each student's progress continually over the course of the program. Evaluations can take the form of written/oral presentations, teaching observations, practice teaching, etc. Communication skills, mental and emotional maturity will be taken into account as well as technical knowledge.

The trainer is responsible for detecting when a student's performance is not up to standard as early as possible, so that she may offer help and direction to encourage improvement.

- **Integration and final examination:** an examination will be conducted at the end of the program, but students who follow this training course for personal development rather than with an aim to teach yoga may opt not to take it. Taking the final examination is necessary to obtain the Yoga Teacher Certification.

### APPLICATION AND OTHER INFORMATION

#### Pre-requisites

- At least one year's experience practising yoga in a group setting and/or in an individual relationship with a teacher.
- Applicants should be mentally and emotionally stable and demonstrate good communication skills.
- A commitment to undertake and maintain regular personal home yoga practice if they are not already doing so.

#### Application procedure

- Fill out the attached application **form**
- Applicants will be asked to write a short **essay** on a selected topic
- An **interview** will be conducted to assess the prospective student's motivation for entering the training program, and his/her general mental and emotional stability.



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### Program Fee

The total **cost of the two-year course is SG\$ 9,000**. It is possible to pay in instalments (see payment information below).

#### Included in program fee:

- All classroom study sessions, group and individual yoga sessions as per the above detailed program structure and core curriculum.
- Handouts and posture sheets (course material)
- Coffee/tea breaks as scheduled

#### Not included in program fee:

- Books for elective readings and self-study
- Stationery
- Yoga mats and props
- Lunches where necessary (one day intensive and/or study week-ends)

INSTALMENT NUMBER	DATE DUE	AMOUNT DUE
1	Deposit on signing up	\$500.00
2	August 10 <sup>th</sup> , 2010	\$2,500.00
3	March 1 <sup>st</sup> , 2011	\$2,000.00
4	September 1 <sup>st</sup> , 2011	\$2,000.00
5	March 1 <sup>st</sup> , 2012	\$2,000.00
<i>Total =</i>		<b>\$9,000.00</b>

### Venue

Most sessions will be held at Being in Yoga studio, 41 One Tree Hill. Some observation sessions will be at the Singapore American School in Woodlands and at CHI/Body with Soul medical centre in Rochester Park, or other venues as specified.

### Attendance

Attendance will be recorded at the beginning of study or practice session, and for each mentoring and observation session during the course of the training.

Students who have recorded less than **80%** attendance over the whole period of the course will not be eligible to attend the final examination and for Yoga Teacher certification.

### Certification

Certification will be issued by the Trainer and the KHYF upon satisfactory completion of the program and review of the student's evaluation in the three above mentioned areas.

Students who have successfully completed the Yoga Teacher Training Course will be eligible to become members of the KHYF.



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### Equity policy

Yoga is open to all. Our trainers will not make any restrictions to membership on the grounds of race, creed, colour, occupation, religious or political affiliation, age, gender, sexual preference, and/or ability. They promote equal opportunities, as long as the student is mentally and emotionally healthy, and shows commitment to learn through the suggested training procedure.

### Drug abuse statement

The KHYF requires all its Teachers and Trainers to be free of drugs and substance abuse. Any participant who is found to have any such issues during the course of the Teacher Training program will be asked to leave.

### KHYF membership

Certified teachers will be invited to submit their personal listing as a Yoga Teacher affiliated to Krishnamacharya Healing and Yoga Foundation to the KHYF global yoga teacher database, accessible through the KHYF website.

Certification will be valid for a period of five years and must be renewed at least six months prior to the end of this period. **Membership of the KHYF at Yoga Teacher level is non-compulsory and costs US\$200 for a five year period.**

### KHYF Continuing Education Units (CEU)

In order to maintain high standards of teaching, all KHYF certification program graduates are encouraged to continue learning through teaching and their own personal practice, and by participating in Continuing Education Units (CEU). Graduated teachers can take part in CEUs or any other course that broadens their range of yoga skills and teaching practice, (i.e first aid, communication skills, etc). Graduated teachers may seek the guidance of their trainer/mentor in choosing CEUs to pursue.

CEUs hours can be accumulated through study at KHYF affiliated centres such as the KYM, either through group or individual study, in India or abroad. This may be a course conducted at the KYM or through a local KHYF certified trainer/mentor in their own country.

For more information about the KHYF, the KYM and its work, this tradition and senior teachers please click on one of the following links: [www.khyf.net](http://www.khyf.net) or [www.kym.org](http://www.kym.org).