

ACCREDITED **YOGA TEACHER TRAINING**
IN THE CLASSICAL TRADITION OF T KRISHNAMACHARYA & TKV DESIKACHAR

2015 - 2017
PROSPECTUS



sannidhi
of Krishnamacharya Yoga



I. INTRODUCTION

Being a Yoga teacher can be a very profoundly fulfilling experience. It gives us an opportunity to learn about one of the most ancient disciplines that is both astute in its philosophy, yet very practical to implement.

Yoga is one of the six main philosophies to have originated from India, and offers a holistic path to health, well-being and spiritual transformation. By understanding this integrative approach that links body, mind and spirit, we can have the opportunity to discover ourselves both at the conscious and unconscious domains.

We can also offer ourselves the gift of self-empowerment to harness our inherent potential and express them with freedom and a sense of social responsibility. Yoga being a powerful healing tool can also help alleviate our illness, both physiological and psychological, and offer insight into how to evolve and maintain a better state of well-being.

The process of Yoga is also a way to embark on a pilgrimage to our heart, the source of wisdom and light. In this journey Yoga also brings out our own uniqueness and encourages us to celebrate it. It thus offers us a means to connect with our own source of strength and creativity.

In short, Yoga serves as a means to :

- relax and refresh after daily activities
- enhance quality of life and improvement of relationships
- increase attention and focus in children and adults
- improve in personal and professional productivity
- reduce stress and stress-related problems
- stabilize mental and emotional challenges - depression, anxiety, etc.
- help in the recovery from illness - post surgery, injuries etc.
- maintain vitality from youth through old age
- alleviate a wide range of physical ailments - back pain, arthritis, etc.
- support women through many life changes, including PMS, pregnancy, and menopause
- address the special needs of the differently-abled
- aid us to embark on a process of spiritual and personal transformation

By going through such an intimate journey of healing, self-empowerment and self-awareness, we can learn to respect ourselves and therefore others. Consequently, through becoming a teacher of Yoga, we can facilitate others in their own journey.

Despite honoring our differences, Yoga also teaches a very profound lesson in being connected to ourselves, others and the wonderful eco-system that we inhabit. Thus it teaches us not only to become unique jewels, but also to link with each other and form a precious garland, united by the universal spirit.

II. THE TRADITION

There are many traditions of Yoga teaching that are popular in the world today. Many of them trace their origins to one man, the legendary T Krishnamacharya. Whether it is the classical alignment method of Sri BKS Iyengar, or the vinyasa style of Sri Pattabhi Jois or the gentle spiritual approach of Mataji Indra Devi, or the individualized approach of Sri TKV Desikachar, they all owe their Yoga education to this south Indian brahmin who revolutionized Yoga in the 1900's and revived this ancient art.

The popularity and appeal of his four-most students, including Indra Devi, Pattabhi Jois, BKS Iyengar and particularly, TKV Desikachar, testify to the significance of his life's work and teachings and to his position as one of the most influential Yoga master of the modern era.

TKV Desikachar, son and longest standing student of Krishnamacharya, continued to carry this tradition into the 21st century. He has been instrumental in building bridges between Yoga and other healing modalities, inspiring thousands.

The following practices and principles are unique to Yoga as taught in the tradition of Krishnamacharya and TKV Desikachar:

- The **entire range of Yoga's tools** is utilized in a practical, experiential and **holistic** manner.
- In individual settings, **personalized Yoga programs** are evolved for therapy or general needs.
- Group classes are taught with a specific focus that provide **individual attention** and care.
- Yoga Therapy utilizes an **integrative approach** that is complementary to other healing modalities.
- The teachings are based on **tradition**, yet **adapting** itself to the modern contemporary times that we are living in.
- The teachers/therapists are constantly growing and learning through **mentoring, personal practice and continuing education programs**.

Some of the tools used in this tradition include (but are not limited to) postures (**āsana**), breath regulation (**prāṇāyāma**), meditation (**dhyānam**), dietary recommendations (**āhāra-niyama**), lifestyle suggestions (**vihāra-niyama**), chanting (**mantra**), visualizations / affirmations (**bhāvanā**), gestures (**nyāsa & mudrā**), and guided self-inquiry (**svādhyāya**).

III. THE ORGANIZATION

The classical tradition of Yoga, as taught by Yogacharya Sri T Krishnamacharya, is represented through **Sannidhi of Krishnamacharya Yoga** (SKY). SKY is founded by TKV Desikachar and Menaka Desikachar and is the organization that officially represents the living tradition of Professor T Krishnamacharya and TKV Desikachar, thus giving continuity to this wonderful and precious lineage.

