

**THE LINEAGE OF KRISHNAMACARYA AND TKV DESIKACHAR
YOGA JOURNEY / YOGA TEACHER TRAINING
PROSPECTUS NEW ZEALAND 2018 - 2021**

This course is accredited by Krishnamacharya Healing and Yoga Foundation (KHYF)
Accredited Trainer: Ruth Diggins



INTRODUCTION

Yoga is an ancient discipline that offers a broad range of tools that can be useful in promoting health and supporting healing and personal transformation. Today, Yoga is mainly associated with the practice of physical postures and some basic breathing techniques, but these are only a few of the tools yoga offers. Other tools include special breathing techniques, meditative practices, symbolic gestures, use of vocal sounds, guided self inquiry and more. Yoga is a holistic healing discipline that addresses the needs of the whole person through continuous adaptation of its many tools to suit each student's unique and changing needs.

THE LINEAGE

T Krishnamacharya (1888-1989) was one of the most influential masters of yoga in modern times. Over the course of his long life, which spanned over one hundred years, Krishnamacharya shared his knowledge of Yoga as a holistic healing discipline with thousands in his own country and with many others who came to study with him from Europe and America. His knowledge of Yoga, as well as the primary Indian philosophical schools, including Ayurveda and Sanskrit, was unrivaled by his peers, but the focus of his energy and his life-long work was the study and practice of therapeutic Yoga for supporting health, healing, and personal transformation.

Son and student of T Krishnamacharya, TKV Desikachar spent nearly thirty years studying with his father. This long internship, combined with 45 years of teaching experience, made Desikachar one of the most respected Yoga teachers of modern times.

The current torch bearer of the lineage is Kausthub Desikachar, the son of TKV Desikachar. Dr. Kausthub Desikachar is a yoga teacher and yoga therapist as well as a teacher and therapist trainer. For more than fifteen years, Kausthub has taught a multitude of students and teachers around the globe and has conducted numerous teacher and therapist training programs. Kausthub began studying yoga when he was 9 years old under the guidance of his teacher and father TKV Desikachar and started teaching at the age of 13. After completing his dual Masters degree at the University of Madras, he committed himself to becoming a full-time student and teacher of Yoga. Besides teaching, Kausthub has also authored and co-authored numerous books on yoga, such as "The Heart of Asana: A comprehensive manual on Classical Yoga Postures" and a biography on his grandfather, the great yoga acharya T. Krishnamacharya, called "The Yoga of the Yogi". Kausthub is known for his ability to present the ancient teachings in a way that is profound as well as applicable for modern day practitioners. Apart from Yoga Teaching, Kausthub is also an avid photographer, who never leaves his camera behind on his travels.

The teacher trainer of this course is Ruth Diggins, student of Dr K Desikachar. Ruth is a yoga teacher, teacher trainer and is currently working towards her therapist trainer qualification. Ruth met the teachings in this lineage through Anna Sandle in Wellington. She received her yoga teacher training from Barbara Brian at Agama yoga centre in Melbourne and has been teaching yoga for 15 years. Ruth has a partner, Allister, two teenage sons, and two dogs. When not teaching you will mostly likely find her in the garden or walking down the beach.

In 1976, TKV Desikachar founded the Krishnamacharya Yoga Mandiram (KYM), a non-profit Yoga Therapy Center in Chennai, India, where he taught and served in an honorary capacity from the beginning until 2011 when he retired due to ill health. The KYM is renowned the world over as one of the premier institutions offering personalized, holistic Yoga. Doctors, psychologists, and other healing professionals regularly refer patients to the KYM for help in managing their ailments. The center is noted for teaching healing techniques to people with epilepsy, gynecological problems, high blood pressure, diabetes, depression, and other mental and physical ailments.

