



KRISHNAMACHARYA YOGA MANDIRAM

No.31, 4th Cross Street, R.A. Puram, Chennai – 600028,
(An ISO 9001: 2000 Certified Organization)

KYM INSTITUTE OF YOGA STUDIES

(Unit of Krishnamacharya Yoga Mandiram)

KYM International Yoga Teacher Training Program (2009 –2011)

Affiliated to Krishnamacharya Healing and Yoga Foundation

Prospectus

The KYM International Yoga Teacher Training Program offers an in-depth training in Yoga for personal practice and general health as well as an introduction to healing. It is appropriate for those who wish to become Yoga teachers primarily for teaching group classes and also general individual classes with focus on general health and well being (non-therapeutic).

This training program will comprise of 3 Modules of classroom study of 4 to 5 weeks each, involving a total of more than 600 hours of training sessions. This will include:

- Yoga Practice
- History of Yoga
- Yoga Philosophy
- Asana- Theory
- Classical Asana techniques and modifications
- Pranayama – Theory and Application
- Bandha-s
- Meditation
- Anatomy & Physiology
- An Introduction to Ayurveda
- Teaching Methodology
- An Introduction to Mantra-s and Chanting

KRISHNAMACHARYA YOGA MANDIRAM (KYM) – AN INTRODUCTION

T Krishnamacharya was one of the greatest yogis of the modern era. He not only popularized Yoga in the early 20th century, but also presented yoga as a powerful tool in holistic healing. As a teacher, he refused to standardize the practice of Yoga and therein lies the uniqueness of his approach. His principle was that Yoga must be tailor made to suit the needs of every individual and not the other way around.

His legacy of teaching has been carried forth by his son and student, **TKV Desikachar**. At a time when it was the norm to teach Yoga in generic group classes, TKV Desikachar took a stand in individualizing the practice of Yoga. This principle continues to remain the hallmark at the **Krishnamacharya Yoga Mandiram (KYM)**, the Yoga institute founded by TKV Desikachar in 1976.



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KYM is today a multi-department Yoga institute, **recognized by the Department of Health and Family Welfare, Government of Tamil Nadu**. The KYM functions as a **Non-profit Public Charitable Trust**, which recently received the **ISO 9001: 2000 Certification** recognizing that it has established and applies a Quality Management system for providing services related to Yoga teaching and Yoga therapy.

OUR WORK

Yoga therapy constitutes the vital part of KYM's work. Based on a unique model of healing presented in the Yoga Sutra, KYM's approach to therapy ensures that every individual goes through a holistic, one-on-one, customized Yoga practice that is designed to suit the needs and abilities of that individual.

The **KYM Institute of Yoga Studies** provides an academic slant by conducting National and International programs on various aspects of Yoga, its theory, philosophy and application.

Vedavani, the Vedic chanting unit preserves and transmits the ancient tradition of Vedic Chanting in accordance with the prescribed pedagogy.

KYM-Media works towards spreading the teachings of T Krishnamacharya by means of books, CDs, CD ROMS and other audio-visual media.

KYM-Mitra provides free and specialized Yoga training to the socially and economically underprivileged and to the differently abled.

KYM- Outreach takes Yoga to Schools, Colleges, Corporates and other specific groups.

The **Research Department of KYM** conducts systematic studies on the role and efficacy of Yoga in therapy.

Krishnamacharya Yoga Mandiram is the primary affiliate Of Krishnamacharya Healing And Yoga Foundation (KHYF)

The **Krishnamacharya Healing and Yoga Foundation (KHYF)** was founded by TKV Desikachar, along with his student and son Kausthub Desikachar on 1st January, 2006, the primary aim being the creation of an umbrella organization that will link all certified teachers and students worldwide, who study and teach in the holistic teaching tradition of T Krishnamacharya. As part of the KHYF program, each student will not only follow an intensive and thorough course of study, he/she will be required to take personal Yoga sessions with a Mentor and also make a solid commitment to continuing education.

At the present time, the KHYF program is the only Yoga Teacher Training Program of its kind in the world. What makes the KHYF Training Programme even more unique is that it is supported by the educational, clinical, and research resources of the Krishnamacharya Yoga Mandiram – the only Yoga Therapy Center of its kind in the world.



