

*Krishnamacharya Yoga Mandiram's*

# **INTERNATIONAL YOGA TEACHER TRAINING PROGRAMME | 2019-2020**

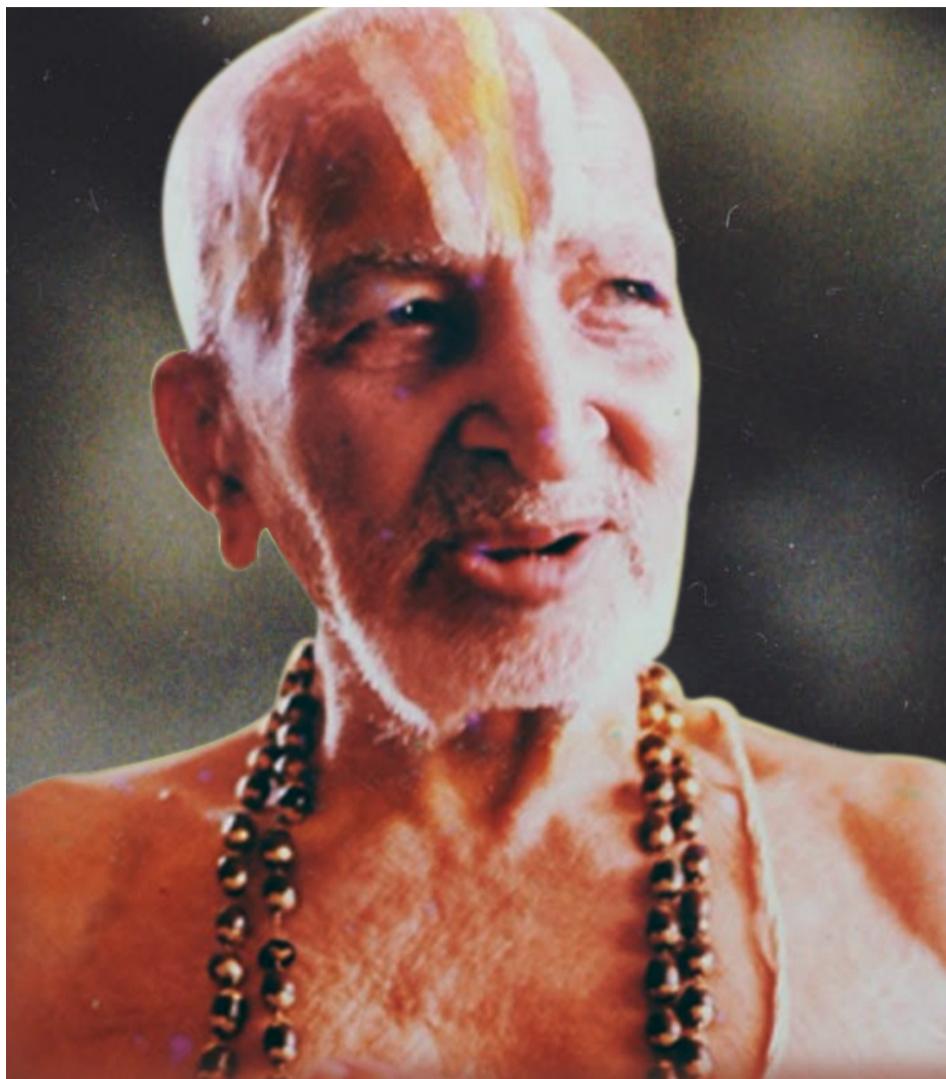
