



## Yoga Teacher Training in the tradition of TKV Desikachar

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.

### What is KHYF?

For many years students and health professionals encouraged TKV Desikachar to systematize the teachings and methods of his father T Krishnamacharya. 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 600 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](#).

### 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 Taittiriya 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.



## COURSE INFORMATION

### Schedule and Class Timings

The program will begin in **March 2008** and finish in **March 2010**.

There will be **10 study week-ends** per year. Each week-end study session will include Saturday and Sunday all day.

In addition to this there will be a **two-hour session** most **Wednesday evenings**. The calendar for the first twelve months will be given to students at the commencement of the course. The subsequent twelve-month schedule will be given to students at the beginning of the second year. There will be a break in July/August and another break in December/January.

### Integration Week-End: Ksema

At the very end of the program there will be **one last three-day week-end** called Integration, or ksema. 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 600 hours credit distributed approximately as follows:

- o 25 hours of individual contact hours with mentor/trainer
- o 420 hours of group lecture and workshop sessions through classroom study
- o 35 hours of observation sessions
- o 35 hours of supervised teaching sessions
- o At least 90 hours of self-study through reading, project and assignment preparations.

This breakdown may be adjusted by the trainer as she judges fit or upon recommendation of the KHYF.



## Core Curriculum

MODULE TITLE	MODULE CONTENTS
Practice (45 hours)	Regular individual practice with mentor (25 hours) Group practice with trainer (20 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, adhyātmika, cikitsa). Yoga and religion.
Yoga Philosophy (60 hours)	Detailed study of yoga-sutra chapters 1 and 2. Overview of chapters 3 and 4.
Āsana (120 hours)	Definitions and qualities of āsana. Principles of āsana practice. Concept/technique of breathing in āsana. Vinyasa krama. Traditional classification of āsana. Static and dynamic practices. Adaptations and modifications. Techniques of most common āsanās.
Course planning (30 hours)	How to structure an āsana practice. Preparation, main goal and transition. Concept of compensation. Concept of rest. Examples of course planning.
Prānāyāma (50 hours)	Definitions and qualities of prānāyāma. Principles of prānāyāma practice. Prānāyāma techniques. Ratios in prānāyāma practice. Effects of prānāyāma. Bandhas, mantras and krama in prānāyāma. Planning a prānāyāma sequence.
Meditation (15 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. Common illnesses and their pathologies.
Observation and teaching (70 hours)	Supervised observation (35 hours) and supervised teaching (35 hours)
Mantras and Chanting (25 hrs)	What is chanting? What is mantra? Their role in yoga practice. Chanting practice.

## 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

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

### Application procedure

- o Fill out the attached application **form**
- o Applicants will be asked to write a short **essay** on a selected topic
- o 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.

### Program Fee

The total **cost of the two-year course is SG\$ 9,000**. It is possible to pay in four 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 during the study week-ends.

#### Not included in program fee:

- Books for elective readings and self-study
- Stationery
- Yoga mats and props
- Lunches during study week-ends

INSTALMENT NUMBER	DATE DUE	AMOUNT DUE
1	February 6, 2008	\$2,250.00
2	August 6, 2008	\$2,250.00
3	January 7, 2009	\$2,250.00
4	July 8, 2009	\$2,250.00
		= \$9,000.00

### Venue

Most group sessions will be held at the Singapore Global Indian International School, 1 Mei Chin Road in Queenstown.

### Attendance

Attendance will be recorded at the beginning of each weekday study session and at the start of each day during the study week-ends.

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.

### 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).