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KYM INTERNATIONAL YOGA TEACHER TRAINING PROGRAM

1. AIM

- Presenting Yoga as a holistic discipline for mind, body and beyond spirit.
- Offering Yoga as a means of personal practice and its 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)

2. THE COURSE

- The course will be conducted by KYM, which is the primary affiliate of KHYF in India, in accordance with the KHYF syllabus.
- The syllabi of the teaching course, has been set, reviewed and updated regularly, by the KHYF, under the direction of TKV Desikachar.
- On Successful completion of the course, the students selected for certification by the KYM, will be issued certificates by the KHYF. The certificate will be valid for a period of 5 years after which it has to be renewed by re-applying to the KHYF. This system is to ensure continuing education and work quality of each graduate. (See section on renewal of certification)
- On certification, the participants will be eligible to teach Yoga as KHYF-certified teachers for as long as the certificate is valid.

On successful completion of this course, participants are qualified to list themselves as “Yoga Teacher affiliated to Krishnamacharya Healing and Yoga Foundation.” Their names will be updated on the database of the KHYF’s currently affiliated Yoga Teachers, on its official website

3. DURATION OF THE PROGRAM

The program will be completed in 3 Modules – All the 3 Modules will be held within a period of about 20 months.

The program will start in October 2009 and finish around August 2011.

4. GROUP SIZE

The maximum number of student in a batch will be 25.

The minimum number of students required to start the course is 15.



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5. WHO CAN APPLY

This course is open to all yoga enthusiasts who are interested in a Yoga Teacher Certification, subject to certain pre- requisites.

While everyone can practice Yoga for their own health and well-being, not all will have the interest or the aptitude to become teachers. A few skills are essential for becoming good teachers of Yoga. Thus, we give below a few pre-requisites to apply for this course.

Prerequisites

- The applicant must have practiced some form of Yoga for a period of at least one year.
- Since, on completion, the applicants will become certified Yoga teachers, applicants should be mentally and emotionally stable, and must also possess reasonably good communication skills.
- Though not mandatory, it would be preferable if the applicant were a graduate in any discipline. Those applicants without a degree will also be considered.
- The applicant must also apply with a letter of recommendation from two people (not related by birth or marriage) who have known them for at least two years. The letter of recommendation must include thoughts/comments on communication skills of the applicant, other strengths and weaknesses of the applicant, and whether in the recommender's opinion the applicant is mentally and emotionally stable.

6. COURSE OUTLINE

This course will be conducted in English and will include:

- **Group lectures:**
The faculty will provide the theoretical inputs on the core papers, which includes Asana, Pranayama, Yoga Sutra etc.
- **Practice sessions through classroom study:**
Includes practice of techniques and interactive sessions in the Classroom.
- **Individual contact hours with Mentor:**
The student will have their personal Yoga practice sessions supervised by Mentors. More details are given under ' Mentorship'
- **Group Observation sessions:**
The students will observe ongoing Yoga group classes and record their key learning and gain insights into teaching.



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- **Supervised Teaching sessions:**

The students will teach the assigned Yoga session under the supervision of Mentor / Teacher. This is to facilitate the Observation of the students' interaction skills and Teaching Methodology used.

- **Project preparation & Presentations:**

During the course of study the student will be given topics for an in-depth study and write a detailed report of his / her reflections and submit it to the KYM. The student will also make an oral presentation of the same. This may be a minor scientific report, literary exploration or a reflective essay. The Mentors will guide the students in this process.

- **Self Study**

- **Other types of classes may be added based on need.**

7. STATEMENTS AND POLICIES

a. Non- Discrimination Policy

Consistent with the KHYF guidelines, 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 is mentally & emotionally healthy and shows commitment to the learning requirements of the course.

b. Drug abuse statement

KYM requires all students to be free from Drugs and substance abuse.

c. Cancellation Policy

In the event of any cancellation, the fees once paid will not be refunded.

d. Complaints Procedures

If the student has any complaints – Technical or otherwise regarding the program the student can give the complaint orally or in writing and address it to the KYM Institute of Yoga Studies. The complaint will be looked into and addressed by a Panel chosen by the KYM.



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8. PERSONAL EVOLUTION

Since Yoga is about personal and spiritual evolution, certain basic moral and ethical standards must be maintained and followed. Suggested behavioral guidelines will be given to selected students later.

9. MENTORSHIP

On receiving the application each student will be sent a list of KHYF approved Teachers / Yoga centers around the world. The student can chose a Mentor, from this list based on proximity to the student's place of stay / residence, convenience and mutual acceptance. This is highly recommended in terms of practicality. This is important, as the students need to interact regularly with the Mentors for their private individual practice, review and evolution of the practice, and direction in Yoga studies during the course of the Training Program.