## **PROSPECTUS**

**KYM INSTITUTE OF YOGA STUDIES**





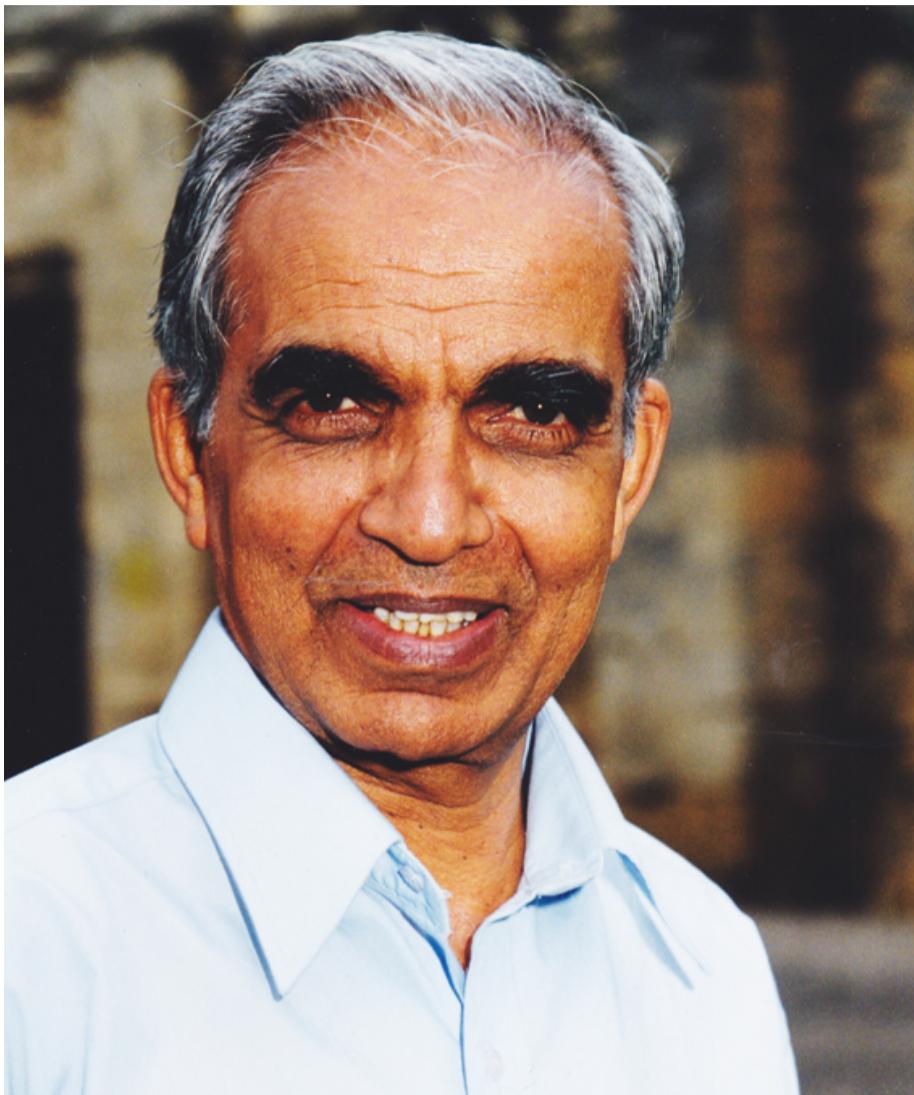
(estd. in 1976)