Over the years, countless Yoga students and health professionals have encouraged Desikachar to systematize the teachings and methods of Krishnamacharya and provide Yoga Teacher Training and Yoga Therapy Training. Putting this training program together has required a great deal of effort both to organize the knowledge and to develop a curriculum and guidelines of the highest standards. On January 1, 2006, TKV Desikachar and Kausthub Desikachar

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founded the Krishnamacharya Healing and Yoga Foundation (KHYF) . This organization offers training and support to students who want to teach and offer Yoga and therapeutic Yoga in the tradition of T Krishnamacharya and TKV Desikachar.

KHYF is to the highest standards of excellence in Yoga education and to providing support to a global network of skilled Yoga teachers and therapists whose goal is to share Yoga with the public as an alternative healing methodology.

KHYF offers four levels of certification through its training programs: this course is for Level 1 Yoga Teacher.

- ❖ **Yoga Teacher - Level 1**
- ❖ Yoga Teacher Trainer
- ❖ Yoga Therapist
- ❖ Yoga Therapist Trainer

All courses will be taught by KHYF certified teachers.

In addition to Coursework, emphasis is also placed on Mentoring.

This element of the training program reflects the traditional style of teaching Yoga, in which each student was taught on a one-to-one basis. This allowed the teacher to tailor the curriculum to the needs and abilities of the student. Every student will have a mentor who is a qualified teacher in the lineage of Krishnamacharya and with whom they meet regularly. Meetings will involve development of a personal practice for the student and continuous review and evolution of that practice. This relationship will also provide the student with a friendly ear as well as guidance and support throughout their course of study.

If the student does not already have a mentor/teacher then as soon as the selection process is completed a list of available mentors will be sent to the student. The student will be asked to choose a mentor.

L1000: Yoga Teacher Certification

This program offers in-depth training in Yoga for personal practice and general health, as well as an introduction to healing. This certification is appropriate for those who want to teach group classes and private classes for general health and wellness needs and goals.

Course Topics

Yoga as a holistic discipline for mind, body and beyond;
Yoga as a means of personal practice and transformation;
Yoga as a system of psychology;
Yoga tools for group / individual;
Yoga classes & sessions for general health / wellness;
Yoga as a holistic, complementary system for healing

Training

The course syllabus will be set, reviewed and updated regularly by KHYF. The course will be conducted by Ruth Diggins who has obtained the L1010 Yoga Teacher Trainer Certification.

Pre-requisites

- At least one year's experience practicing Yoga
- Applicants should be mentally and emotionally stable and be able to demonstrate basic communication skills
- Applicants must supply letters of recommendation from two different people, who are not relatives by birth or marriage and who have known the applicant for at least two years. Letters should include the writer's opinion about the applicant's communication skills, general strengths and weaknesses, and mental and emotional maturity/stability.

Equity Policy

Since Yoga is open to all, the Trainers must not make any restrictions to membership on the grounds of race, creed, color, occupation, religious or political affiliation, age, gender, and/or ability. Rather, they must 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

KHYF requires all its Teachers and Trainers to be free of drug and substance abuse.

Teacher-Student Ethics

The ethics between teachers and Students must be consistent with not just the yama-s and niyama-s suggested in Yoga Sutra, Chapter 2, but also local laws and guidelines. The Trainers and the Students must consciously respect these ethics, in order to have a productive learning experience.

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COURSE ORGANISATION

The course will run over 3 years.

The dates are still to be finalised. The dates below are indicative at this stage.

Each year will consist of four meetings, one meeting per school term.

One meeting per year will be a 3 day residential retreat at Riverslea retreat centre, Otaki. The other meetings will be non-residential in Raumati South, Wellington.

2018: August 01 – last date for Applications
August 31 – September 03 (4 days)
November 2 – 5 (4 days)

2019: (dates to be finalised)
February (4 days)
May 3 - 5 (residential retreat) (3 days)
August (4 days)
November (4 days)

2020 February (4 days)
May (residential retreat) (3 days)
August (4 days)
November (4 days)

2021 February (4 days)
May (final module, residential retreat 4 days)

The four day meetings will run from 0900 Friday to 1500 Monday

The three day retreat will run from 0900 Friday to 1500 Sunday.

