

POST GRADUATE YOGA TRAINING

IN THE TRADITION OF YOGACARYA T KRISHNAMACHARYA

N AMERICA

2012 - 2014



**PROSPECTUS AND
APPLICATION FORM**



KRISHNAMACHARYA
HEALING & YOGA
FOUNDATION

THE KHYF

The Krishnamacharya Healing & Yoga Foundation (KHYF) was founded by TKV Desikachar, along with his student and son Kausthub Desikachar, with the primary aim of being the umbrella organization that links all certified teachers and students worldwide who study and teach in the holistic teaching tradition of T Krishnamacharya.

OBJECTIVES OF KHYF

The KHYF's objectives include:

- Increasing awareness of yoga and its many applications.
- Promoting and sharing yoga as an alternate healing methodology.
- Providing the highest standards of education in yoga and yoga therapy.
- Collaborating with professionals from other modalities to create new paradigms in healing.
- Creating and sharing educational resources that support the understanding and study of yoga.
- Support for a network of professional teachers and therapists through mentoring and continuing education.
- Maintaining the authenticity of yoga, while making it relevant for contemporary society.
- Developing research studies that scientifically evaluate the role of yoga in addressing different needs.

THE KHYF

Yoga is gaining a lot of attention in the modern world and is well known as a complementary system of healing and health care. Though an ancient discipline that had its origins in India, the awareness of Yoga and its practices has been increasing across the world, and is being embraced universally for the promotion of health and well-being.

Yogacharya Sri T Krishnamacharya was a pioneer among the contemporary yogis to have strongly revived this ancient system as applicable to our modern times. Though it is generally associated with the practice of physical postures, Yoga, as taught in the tradition of T Krishnamacharya, utilizes many other invaluable tools that are practical and vital in the process of self empowered healing and relevant to modern day society. This course is open to all yoga teachers who want to learn, deepen their knowledge and benefit from these teachings.

OBJECTIVES OF THE COURSE

This course aims to:

- Promote continuing education in yoga in the holistic tradition of T Krishnamacharya to all yoga teachers
- Provide an avenue for yoga teachers to explore and experience the subtle aspects of the tools of yoga and engage in the solid philosophical principles of yoga.
- Facilitate professional support to existing yoga teachers and maintain the high standards of this teaching tradition.
- Provide a platform for KHYF Yoga Teachers to become potential KHYF Yoga Teacher Trainers.

PRE-REQUISITES

To participate in this course, KHYF recommends that the applicant is :

A yoga teacher with a minimum training of 500 hours from any tradition and teaching experience Yoga for at least 3 years.

FACULTY

This course, which will include both theory and practice sessions, will be conducted by senior faculty trained with the KHYF, including Dr. Kausthub Desikachar (from India) and Mrs. Sonia Nelson (from USA).

DURATION

The training program will be spread over a two year period (2012 – 2014). There will be 4 modules, each for a duration of 9 days.

GROUP SIZE

The training program will be limited to approximately 50 students. In the event that we receive less than 30 confirmed registrations, the program may be postponed to a later date.

COURSE OUTLINE

A brief overview of the two year Post Graduate Yoga Course is given below:

Title	Contents
Asana	Various concepts of yoga (satvada and parinama, vyutthana samskara, etc) The evolution of matter and its relevance to yoga The principles of asana Understanding the human body from the viewpoint of yoga which will include nadi-s, cakras, dhatu-s, etc Examples of prakrti and vikrti Vinyasa for asana-s Effects of asana practices - its connections to the guna-s and dosa-s Modification of asana through breathing, bhavana, bandha etc
Pranayama	Principles, its concept, definition and the process of pranayama Various techniques; sequencing and structuring ratios Kala and Samkhya in pranayama Concepts of mudra-s, bandha-s, nyasa, bhavana in pranayama
Yoga Sutra-s	Chapters III and IV - word by word meaning
Important concepts from classical texts on yoga	The Bhagavad Gita - understanding guna-s, Yajna, Abhyasa and Vairagyam, Prakrti and Purusa, etc Hathayoga Pradipika - the concept of Hathayoga, Siddhi Laksanam, Clarification on the concept of Kundalini, the stages of evolution in Yogabhyasa, etc Siva Samhita - definition of Jnanam, concepts of yoga and maya, yogic physiology of the human body, etc The Taittiriya Upanishad-s - the Panca Maya model, model of Svadhyaya and the model of the evolution of the Bhuta-s
Mentoring methodologies	The Guru - Sisya Parampara - concept, pre requisites and obstacles in the modern day world Role of self discipline and practice Phases of evolution in the student's practice and how to respond, etc
Mantra & Meditation	Meditation in the Yoga tradition. Role and purpose of meditation. Kinds of Meditative practices. Kinds of Meditative Focus. Steps in evolving Meditative Practices. Mantra in Meditation. Mantra in Yoga. Experiencing Mantra, Meditation and Mantra in Meditation.

The above curriculum lists only the essential components of the extensive curriculum that will be covered over the course of this training program. As the course progresses upgrades/modifications may be made without prior notification.

DATES FOR THE TRAINING

The KHYF Post Graduate Yoga Training will begin in September 2012. The proposed schedule* for the four modules are as follows:

Module I	Module II	Module III	Module IV
21 - 30 September 2012	12 - 21 April 2013	20 - 29 September 2013	11 - 20 April 2014

* These dates are tentative only, and will be confirmed before April 2012.

CERTIFICATION

A course completion certificate will be issued by the KHYF to all participants of this Post Graduate Yoga Course on completion of all four modules.