# INTRODUCTION

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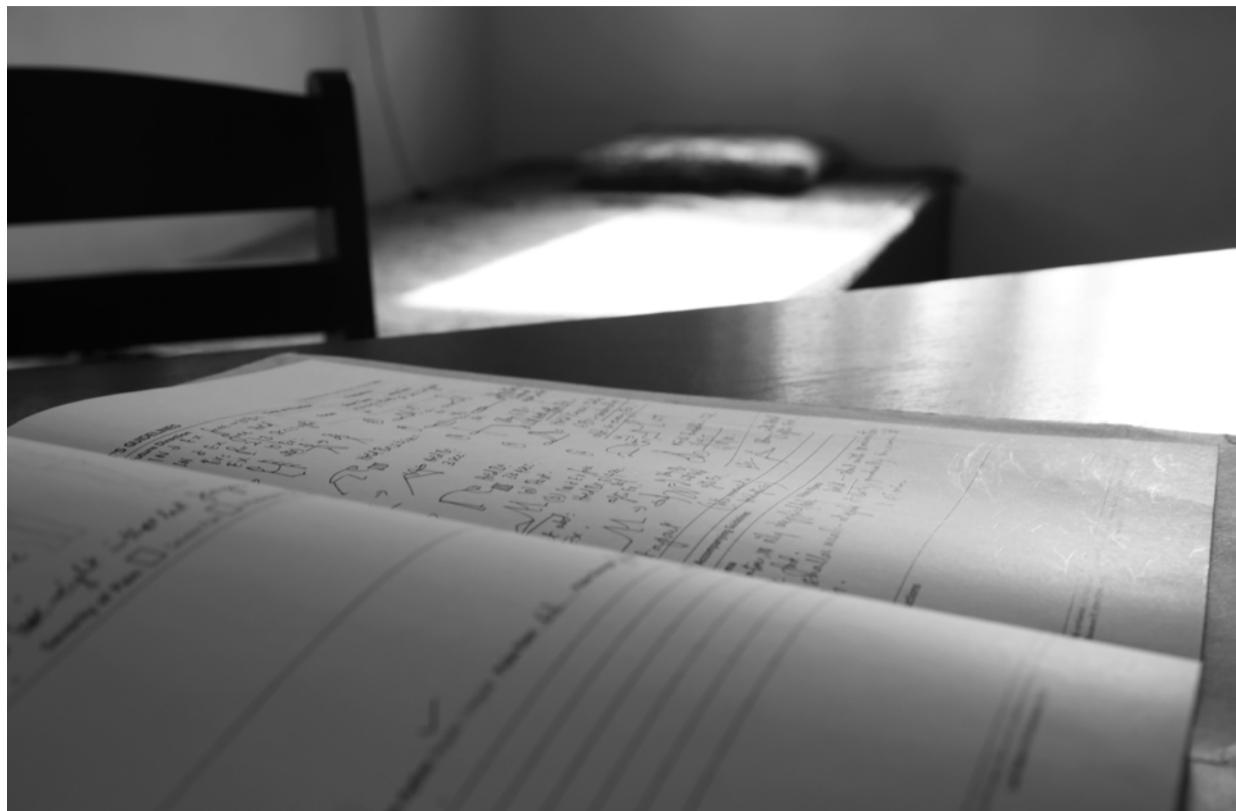
The KYM International Yoga Teachers Training Programme (IYTT) is a 560+ hours intensive that provides students with an in-depth training in Yoga. It equips participants with the skills needed to teach Yoga to individuals and groups for non-therapeutic (general fitness) reasons. This training programme covers principles, techniques and practice of Asana, Pranayama and Meditation and key aspects of Yoga Philosophy.



## OBJECTIVES

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- 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

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- This course will be conducted in English as the medium of communication.
- The IYTP 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 go 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 the need.

# WHO CAN APPLY?

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- 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 in 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 fulfil 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 the grounds of race, creed, colour, occupation, religious or political affiliation, age or gender. KYM supports equal opportunity policies, as long as the student fulfils all the requirements mentioned above and shows commitment to the learning requirements of the course.

# TRAINING MODULE | SCHEDULE

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<b>Module - I</b>	<b>Module - II</b>	<b>Module - III</b>
March 4 to March 29, 2019 4 Weeks	October 21 to November 15, 2019 4 Weeks	July 6 to August 7, 2020 5 Weeks

## NOTE:

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

# TRAINING CURRICULUM

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Sessions	Total Hours
<b>Classroom Sessions:</b> <ul style="list-style-type: none"> <li>• Elements Of Indian Culture</li> <li>• Yoga Philosophy (Module I, II &amp; III)</li> <li>• Principles Of Asana</li> <li>• Classical Asana Techniques And Modifications (Module I &amp; II)</li> <li>• Course Planning (Module II &amp; III)</li> <li>• Principles And Practice Of Pranayama (Module II &amp; III)</li> <li>• Anatomy &amp; Physiology (Module I &amp; II)</li> <li>• Theory &amp; Practice Of Meditation</li> <li>• Mantras &amp; Chanting (Module I, III &amp; III)</li> <li>• Teaching Methodology - Observation Skills And Application For Various Groups</li> <li>• Asana Practice (Module I, II &amp; III)</li> <li>• Elements Of Ayurveda</li> <li>• Classical Yoga Texts - Hatha Yoga Pradipika and Yoga Rahasya</li> </ul>	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 Assignments), 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 the sessions.
- There will be a 40 minutes breakfast break and a 2-hour lunch break between 1 PM 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.
- 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 programme. 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 the 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 at KYM during their group classes. This can be done during the Module III.
- 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 the 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 three modules of the training programme at the KYM, without fail. This is one of the basic requirements for course fulfilment. 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:

- **On Selection - Confirmation deposit to be paid USD 500 (non refundable).** This amount has to be paid immediately after initiation of selection. We request this payment to be made within two weeks from the 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.
- **Before the start of Module I - USD 1600\*.** This includes costs of tuition, any study materials provided, mentor classes and observation of group sessions.
- **Before the start of Module II - USD 1600\*.** This includes costs of tuition, any study materials provided, mentor classes and observation of group sessions.
- **Before the start of Module III - USD 1700\*.** This includes costs of tuition, any study materials provided, mentor classes, supervised teaching, examination and certification fee.