SKY is an accredited and charter member of Council for Yoga Accreditation International (CYAI) and strives to maintain CYAI standards for all of the relevant certification levels.

For more information on the SKY and its founders, please visit our website www.sky-yoga.net.

IV. THE YOGA TEACHER TRAINING | 2015-2017

SKY is very happy to announce the the new batch of Yoga Teacher Training, which will begin in the the later half of 2015.

This comprehensive training program will:

- offer **in-depth training** in Yoga, for personal practice and general health and will serve as an introduction to healing as well.
- present the core principles of the **holistic Yoga tradition** of T Krishnamacharya & TKV Desikachar
- help students **understand and learn** how to teach Yoga to **groups** as well as **individuals** (one-to-one approach) for maintaining general health, wellbeing and spiritual orientation.

This training program will essentially interest those who would like to become Yoga teachers and who want to teach group classes and private classes for needs and goals pertaining to general health and wellness. Graduates of this training program will be certified to teach Yoga in a non-therapeutic setting.

This exhaustive certification program offers in-depth training in various subjects and aspects relating to Yoga so that graduates have a practical and philosophical understanding of its principles and teachings. Emphasis is laid on the classical text Yogasutra-s of Patanjali, which forms an integral part towards self development and personal transformation. The course of study will include lectures, practice sessions, home study, written and oral presentations, evaluations, assignments & projects, individual home practice and teaching observation. The medium of instruction will be English.

The syllabi of the teaching course was set under the supervision of TKV Desikachar & has been reviewed and updated by the team of educational advisers to Sannidhi of Krishnamacharya Yoga. The course will be conducted by SKY faculty.

V. DURATION

The training program will be spread over a two year period (2015 – 2017). There will be 4 modules, each being for a duration of three weeks. Classes will be held from Monday – Friday each week.

VI. DATES

The training program will begin in November, 2015. The proposed schedule for the four modules is as follows:

MODULE	DATES
Module 1	02 - 20 November 2015
Module 2	20 June - 08 July 2016
Module 3	21 November - 09 December 2016
Module 4	26 June - 14 July 2017

It is requested that participants arrive a day or two early for each module, leave a day or two after the last day of the module. This is not only to facilitate an unrushed experience, but also to give ample time to schedule any private lessons with trainer and local mentor.

VII. GROUP SIZE

Each training batch will have not more than 25 students. In the event that we receive less than 15 confirmed registrations, the event may be postponed to a later date.

VIII. PRE-REQUISITES

Consistent with the principle of Yogacharya T Krishnamacharya and TKV Desikachar, the following pre-requisites apply to begin this comprehensive course :

- It Is open to anyone who seriously wishes to become a teacher of Yoga.
- Participant must have practiced Yoga for at least a duration of 6 months, although a year's practice is recommended.
- Participant is mentally and emotionally stable and is willing to embark on a journey of personal transformation involving self-reflection and self-empowerment.
- Participant is an adult of at least 18 years of age.

IX. NON-DISCRIMINATION POLICY

The SKY Yoga Teacher Training Program is open to all. SKY will not impose any restrictions to acceptance based on the grounds of race, creed, color, occupation, religious or political affiliation, age, gender, and/or physical ability. Rather, SKY will promote equal opportunity, as long as the student is mentally and emotionally healthy and shows firm commitment to the learning requirements.

X. FACULTY

The main faculty for the program will be **Mrs Menaka Desikachar, Dr. Kausthub Desikachar,** and other senior teachers in the tradition of T Krishnamacharya and TKV Desikachar. They will also be ably assisted by other visiting faculty who are affiliated to the teaching team of Sannidhi of Krishnamacharya Yoga.

All faculty of SKY adhere to and follow the SKY Code of Ethics. To read and understand our code of ethics, kindly visit - <http://www.sky-yoga.net/#!code-of-ethics/c1arh>

XI. THE CURRICULUM

An exhaustive course curriculum has been developed under the guidance of SKY Council of Academic Patrons, so that trainees get the opportunity to get to experience a very high quality of learning experience. A list of topics and approximate duration are presented below.