Students from out of town must be prepared to make arrangements so that they are at the venue in time to start at 0900.

Example Daily Timetable

Activity	Duration	Cumulative time in Hrs
Group practice	7.00 – 8.00am	1
Breakfast	8.00 – 9.00am	
Class	9.00 – 10.30am	2.5
Break	10.30 – 11.00am	
Class	11.00 – 12.30	4
Lunch	12.30 -1.30pm	
Class	1.30 – 3.00pm	5.5
Break	3.00 – 3.30pm	
Class	3.30 – 5.00pm	7
Break	5.00 – 5.15pm	
Practice	5.15 – 6.15pm	8

Fees for the Course:

Total cost = \$7000

Deposit (\$1000) for the course (which is non-refundable) \$1000

To be paid: after acceptance onto the course
12 instalments, of \$500 per term \$6000

(Various instalment options available eg pay \$50 per week of each 10 week term)

Extra Costs outside the Fees for the Course:

- Fees paid to Mentor for the required 25 personal sessions are not included.
- Fees for selected Anatomy and Physiology Course is not included. (Prior qualifications accepted)
- Cost of yearly seminars with Kausthub Desikachar which will be recommended for this course but not compulsory
- Accommodation and food costs for the retreats (around \$190/retreat)
- Cost of First Aid course recommended before you start teaching group classes

**Working with a Mentor
The Student-Teacher Relationship**

There is a passage in the Taittiriya Upanisad 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 there is the Student, and their interaction produces wisdom/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 support and guidance of your teacher as you foster growth, healing, learning and good relationships with your own Students. KHYP encourages each of its certified Teachers, Therapists and Trainers to connect regularly with their own teacher to support their personal practice, health and wellbeing and their work with their own Students and communities.

Each new Student will be assigned a Mentor. Typically, the Mentor will be a teacher who has been certified at the L1000 Yoga Teacher Certification level or higher. If the student already has a mentor qualified in the tradition of Krishnamacharya then they can retain that teacher as their mentor. Each Student will meet frequently with their Mentor, who will guide them in their personal Yoga practice for the duration of their training and also provide them with general support and direction in their studies. If the mentor is a qualified Yoga Therapist the mentor will provide the personal practice. If the mentor is not a Yoga Therapist then the Trainer will provide the personal practice in collaboration with the mentor.

It is suggested that individual contact hours with the Mentor should total approximately 25 hours for the entire training period. A typical mentor meeting might take 1.5 - 2 hours, so this is at least 12 meetings, ie one per term of the course. Because it is understood that, in some cases, it may not be possible for the Student and their Mentor to meet in person on a regular basis, contact hours may be accrued through indirect contact via telephone, email, or skype, for example.

However, the first meeting must be in person, and at least 10 of the total contact hours must be direct contact hours. These sessions must be tracked. In certain cases, the Student and Mentor may meet more often than the suggested 24 hours total over the course of study when deemed appropriate and necessary by the Mentor or Trainer or Student.

The Trainer will request regular updates from the Mentor as to the progress of the student. It is also suggested that the Trainer and Mentor meet together with the Student at least twice over the duration of the course.

- In cases where the relationship between the Student and Mentor does not work effectively, the Trainer must find an alternate Mentor for the Student. Such a change is allowed a maximum of three times.

The Training Program

Students will participate in an intensive course of study that includes lectures, practices, home study, written and oral presentations, teaching evaluations, and most importantly, individual practice.

The minimum (750 hours) suggested:

Module Title	Hours
Individual contact (Mentor) hours	25
Group lecture and practice sessions through classroom study.	350
Group observation sessions* (recommended 35 hours)	25
Self study - assignments and presentations.	350

Additional Requirements:

Anatomy and Physiology	Basic Medical Knowledge. Anatomy of human body. The Major systems. Common illnesses and their pathologies.	35
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First Aid Course

(Approved courses provided on acceptance into the course. Prior qualifications accepted)

Highly Recommended but not compulsory:

1. Attendance at yearly seminars provided by Dr K Desikachar
2. Regular attendance at a group class provided by a teacher in the lineage of Krishnamacharya.

