



**Healing Yoga Foundation  
San Francisco  
Presents:**

**A 500-Hour Yoga Teacher Training Program**

**in the Tradition of**

**Sri T. Krishnamacharya**

**and**

**Mr. TKV Desikachar**

**in San Francisco, CA**

**2012 - 2014**

**Yoga Teacher Training Information Packet**

**for**

**KHYF L1000 Yoga Teacher Trainer Certification**

**by**

**Healing Yoga Foundation**

**San Francisco**

## **The Tradition of T. Krishnamacharya**

Yoga is an ancient discipline offering a broad range of tools for supporting health, promoting healing, and facilitating personal transformation. It is a holistic healing discipline that addresses the entire person and all their various aspects in an interconnected way; and it is an immensely practical methodology of vibrant health, mental stability and joyful living. By continuously adapting its many tools, Yoga is able to meet the unique and changing needs of each individual student as they change and develop. From beginner to master, Yoga truly has something for everyone.

While today Yoga is mainly associated with the practice of physical postures, in fact, the postures are only one of yoga's many tools. Other tools include conscious breathing techniques, meditative practices, symbolic gestures, visualization, chanting & sound, guided self-inquiry and more. When used in an appropriate manner, all of these tools share the ability to improve the quality of the practitioner's mind, thus improving their quality of life, relationships and health.

## **T Krishnamacharya**

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. His knowledge of Yoga, the primary Indian philosophical schools, Ayurveda and Sanskrit, was unrivaled by his peers. The main focus of his energy and life-long work was the study and practice of therapeutic Yoga for supporting health, healing, and personal transformation.

## **TKV Desikachar**

Son and student of T Krishnamacharya, Mr. TKV Desikachar spent nearly thirty years of his adult life studying with his father. This long, live-in internship, combined with 45 years of teaching experience, has made Mr. Desikachar one of the most respected Yoga teachers of modern times and the torch-bearer of his father's teachings for the current generation.

## **Krishnamacharya Yoga Mandiram**

In 1976, Mr. Desikachar founded the Krishnamacharya Yoga Mandiram (KYM), a non-profit Yoga Therapy Center in Chennai, India, where he has since taught and served in an honorary capacity. The KYM ([www.kym.org](http://www.kym.org)) is renowned the world over as one of the premier institutions for personalized, holistic Yoga, and is particularly noted for the wide of range of mental and physical ailments it treats with Yoga. In fact, many doctors, psychologists, and other healing professionals regularly refer patients to the KYM for help in managing their ailments.



Although the main focus is therapeutic, the KYM's student base also includes people seeking to improve their general health and athletic performance, as well as those seeking to deepen their personal, spiritual practice. In addition to its educational, therapeutic and community outreach work, the KYM also supports a research department, which focuses on using established scientific protocols to evaluate the impact of Yoga on various ailments. Much of the department's research is being funded by local government agencies.

### **Krishnamacharya Healing and Yoga Foundation**

Over the years, countless Yoga students and health professionals have encouraged Mr. Desikachar to systematize the teachings and methods of Krishnamacharya and provide Yoga Teacher Training and Yoga Therapy Training on a larger scale. Putting this training program together required a great deal of effort both in organizing the knowledge and developing the curriculum and guidelines of the highest standards. On January 1, 2006, Mr. Desikachar and his son Kausthub Desikachar founded the Krishnamacharya Healing and Yoga Foundation (KHYF). The KHYF is the umbrella organization overseeing the training and ongoing support of yoga teachers and therapists teaching in the tradition of Sri T Krishnamacharya and Mr. TKV Desikachar.

The KHYF is committed 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 a complementary healing methodology. To this end, the KHYF has created a website ([www.khyf.net](http://www.khyf.net)) for sharing educational resources including an online database for locating teachers in the Krishnamacharya tradition.