MODULE TITLE	MODULE CONTENTS	DURATION
History of Yoga	Context of Yoga evolution in India General Review of Indian Literature Darśanas History of Yogasūtra Definitions of Yoga History of Yoga in the living tradition of Yogācārya T Krishnamacharya Role of Yoga in ancient society, Yoga in different stages of life Discussion of Yoga vs Religion Yoga vs Exercise/Sports	20 hours
Yoga Philosophy I	Introduction to Yogasūtra Yogasūtra - Chapter One : Indepth study Yogasūtra - Chapter Two : Indepth study Yogasūtra - Chapter Three : An overview of important concepts Yogasūtra - Chapter Four : An overview of important concepts	50 hours
Sanskrit Language	Introduction of Sanskrit script Learning to read the script	30 hours
Principles of Āsana practice	Definitions of Āsana Benefits of Āsana practice Classification of Āsana-s Role of breathing in Āsana practice Classical technique of most important Āsana-s (Sikṣaṇa-krama) Adaptations of the most important Āsana-s Principles of Āsana practice sequencing Āsana practice for different effects / functions Illustrating Āsana-s through stick figures	120 hours
Foundations of Prāṇāyāma practice	The Concept of Prāṇa Definitions of Prāṇāyāma Purposes of Prāṇāyāma Pre-requisites for Prāṇāyāma Components of Prāṇāyāma Detailed Prāṇāyāma Techniques Classification of Prāṇāyāma Principles of Prāṇāyāma practice Principles of Bandha-s and their application Principles of Mudra-s and their application Prāṇa & Kuṇḍalinī Prāṇāyāma as Meditation Mantra-s in Prāṇāyāma Prāṇāyāma & Spirituality	50 hours
Observation Skills	Observing different body profiles Art of suggesting modifications / adaptations Observation during group class Observation during Individual class	20 hours
Principles of Meditation	Definition of Meditation in Yoga Process of Meditation in Yoga Qualities of the objects of meditation and their benefits Kinds or purpose of Meditations Meditative Group Practice	30 hours
Mantra in Yoga Practice	What is chanting Rules of chanting Purpose and benefits of chanting What are Mantra-s How to use them Benefits of Mantra-s Examples of different types of Mantra-s Yogasūtra and Vedic chanting practice Important Mantra-s and their meanings	30 hours
Yoga Philosophy II	Introduction to Major Yoga texts Haṭhayogapradīpika : An overview of important concepts Yogayājñavalkya : An overview of important concepts Yogatārāvalī : An overview Yogarahasya of Nāthamuni : An overview of important concepts	45 hours
Teaching Methodology	The guru-sisya parampara (Rahasya) Qualities and responsibilities of Teacher Qualities and responsibilities of Students Ethics in teaching Concept of group classes Concept of individual classes Communication skills Professional Presentation	35 hours
Anatomy and Physiology	Overview of the different human systems Pathology of Common Illnesses associated with each of the systems mentioned above.	35 hours
Introduction to Psychology	Introduction to Psychology. Introduction to Counseling Understanding Psycho Dynamics and how to deal with it	15 hours
Practice	Group practice with trainers Individual practice with mentor Guided counselling (svādhyāya)	180 hours
Projects & Assignments	Study Project Class assignments Self-study Homework	90 hours
Approximate Total Hours		750 hours

Please note that timings are indicative and approximate only.

XII. LOCATION OF TRAINING

The training program will be conducted in the serene setting of Sannidhi of Krishnamacharya Yoga, located at:

Sannidhi of Krishnamacharya Yoga
6 (Old #5) Stone Link Avenue,
R A Puram,
Chennai 600028, India
Phone **+91.44.42066856**

Email **courses@sky-yoga.net**

XIII. ATTENDANCE & CLASSROOM ETHICS

- Students are expected to attend all four modules of the training program. Certification will be issued only upon completion of all four modules. An overall attendance of 80% is compulsory to be eligible for certification.
- Absence due to illnesses or other unavoidable circumstances will be considered within the mandatory overall attendance of 80%. It is the responsibility of the students to make up for the missed lessons, following the recommendations of the trainer.
- It is also expected that students will arrive on time for each class.
- Students are expected to conduct themselves with dignity at all times during the training modules and during interactions with the trainer.
- Each space in the program is non-transferable, so participants will not be permitted to exchange their space with anybody else.
- Audio/video recording of sessions or photography is not permitted.

XIV. WORKING WITH A MENTOR

The student's relationship with a mentor forms an essential part to learning and development. In this training program, the traditional style of teaching Yoga is reflected, where each student interacts on a one-to-one basis with their teacher (Mentor) during mentoring sessions. This allows the teacher to tailor the practice and course of study to the evolving needs and abilities of the student.

It is expected that trainees will work with an experienced mentor during the training period. The mentor will support and supervise training, and also be of guidance in professional and personal practice, even afterwards.