Participants who are not KHYF members, may take an examination and qualify for a KHYF Yoga Teacher certification. Participants who are KHYF Members, may qualify for a KHYF Yoga Teacher Trainer certification based on their teaching experience, as well as successful completion of the additional evaluation criteria.

For further information regarding the KHYF Teacher Trainer certification process, please send your request to our office at **courses @khyf.net**.

NON-DISCRIMINATION POLICY

The KHYF Post Graduate Yoga Course is open to anyone who fulfills the pre-requisite criteria. The KHYF 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, the KHYF will promote equal opportunity, as long as the participant is mentally and emotionally healthy and shows firm commitment to the learning requirements.

TUITION FEE

The overall Tuition Fee of the course will be **US \$ 4050**. This cost includes tuition fee and study material **only**.

Description	Fee (US \$)	Due by
Acceptance Fee	\$ 250	15 February 2012
First Installment	\$ 950	15 July 2012
Second Installment	\$ 950	15 February 2013
Third Installment	\$ 950	15 July 2013
Fourth Installment	\$ 950	15 February 2014
Total fees	\$ 4050	

Fees can be paid either through bank transfer, check or credit card. The Tuition Fee for the entire course must be paid in full regardless of missed modules.

The Course Completion Certification is awarded only through attendance at all four modules or, in the event of a missed module, additional make up classes arranged and paid for separately.

The Tuition Fee does not include the fees for private sessions, or other courses the participant may be required to take to acquire KHYF Yoga Teacher or Teacher Trainer Certification status.

The above mentioned costs are for tuition only and do not include airfare, conveyance to and from the venue, boarding and lodging at the venue, local sightseeing or any other costs the student may incur.

VENUE

Immaculate Heart of Mary Retreat and Conference Center of the Archdiocese of Santa Fe
50 Mount Carmel Road,
Santa Fe, NM 87505, USA

ACCOMMODATION

A range of accommodation options are available including single or double occupancy, the cost of which are indicated below (all prices are per night, per person):

Single room with Private bath	US \$125.00	per night, per person
Single room with Common bath area	US \$95.00	per night, per person
Double room with Private bath	US \$90.00	per night, per person
Double room with Common bath area	US \$75.00	per night, per person

Meals - US \$360 per module. This includes breakfast, lunch, dinner and coffee/tea & snacks during breaks beginning with dinner on Friday evening and ending with lunch on Sunday. Meals are available to commuting participants at cost per module only.

A **Facility Fee** of **US \$135** per student per module, will also be payable by those commuting participants, who stay outside the retreat center.

All payments, be it Tuition fee, Payment for Boarding or Lodging, must be made directly to the KHYF. Each participant will be raised an invoice together with Tuition Fee, Facility Fee and their chosen Boarding and Lodging option, which will be payable following the installment plan suggested in the Tuition Fee section. The KHYF will raise an invoice for these, one to two months prior to each of the due dates.

Payments to KHYF can be paid by credit card, check or bank transfer.

Participants who wish to come early or stay on after the module can have the lodging extended (meals excluded) through KHYF. In which case, information regarding exact dates prior to/beyond the module dates should be sent to courses@khyf.net.

HOW TO GET THERE

The nearest airport is Albuquerque International Airport. The Sandia shuttle (<http://sandiashuttle.com/>) will take participants directly from the Albuquerque Airport to the Venue, which would approximately take an hour and fifteen minutes.

WHAT TO BRING

Participants should bring mats, bolsters and anything that they will need for their own use and comfort.

APPLICATION PROCEDURE

Participants will have to complete the enclosed application form, and send it to the KHYF, along with a recent passport size photograph, on or before **January 15, 2012**. Prospective applicants will be screened for selection and selected participants will be duly notified.

Please note that all fees once paid are **non-refundable**. Also, if selected, your place on this program is non-transferable.

Limited Scholarship/ deferred payment may be available for financially constrained participants. For further information contact us at courses@khyf.net.

SUGGESTIONS AND QUERIES

For further information or questions, please contact us via email through courses@khyf.net. Our office will respond as soon as possible.

Krishnamacharya Healing & Yoga Foundation

Old # 9, New # 8 (first floor) Kandaswamy Street, Off R.K.Mutt Road, Chennai 600028, India

Phone: +91.44.42066856, Fax: +91.44.24934653

email: courses@khyf.net

APPLICATION FORM

KHYF POST GRADUATE YOGA COURSE : 2012-2014 | USA

First Name		Please attach a recent photograph.
Last Name		
KID, if a KHYF member		
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. What first brought you to Yoga? How many years ago?

2. Tell us about:

- a. the yoga tradition(s) you are associated with**
- b. your yoga training and practice**
- c. your yoga teaching experience (including how long you have been teaching, number of classes you give, nature & type/focus of classes, where you teach, etc).**

3. Why have you chosen to apply for this course (your expectations from this course, how do you find this course significant for yourself)?

4. Will your resources of time, money and family commitments help you to complete this course?

DECLARATION

I declare that I have read the prospectus and the application form for the KHYF Post Graduate Yoga Course (2012- 2014) carefully, and I am in agreement with the general rules and policies of the same. I also understand and accept that the KHYF can, at any time, change or modify any of its policies without prior notification.

I am in full knowledge that all fees paid by me is completely non-refundable, and non-transferable, and I am in agreement of the same.

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, as final, the decision of the KHYF in accepting or rejecting my application.

Signed :

Date :

Name of Student: