

**KYM International Yoga Teacher Training Program
(IYTTP)**

2018– 2019

PROSPECTUS

**KYM INSTITUTE OF YOGA STUDIES
A UNIT OF KRISHNAMACHARYA YOGA MANDIRAM**

Introduction

The KYM International Yoga Teacher Training Program (IYTTP) is a 560+ hours intensive that provides students with an in-depth training in yoga. It equips participants with the skills needed to teach yoga to individuals and groups for non-therapeutic (general fitness) reasons. This training programme covers principles, techniques and practice of asana, pranayama and meditation and key aspects of yoga philosophy.

Objectives

- Presenting Yoga as a holistic discipline for mind, body and spirit.
- Offering Yoga as a means of personal practice and evolution.
- Exploring Yoga as a system of eastern psychology
- Equipping teachers with the tools to handle group yoga classes as well as general individual sessions (Non-Therapeutic)

Course Outline

- This course will be conducted in English as the medium of communication
- The IYTTP programme will have three modules spread over one and a half years
- The programme will consist of more than 560 hours of study and will include:
 - Group lectures
 - Group Practice sessions
 - Individual contact hours with a mentor assigned by KYM
 - Observation of group classes taught by KYM faculty
 - Supervised teaching of group classes, under the guidance of KYM faculty
 - Project preparation and presentations, written examinations, viva voce and other assessments
 - Study hours by oneself or in groups during the course of each module to prepare for mid-module tests and examinations
 - Other types of classes/guest lectures may be added based on need.

Who can apply

- The applicant must have practiced some form of yoga, from any tradition, for a period of at least one year.
- A copy of any yoga education related certificate that the applicant has received should be submitted along with the application.
- Applicants are required to be in reasonably good health and must be emotionally stable.
- While fluency in speaking English is not essential, the student must be able to understand the lessons taught and answer with clarity.
- It would be preferable if the applicant were a graduate (i.e. possess a university degree) in any discipline. Those applicants who are not graduates will also be considered, provided they fulfill other requirements.
- The applicant must also apply with a **letter of reference** from two people (not related by birth or marriage) who have known them for at least two years. The reference letter must include thoughts/comments on the communication skills of the applicant, other strengths and weaknesses of the applicant, and whether in the referrer's opinion the applicant is mentally and emotionally stable.
- KYM requires all students to be free from Drugs and substance abuse of all kinds.
- KYM does not impose any restrictions to acceptance, based on the grounds of race, creed, color, occupation, religious or political affiliation, age or gender. KYM supports equal opportunity policies, as long as the student fulfills all the requirements mentioned above and shows commitment to the learning requirements of the course.

Training Modules Schedule

<u>Module I</u>	<u>Module II</u>	<u>Module III</u>
19th February to 16th March 2018*	19th November to 14th December 2018*	5th August to 6th September* 2019
(4 Weeks)	(4 Weeks)	(5 Weeks)

Note:

- Modules I and II will be for a period of four weeks (Monday through Friday) and the Module III will be for a period of 5 weeks
- As each module involves a period of intense study, it is recommended that students arrive at least one day before and leave a few days after each module.

Training Curriculum

	Sessions	Number of Hours
	Classroom sessions: <ul style="list-style-type: none">• Elements of Indian Culture• Yoga Philosophy• Principles of Asana• Classical Asana techniques and modifications• Course Planning• Principles & Practice of Pranayama• Anatomy & Physiology• Theory & Practice of Meditation• Mantras & Chanting• Teaching Methodology – Observation skills and Application for various groups• Asana Practice• Elements of Ayurveda• Classical Yoga Texts – Hatha Yoga Pradipika and Yoga Rahasya	460
	Mentor contact sessions	12
	Group observation sessions	10
	Supervised teaching sessions at KYM or at projects taken up by KYM at other venues in Chennai	10
	Hours allotted for project preparation, group activity, study circle sessions(working with fellow students on assignment), assessments, Viva assessment, presentations etc	70

A typical week:

- Classes will be held from Monday to Friday.
- Sessions will start at 7:30 am and go on till 6 pm Indian time.
- Each classroom session will be 50 minutes duration of study with a 10-minute break between sessions.
- There will be a 40 minutes breakfast break and a 2-hour lunch break between 1 and 3 pm.
- Generally classes will not be scheduled during the weekend. However, if for some reason KYM requires to schedule classes on a Saturday, as may happen when any National holiday falls on one of the other days, students will be intimated accordingly.
- Some observation and supervised teaching classes may also be scheduled on Saturday.
- The detailed schedule of classroom sessions will be sent later to students who are selected. The dates of the training modules are given below. *
- If there are any changes, though unlikely, in these dates, the students will be informed well in advance.

Observation and Supervised Teaching

- The students have to observe 10 group sessions taught by faculty of KYM during the course of the program.
- This involves observing group classes at KYM or at venues outside KYM where the KYM conducts group classes.
- The student has to document details of his/her observations as a record.
- It is recommended that students complete these Observation Sessions after the Module I and before the end of Module II.
- After Module II, the student is required to do 10 Supervised Teaching sessions. This involves assisting the teachers of KYM during their group classes.

Mentorship

- Each selected student will be allotted one teacher from KYM who will be the student's Mentor for the duration of the teacher training programme.
- The student will have to interact with his/her Mentor regularly for generation, review and evolution of personal practice, during the duration of the teacher training programme#

- A minimum of 12 contact hours with the mentor is mandatory of which 6 classes may be done over Skype as well.

#Importance will be given to the mentor-student relationship, as this connection is central to the concept of Yoga and teaching at Krishnamacharya Yoga Mandiram.

*Any other class apart from the 12 mentor classes, with the mentor or any other teacher may be requested at an additional cost as per the KYM charges at that time.

Attendance

- Students are expected to attend all classes on all working days as per the schedules.
- Attendance of 80% in each subject is mandatory for each module and is a pre-requisite for certification.
- Absence due to illness will be considered within the mandatory overall attendance of 80%.
- It is the responsibility of the student to catch up on missed classes by working with the other students or take private lessons with the teachers if needed. The fees for such additional private classes will be separate and not part of the course fees.
- Students should arrive on time for each class.
- They must attend all the 3 modules of the training program at the KYM, without fail. This is one of the basic requirements for course fulfillment. If a student misses any module, he/she will have to forfeit the fees paid.
- However, if the student has a genuine reason for missing any module and produces the necessary documentation for the same, the KYM management may, upon permission from the Board of Studies, permit him/her to continue their study with the next batch, starting with the Module that he/she has missed.

Course Fee

The fee structure and payment schedule for each of the Modules will be as follows:

I) On selection - confirmation deposit to be paid- US\$ 500/- (Non refundable)

- Immediately after intimation of selection
- We request this payment to be made within two weeks from notification of selection. If we do not receive this confirmation deposit, your seat on this course will be transferred to those on the waiting list

II) Before the start of Module I - US\$ 1600 /- *

- This includes cost of tuition, any study materials provided, mentor classes and observation of group sessions.

III) Before the start of Module II - US \$ 1600 *

- This includes cost of tuition, any study materials provided, mentor classes and observation of group sessions.

IV) Before the start of Module – III - US \$ 1700 *

- This includes cost of tuition, any study materials provided, mentor classes, supervised teaching, examination and certification fee.

Note:

- *All Module fees have to be paid before the commencement of that module, to be eligible to attend the sessions.
- This is a non-residential programme. The course fee does not include accommodation and food. Participants will have to make their own arrangements for accommodation and food. If required, KYM can send you a list of accommodation options in the vicinity of KYM that are usually used by our students. However, the KYM does not offer any guarantee for availability of accommodation, quality of accommodation or rental charges.
- A south Indian vegetarian breakfast, sourced from a well-known hotel chain will be served at KYM after the morning asana practice. Tea will be provided twice a day during the morning and afternoon breaks.
- Students will also have to bring their own study materials such as notebooks, pens etc.
- We do not permit any audio or video recording of any session in the KYM. You may use your laptop to take notes, provided it does not disturb other students.
- Students will also be required to purchase the prescribed list of textbooks for their personal study during the teacher-training programme. The list of prescribed books will be given to students who are selected
- In the event of any cancellation, the fees once paid will not be refunded.