XV. STUDENT EVALUATION

Students will be evaluated and their progress assessed in four important criteria over the duration of their course of study:

1. Relationship with the Mentor: The quality of the relationship between Student and Mentor is central to Yoga. Regular meetings, the development of a personal practice and its evolution over time form an important part of the evaluation process.

2. Personal Evolution: Personal evolution is the crux of Yoga; certain basic moral and ethical standards must be maintained and followed by the students, apart from their Yoga practice. These changes reflect the personal evolution of the student over a period of time. This will be one of the key areas of evaluation.

3. Continuing Assessment of Studies: The Trainer will continually evaluate each Student's progress over the course of the program. Evaluations can take the form of written/oral presentations, teaching observations, etc. When evaluating a Student, the Trainer will take into account not only the Student's level of aptitude, but also their communication skills and their mental and emotional maturity and wellness.

4. Projects and assignments: Each participant is expected to work on certain assignments. This will form an important part of the overall assessment.

If there is a need to re-evaluate a particular Student, a procedure will be developed for this purpose before the certification is issued.

XVI. CERTIFICATION

Upon successful completion of the program, including internship sessions, certification will be issued by Sannidhi of Krishnamacharya Yoga. Successful graduates can collect the certificate in person, or it can be mailed to the address provided by them.

If SKY feels that there is a need to re-evaluate a particular student, it may evolve a methodology for this purpose before the certification is issued. The evaluation and certification fee will be €100.

The certification will be valid for a period of five years, after which it needs to be renewed (see section on Renewal of Certification), by reapplying to the SKY. This is to ensure continuing education and work-quality of each graduate.



All certified Yoga Teachers will be issued accredited certification from **Sannidhi of Krishnamacharya Yoga** and the **Council for Yoga Accreditation International**. They will be listed on the websites of both organizations as an accredited Yoga Teacher.

SKY is an accredited and charter member of Council for Yoga Accreditation International (CYAI) and strives to maintain CYAI standards for Yoga Teacher training. CYAI is a premier organization working to restore the purity of Yoga and building bridges between its traditional approach and the demands of modern day professionalism.

SKY is also in the process of applying for accreditation with other reputed associations. It will inform trainees of the same when such formalities are completed. It is possible that some of the training and/or certification requirements may change as determined by the accreditation process. It is expected that participants will embrace these changes as and when they are announced.

XVII. CONTINUING EDUCATION

In order to maintain high standards of teaching, all SKY Yoga Therapy graduates are encouraged to continue learning through teaching and their own personal practice, and by participating in Continuing Education.

XVIII. RENEWAL OF CERTIFICATION

Certified SKY Yoga Teachers are encouraged to apply for certification renewal at least 6 months prior to expiry of the certification date. Any failure on the part of a certified SKY Yoga Teacher to renew and/or to be granted renewal of certification (i.e., the applicant rejects the renewal) will be handled on a case-by-case basis.

Note: Some exceptions to any or all of the above criteria may be granted in special cases, such as illness, pregnancy or other special circumstances. However, these are exceptions and are not to be considered precedents for other situations that may appear similar.

XIX. INVESTMENT

Participants who will be selected will have to pay an Acceptance fee of € 150 (nonrefundable) and the tuition fee of € 3000 (inclusive of certain study material). Successful graduates will be required to pay an evaluation and certification fee of € 100, on completion of the course. The total investment for the training will be **€3250**.

Fees (each installment) must be paid in full, even if the trainee has been absent due to sickness, pregnancy, etc. during a module or misses out on one module of training. In such cases, the trainee must make separate payment arrangements to catch up on missed modules with the trainer or the mentor.

All Fees once paid, are non-refundable, even if the course is discontinued by the student. Payment of late fees could attract a fine.

The mode of payment will be cash or credit card. Invoices will be raised online (Paypal) and installments must be paid directly to Sannidhi of Krishnamacharya Yoga on or before the date mentioned in this prospectus. All credit card payment will incur an additional processing charge of 4.5%.

The schedule of payment is presented as follows.

Description	Amount	Due date
Acceptance Fee	€ 150	15 July 2015
First Installment	€ 750	15 October 2015
Second Installment	€ 750	15 May 2016
Third Installment	€ 750	15 October 2016
Fourth Installment	€ 750	15 May 2017
Evaluation & Certification Fee	€ 100	Prior to Certification
Total fee	€ 3250	

The cost does not include fee for the private sessions, payment for Continuing Education Units (CEUs) or any other extra courses that the student may be suggested to do, in case the trainer feels the need for the same (based on assessments/evaluation).