The overall curriculum will include a minimum of 25 hours of individual Mentor sessions (during the entire program). The role of this training is not only to evolve a personal practice for each student but also to provide the student with guidance and motivation during and after the training program. The Student documents these interactive sessions in the Student – Mentor Interaction form. The Mentor records the student's progress in the Mentor Report Form. **The student will maintain a systematic record of these forms, signed by the mentor, during and after the completion of the teacher-training program.**

It is important to continue the Personal Practice with the Mentor even after the end of the program, as it is a pre- requisite for the re-validation of the Certificate.(see 'Renewal of Yoga Teacher Certification')

If any student is unable to find a KHYF certified Teacher in his country or nearby, in such cases, KYM will facilitate finding an appropriate Mentor on a case-by-case basis.

Relationship with Mentor

This forms a very important aspect of the training program. Importance will be given to the Mentor-student relationship, as this connection is central to the concept of Yoga. This relationship with the mentor will be one of the most important parts of the training program.

It is recommended that the students engage with the Mentor regularly, during the whole training program. Individual contact hours with the Mentor should total at least 25 during the entire training period. Considering that in some instances it may not be possible to meet in person on a regular basis, contact hours can be accrued through indirect contact such as Phone/e-mail. However the first meeting must be done face-to-face. Also, at least 10 classes of individual contact hours must be through direct interaction.



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The student's participation in interactive sessions with the Mentor, the development of the student's Private practice and its evolution over time, will form an important part of the evaluation process.

10. TRAINING CURRICULUM

Subject	Total Hours
History of Yoga	15
Yoga Sutra	57
Asana Theory	20
Classical Asana techniques and modifications	50
Course Planning	70
Theory of Pranayama	37
Bandha-s	6
Observation skills	20
Anatomy & Physiology	35
Concepts of Meditation	28
Mantras & Chanting	25
Teaching Methodology	32
Asana Practice	60
Ayurveda	25
TOTAL	480

11. PROGRAM CONTENT

The selected students will go through an intense training program encompassing different study modalities including lectures, practices, self study, paper presentations, teaching observations and most importantly individual practice.

The program includes:

- A minimum of 25 hours of individual contact with Mentor
- 480 hours* of group lecture & group practice sessions
- 25 hours of group observation sessions
- 25 hours of supervised teaching sessions
- 75 Hrs of Self-Study, assignment and project preparation, group activity, Study Buddy sessions (working with a co-student on assignments).



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* Each classroom hour will be 50 minutes duration of study and a 10-minute break between sessions.

12. PRACTICAL SESSIONS

a. Group Observation Sessions:

The students have to do 25 group observation sessions during the course of the program. This involves observing group classes taken by the mentor or yoga teachers approved by the mentor. The student has to neatly document details of his/her observations as a record. 20 of these sessions can be done, after the 1st Module, at any of the Yoga centers of their Mentors or other Yoga Teachers (preferably KHYF certified) who the Mentor approves. But in case this is not possible, then KYM will consider it as a special case and provide you with an option..

It is recommended that the students do these observation classes with KHYF approved teachers outside India.

The last 5 sessions can be done at the KYM during the 2nd / 3rd Module

b. Supervised Teaching Sessions:

After the 2nd Module (between the 2nd and the 3rd Modules), the student is required to do 25 supervised teaching sessions. This involves assisting the mentor during his/her group classes. As an alternative the student may also arrange to teach group classes that are to be supervised by the mentor. 20 of these sessions can be done at any Yoga center of KHYF approved Yoga teachers around the world. The last 5 sessions will be done at the KYM during the 3rd Module.

The payment for these classes – Individual Mentor sessions, Group Observation, Supervised-teaching sessions should be made directly to the Mentors/ Yoga Centers as specified by the respective Mentors.

Please note that the payment for these classes will differ from place to place

13. ATTENDANCE

Students are expected to attend all classes everyday. Attendance of 80% 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.

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 be asked to withdraw his/her participation from the course and will have to forfeit the fees.



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14. VENUE AND MODULES

The training program has been divided into 3 modules as mentioned earlier. The 480 hours of classroom sessions will be conducted at KYM Chennai, India, involving both theory and practice sessions.

A typical day's session will start with a morning practice at 7:30 am. Classes will go on till about 7' o clock in the evening and will include lecture sessions, group discussions, project presentations, supervised teaching etc. There will be a break of about 1 hour in the morning and about 2 hours at afternoon Classes will be held Monday to Friday and a few hours on Saturdays if needed.

Each module will be for a period of 4 weeks (Monday through Saturday). The last 2 Modules includes 1 extra week to enable the students to do the Group Observation sessions, Supervised teaching sessions, Examinations and other assessment procedures.

The schedule of classroom sessions will be sent later to selected students. The tentative dates of the training Modules are given below.*

Module I	Module II	Module III
19 th October to 13 th November 2009.	26 th July to 27 th August 2010.	4 th July to 5 th August 2011.

* If there are any changes in these dates, the students will be informed.