Training Curriculum

Module Title	Module Contents	Hours
Practice	Group Practice sessions with Trainer	50
History of Yoga	Context of Yoga's Evolution in India. Vedas and Darsanas. History of Yoga Sutra. Definitions of Yoga. Role of Yoga in ancient society (Siksana, Raksana, Cikitsa, Adhyatmika), Discussion on Yoga vs. Religion	15
Yoga Philosophy- I	Yoga Sutra Chapters 1 and 2 (In Detail). Chapters 3 and 4 (an overview).	50
Asana - I	Definitions and qualities of asana. Principles of asana practice. Concepts/technique of breathing in asana. Vinyasa Krama. Traditional classifications of asanas. Static and dynamic practices. Adaptations and modifications. Techniques of most common asanas.	50
Course Planning	How to structure an asana practice. Preparation, main goal and completion. Concepts of counter poses. Concept of rest. Examples of course planning.	45
Pranayama - I	Definitions and qualities of pranayama. Principles of pranayama practice. Main pranayama techniques. Ratios in pranayama practice. Developing a good ratio. Effects of pranayama. Bandhas, Mantras and Krama in Pranayama. Planning a pranayama sequence.	45
Meditation	Definition of dhyanam. Process of meditation. Kinds of meditation. Some examples of meditation. Meditation in general group settings.	10
Teaching Methodologies	The Guru-Sisya Parampara. Teaching in the modern context. Concepts of group and individual classes. Relevance of teacher-student relationship. Ethics in teaching. Communication skills in teaching.	10
Observation & Teaching	Observation and supervised teaching	50
Mantras and Chanting	The use of sound. An introduction to mantra and the use of mantra. Chanting Practice.	25
	Total Classroom hours	350

Student Evaluation

Students will be evaluated and their progress assessed in the following three contexts over the duration of their course of study:

- Relationship with a Mentor: The quality of the relationship between Student and Mentor reflects the evolution of a good teacher-student relationship, which is central to Yoga.
- The development of a personal practice and its evolution over time form an important part of the evaluation process
- Continuing Assessment of Studies: The Trainer must evaluate each Student's progress continually over the course of the program. Evaluations can take the form of written/oral presentations, teaching observations, etc. When evaluating a Student, the Trainer should take into account, not only the Student's level of aptitude, but also their communication skills and their mental and emotional maturity and wellness.

In all aspects of the evaluation process, teachers and students must be motivated to change for the better. This is especially critical in the first two contexts where evaluation comes into play - the Student-Mentor relationship and personal evolution. They are concerned primarily with human relationships, which are at the heart of Yoga practice and application.

The Trainer is responsible for detecting when a student's performance in any area is not up to standard as early as possible, so that s/he may offer help/direction to the Student to encourage improvement.

Certification

Certification will be issued by KHYF upon satisfactory completion of the program and review of the student's credentials and other relevant details, which must be supplied to KHYF by the affiliated trainer. Certificates will be sent to the Trainers, who will then distribute them to the graduates.

Continuing Education Units

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). Teachers can take part in CEUs that broaden the range of their Yoga skills or in any courses that support their teaching practice, such as first aid, communication skills, etc. Graduating teachers may seek the guidance of their Trainer/Mentor when choosing which CEU's to pursue.

Trainers are encouraged to offer seminars/workshops/private tutoring hours that can help graduates accumulate hours towards Continuing Education Units.

Application Procedure:

- Complete the application form
- Provide two letters of recommendation
- Attend an interview

Once the evaluation process is complete, successful applicants will be notified of their selection. Those who are not successful will be notified, as well, and they will be offered some direction in their studies if they wish to reapply at a later date. In certain situations, an applicant may be asked to participate in tutorial sessions prior to being selected for the course