The cost does not include airfare, conveyance to and from the venue, boarding and lodging at the venue, visa charges or local sightseeing. Participating students are advised to bring their own notebooks and any materials required to facilitate taking notes in class.

Scholarships: Limited Scholarship will be offered to financially constrained students. These applicants will have to apply for scholarship in writing, explaining why they seek the same. All supporting and relevant documents have to be provided to SKY Yoga, for due consideration. SKY Yoga will review the case carefully and may decide to offer either a scholarship or a deferral of payment option. SKY Yoga is under no obligation to provide reasons for rejection of the scholarship application.

Indian Citizens, who are currently residing in India will also be offered a special price. If you are an Indian citizen and residing within the borders of India, kindly contact us for the relevant fee structure.

XX. ACCOMMODATION

Students have to make their own accommodation arrangements. SKY may assist with answering queries relating to accommodation arrangements but does not take responsibility for suggestions given, etc. Students are requested to make appropriate enquiries and then take decisions in this regard.

XXI. WHAT TO BRING

Participants are requested to bring Pen/ pencil/ paper if they would like to take down notes. Yoga mats will be provided, however it is suggested that participants bring their own bolsters/cushions or any other equipment they will need for their comfort. A list of recommended text books will be sent along with the acceptance letter. These books will be needed during the training.

PLEASE NOTE: Recording of any sort will not be permitted.

XXII. OTHER INFORMATION

If you are interested in taking individual classes or forming a small group and taking classes with the faculty in chanting, Yoga therapy or general Yoga (asana/ pranayama/ meditation) at a convenient time and day, please contact us in advance through our email courses@sky-yoga.net so that we can book a class for you.

XXIII. APPLICATION PROCEDURE

Applicants will have to complete the enclosed application form (pages 10-13 of this prospectus), and send it to Sannidhi of Krishnamacharya Yoga, through email, fax or post, along with a recent passport size photograph, on or before 15 July 2015. Prospective applicants will be screened and selected participants will be duly notified. The decision of SKY and its panel is final and SKY is under no obligation to provide reasons for acceptance or rejection of the applications.

On being selected, participants will be required to pay a non-refundable, acceptance fee of € 150 to confirm their participation. Please note that all fees once paid is non-refundable. Also, if selected, your place on this program is non-transferable.

XXIV. COMPLAINTS & SUGGESTIONS

Any suggestions or complaints concerning the training program must be done using postal mail only, and written to the administrative office of SKY at the following address:

Sannidhi of Krishnamacharya Yoga

6 (Old #5) Stone Link Avenue,
RA Puram,
Chennai 600028 India.
Phone: +91.44.42066856

The office will review the letter in confidence and respond appropriately as soon as possible, in consultation with the SKY Council of Academic Patrons.

APPLICATION FORM

YOGA TEACHER TRAINING : 2015-2017 : INDIA BATCH

First Name		Please affix photo here
Last Name		
Mentor		
Age & Date of Birth		
Gender		
Nationality		
Address		
Locality		
City		
Pin code		
Phone		
Fax		
Email		
Highest Degree		
Occupation		

Please answer the following questions as clearly as possible. (Use additional sheets wherever necessary)

1. Please tell us something about your background, in detail.

2. Are you currently engaged in learning or teaching Yoga? If so, kindly provide us some more information about it.

3. What is your understanding of Yoga?

4. Why have you chosen to apply for the SKY Yoga Teacher Teacher-Training Program?

5. What are your expectations from this course? In what way will completing this course contribute to your life personally and professionally

6. How will your resources of time, finances and family help you to complete this two year course? Please explain.

7. Are you engaged in any form of spiritual practice, religious or non-religious? If so, please explain

8. Can you share examples of two times in your life when you have faced a difficult situation and how you coped with each situation?

9. Have you suffered/are you suffering from any other major health problems? Please list them and let us know what treatment(s) you were/are undergoing for the same.?

10. Once you have become a Yoga teacher, would you be able to commit yourself to continuing education so as to maintain your certification?

DECLARATION

I declare that I have read prospectus and the application form for the SKY Yoga Teacher Training Program (2015-2017) carefully, and I am in agreement with the general rules and policies of the same. I also understand and accept that SKY can change or modify any of its policies without prior notification, during the tenure of the course, and even afterwards.

I also declare that all the information provided in this application is true and accurate at the time of application. I also agree that I will accept the decision of SKY as final.

Signed :

Date :