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

Venue for the Training

All the three modules will be conducted at
Krishnamacharya Yoga Mandiram
31, 4th cross street,
R.K Nagar, Mandaveli,
Chennai 600028.
India
Phone Nos - +91.44.24937998 / 24933092



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15. COURSE FEES

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

	Payable to KYM	Payable to KHYF	Fees to be paid on or before
On selection, confirmation deposit to be paid.	US\$ 500 (or) € 377 (Non refundable)	Registration fee US\$ 25 (or) € 20	Immediately after intimation of selection
Module I	US\$ 1400 (or) €1045	--	Before the start of 1 st Module
Module II	US\$1500 (or) € 1120	--	Before the start of 2 nd Module
Module III	US\$ 1000 (or) € 747	--	Before the start of 3 rd Module
Certification Fee	--	US\$200 (or) € 170 Certification Fee payable to the KHYF	Upon successful completion of the program (towards the end of 3 rd Module)

- The payment to KYM should be done through the website www.kym.org and payment to KHYF through the website www.khyf.net.
- All semester fees have to be paid before the commencement of the classes to be eligible to attend the sessions.
- The course fee includes only tuition fee and does not include accommodation and food. (Breakfast and tea will be provided at KYM).

16.GETTING THE KHYF ID

All new students entering the training program must be a KHYF member and have an updated KHYF ID (KID) before the commencement of the course. The procedure for obtaining a KID will be sent to them on selection. The KHYF registration fee of US\$ 25 or € 20 will then have to be sent to the KHYF directly.



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17. EVALUATION/EXAMINATION

The students will be continuously assessed during the training period. The evaluation will include both written and oral examination.

Internal Assessments include Evaluation of assignments, Mentor Evaluation, and Faculty assessment of students during classroom hours.

Group Observation, Project report presentation, Supervised teaching sessions are also evaluated.

Written examination 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.

18. CERTIFICATION

Upon completion of all the Modules, satisfactory performance of all evaluations including final assessment, a payment of US\$ 200 is payable to the KHYF for certification.

After the payment of certification fee (US\$200), the student will be issued a KHYF Yoga teacher certification.

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 take a re-assessment and complete the suggested areas of work before the final certification. The KHYF Certification will be valid for a period of 5 years and must be renewed at least 6 months prior to the last date. (See details on Renewal of Certification)

19. CONTINUING EDUCATION

In order to maintain high standards of teaching, the program graduates are encouraged to continue learning through teaching, their own personal practice, and by participating in Continuing Education Unit programs (CEU) offered by KHYF, KYM or any KHYF approved Yoga Center. The CEU hours may be accumulated either through group or individual study at the above-mentioned centers. These CEUs will help to broaden the range of Yoga skills.

20. RENEWAL OF YOGA TEACHER CERTIFICATION

Teachers are encouraged to fulfill the following recommended criteria in order to qualify for certification renewal.

- Teach at least 300 Yoga classes (group or general individual- Non Therapy classes) over a period of 5 years monitored by the Mentor.



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- Participate in 25 individual contact hours (approx:5 per year) with his / her Mentor over the 5 year period). (After the Yoga Teacher Training program, the student can stay with the same Mentor or choose another Mentor from a list of KHYF approved teachers around the world, which will be given to the student)
- Accrue the required number of CEU hours for renewal of certification. Details of these CEU hours will be given to the selected students later, on confirmation of their participation in the program.

22. APPLICATION PROCEDURE

Application forms can be downloaded from our website.

1.Completed application forms have to be sent to KYM with letter from two people who have known the applicant for at least 2 years. (Please see 'Pre- requisites' for details of letter).

2.Proof of academic qualification and proof of prior Yoga experience need to be attached.

The last date for receipt of filled in applications...30th JULY 2009

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.

23. SELECTION PROCEDURE

KYM will review the applications and select the applicants according to the norms of the current selection procedure –This will include sending in an essay, the topic for which are given below

Please choose any one of the topics given below and write an essay of between 1000 to 1500 words -

- 1) Yoga and Health.
- 2) Yoga as a means for personal transformation.
- 3) Your own understanding of Yoga and your experience.
- 4) Yoga as a mental discipline.

Attach the essay along with your application form.

An oral telephonic interview will also be conducted. The applicant will be asked to call the KYM at a particular time for the interview.

After the evaluation and selection procedure is over, selected applicants will be notified.



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The student's place in the program is non-transferable. Those who are not selected will also be notified.

On selection, each student has to pay the confirmation deposit of US\$ 500 (or) € 377 to the KYM. This deposit is non-refundable.

The decision of the KYM in short listing and selecting of applicants will be final.

24. ENQUIRY PROCEDURE

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

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.