\*All Module fees have to be paid before the commencement of that module, to be eligible to attend the sessions. The confirmation deposit of USD 500 will be adjusted against the payment for the final module.

## **NOTE**

- 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 evening 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 at the KYM. You may use your laptop to take notes, provided it does not disturb the 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 the 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 students has to undergo all these evaluations successfully as a part of the course fulfilment. The decision of the evaluation committee is the final in this regard.
- The mode of communication for examination and evaluation will be ‘English’.

## **IMPROVEMENT EXAMINATIONS**

- Those who do not secure the necessary minimum grade required will have 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 and also after meeting with the attendance requirement as stipulated by the KYM in this Prospectus, the graduating students will be issued a Yoga Teacher Certification from Krishnamacharya Yoga Mandiram.
- In cases where the evaluation panel feels that the student further needs 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 be come a better teacher.

## **VENUE FOR KYM INTERNATIONAL YOGA TEACHER TRAINING PROGRAMME**

All the three Modules will be conducted at:

No. 31, 4th Cross Street,  
R.K. Nagar, Mandaveli,  
Chennai - 600 028, Tamil Nadu  
India

Phone: 044-2493-7998 | 044-2493-3092

# APPLICATION PROCEDURE

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- Application forms can be downloaded from our website [www.kym.org](http://www.kym.org)
- Completed application forms have to be Emailed to [studies@kym.org](mailto:studies@kym.org) along with the following:
  - Letter of reference from two people who have known the applicant for at least two years (please see 'prerequisites' for details of the 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 **January 31, 2019**.
- In the event that all seats in this programme 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 section 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 (1000-1500 words) on one of the topics given below:
  - **Why do you wish to become a Yoga teacher? What is your goal?**
  - **What is your own understanding of Yoga? Write from your experience**
  - **Do you think Yoga will help in personal transformation? If yes, how?**
  - **Relevance of Yoga in today's world**

- After the evaluation and selection procedure is over, selected applicants will be notified.
- The student's place in the programme is non-transferable. Those who are not selected will also be notified.

## **ENQUIRY/ CANCELLATION/ COMPLAINTS**

If there are any questions regarding aspect of the programme, please contact us through Email at [studies@kym.org](mailto:studies@kym.org).

## **CORRESPONDENCE**

All correspondence must should be addressed to:

The Director,  
KYM Institute Of Yoga Studies  
Krishnamacharya Yoga Mandiram  
No. 31, 4th Cross Street,  
R.K. Nagar, Mandaveli,  
Chennai - 600 028, Tamil Nadu  
India  
Phone: 044-2493-7998 | 044-2493-3092  
Email | [registration@kym.org](mailto:registration@kym.org)

Note: All information contained in this document is accurate at the time of issue. However, the KYM reserves the right to change/ modify this document at any time without prior notice.

**Recognised by the Health and Family Welfare Department,  
Government Of Tamil Nadu**

**ISO 9001:2015 Organisation**

**Recognised as one of the leading Yoga institutes in India by Morarji  
Desai National Institute Of Yoga (MDNIY), New Delhi**

**Recognised as a Scientific and Industrial Research Organisation (SIRO)  
by Department of Scientific and Industrial Research (DSIR),  
Government Of India**

**Krishnamacharya Yoga Mandiram**

**KYM Mandaveli | No. 13, 4th Cross Street, RK Nagar, Chennai 600 028**

**KYM Kilpauk | No. 25, Thiru Narayanan Avenue, Off New Avadi Road,  
Chennai - 10**

**Phone | 044-24937998/24933092/24952900**

**Website | [www.kym.org](http://www.kym.org)**