Evaluations and Examinations

- The students will be continuously assessed during the training period. The evaluation will include written assignments and both written and oral examinations.
- Internal Assessments include Evaluation of assignments, Mentor Evaluation, and Faculty assessment of students during classroom hours.
- Group class Observation, Project-Report presentation, Supervised teaching sessions will also be evaluated.
- Written examinations will include periodic tests in each Module. These dates will be announced during the course.

- The student has to undergo all these evaluations successfully as a part of the course fulfillment. The decision of the evaluation committee is final in this regard.

Improvement Examinations

- Those who do not secure the necessary grade to pass will be required to take an improvement exam.
- Improvement examinations will be conducted before the start of the classes of the following Module and the date for the same will be intimated to the student

Certification

- Upon completion of all the Modules, satisfactory performance of all evaluations including final assessment, the graduating students will be issued a Yoga Teacher Certification from Krishnamacharya Yoga Mandiram.
- In cases where the evaluation panel feels that the student needs further study in selected areas or if the student does not clear any of the tests, he/ she will be required to complete the suggested areas of work and take a re- assessment before the final certification.
- Although this certification does not carry a term of validity we strongly recommend continuing education at KYM or with teachers trained by KYM, so that the student continues to learn and grow to become a better teacher.

Venue for KYM International Yoga Teacher Training Program

All the three modules will be conducted at -

Krishnamacharya Yoga Mandiram

31, 4th cross street,

R.K Nagar, Mandaveli,

Chennai 600028.

India

Phone:- +91.44.24937998 / 24933092

Application Procedure

- Application forms can be downloaded from our website – kym.org
- Completed application forms have to be emailed to **studies@kym.org** along with the

following:

- Letter of reference from two people who have known the applicant for at least 2 years. (Please see 'Pre-requisites' for details of letter)
- Proof of academic qualification and proof of prior yoga experience needs to be attached.
- An essay on any of the topics mentioned below under the section "Selection Process"

The last date for receipt of filled in application is 15th November 2017

- In the event that all seats in this program get filled in before this date, then, registrations will be closed earlier and a limited number of students will be placed on a waiting list, pending cancellation, if any.
- Information about closing registrations will be put up on our website.

Selection Process

- KYM will review the applications and select the applicants according to the norms of the current selection procedure followed by the Board of Studies, KYM.
- Each applicant will be required to attend an online interview via Skype with one of the members of the selection committee. Further, each applicant will also be required to write and send in an essay (1000 to 1500 words) on one of the topics given below:
 - 1) Why do you wish to become a Yoga teacher? What is your goal
 - 2) What is your own understanding of Yoga? Write from your experience.
 - 3) Do you think Yoga will help in a personal transformation? If yes, how?
- After the evaluation and selection procedure is over, selected applicants will be notified.
- The student's place in the program is non-transferable. Those who are not selected will also be notified.

Enquiry/Cancellation/ Complaints

- If there are any questions regarding any aspect of the programme, please contact us through email at studies@kym.org.

Correspondence

All correspondence should be addressed to:

The Director

KYM Institute of Yoga Studies

KRISHNAMACHARYA YOGA MANDIRAM

31, 4th Cross street , R.K Nagar, Mandaveli, Chennai – 28.

Phone : 044- 24937998 / 24933092 Fax : 044 – 24613341

Email: registration@kym.org

Note: All information contained in this document is accurate at the time of issue.

However, KYM reserves the right to change/modify this document at any time without any prior notice.