The KHYF offers four levels of certification through its training programs:

- ❖ Yoga Teacher
- ❖ Yoga Teacher Trainer
- ❖ Yoga Therapist
- ❖ Yoga Therapist Trainer

Each of these training certifications has been developed under the guidance of Mr. TKV Desikachar with the goal of providing students the highest quality education possible in Yoga and Yoga Therapy. Students are trained in Yoga as a holistic healing system, and the program equips them to utilize the complete range of Yoga's tools to meet the needs of those seeking healing and wellness through Yoga. All courses are taught by KHYF certified teachers, though some units may be taught by experts in relevant fields. Graduates of this Healing Yoga Foundation training program will be certified as Yoga Teachers by the KHYF.



The Krishnamacharya Yoga Mandiram (KYM) is the primary affiliate of the KHYF. These two organizations collaborate on multiple levels – including education, internship opportunities, research projects, and community outreach programs to enhance the training and long-term goals of students and teachers in the Krishnamacharya tradition.

## **Healing Yoga Foundation**

Healing Yoga Foundation (HYF) is a non-profit service, support, education, and research institution dedicated to health, healing, and personal development through Yoga. Established in 2006, and modeled after the KYM, the Healing Yoga Foundation ([www.healingyoga.org](http://www.healingyoga.org)) is committed to serving all who wish to benefit from Yoga by respecting and meeting the needs of the individual regardless of physical limitations, health, background, age, experience or financial means.

As part of our educational service to the community, we offer a KHYF Certified L1000 Yoga Teacher Training Program. The curriculum is the KHYF curriculum for Yoga Teachers and all the HYF teachers are KHYF L1010 Certified Yoga Teacher Trainers. The proceeds from the teacher training program help support the Healing Yoga Foundation's community outreach programs. HYF's teacher training program also supports our community outreach by providing all of the yoga teachers that teach in HYF's programs.

## **Important Aspects of KHYF Yoga Programs**

### **Student-Teacher Relationship**

There is a passage in the Taittirīya Upaniṣad that says, first there is the Teacher, then there is the Student, and when they interact, wisdom and learning are produced. This model of relationship is the heart of Yoga. Even as a Teacher, you are also still 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. The ongoing linking of Student and Teacher is central to the KHYF lineage. KHYF 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.

### **Individual Student Mentoring**

The KHYF's emphasis on mentoring reflects the traditional method of teaching Yoga, a process in which each student was taught on an individualized, one-to-one basis. This individual interaction allowed the teacher to tailor the curriculum to the needs and abilities of the student. Accordingly, every KHYF student will have a mentor with whom they will be expected to meet regularly. Meetings will involve the development of a personal practice for the student along with continuous review and evolution of that

practice. This relationship will provide the student with direction and support throughout the course and beyond.

### **Working with a Mentor**

Each new Student in the teacher training program will be assigned a Mentor, who is a teacher that has been certified at the L1000 Yoga Teacher Certification level or higher. 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. Individual contact hours with the Mentor should total at least 25 hours for the entire training period.

These sessions must be tracked by the Mentor using the Student Interaction Form. The Student and Mentor may meet more often than the 25 hours minimum over the course of the training program when deemed appropriate and necessary by the Mentor or Trainer.

### **Teacher-Student Ethics**

The relationship between the Teacher and the Student is the heart of the Yoga process. It is of absolute importance that the relationship be maintained on a continuing basis in a way consistent with both the *yamas* and *niyamas* (of the second chapter of the *Yogasūtra*) as well as local laws and customs. The Trainers and the Students must consciously respect these ethics, in order to have a productive learning experience.

### **Student Evaluation Processes**

During the course of the training, students will be evaluated and their progress assessed in the following three contexts:

1. Relationship with the Mentor: The quality of the relationship between Student and Mentor reflects the evolution of a good Teacher-Student relationship, which 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. The Student must practice regularly.
  - ♦ In cases where the relationship between the Student and Mentor does not work effectively, a Student may request a change of Mentor and an alternate Mentor will be found for the student. Such a change is allowed a maximum of three times. The Student must use the Trainer Transfer Form or the Mentor Transfer Form in order to effect the change.
2. Personal Evolution: These two words capture the main goal of Yoga, and students will naturally develop and change as a result of their yoga practice. This

development may happen in a wide range of areas but definitely includes maintaining appropriate moral and ethical standards.

3. **Continuing Assessment of Studies:** The Trainers will evaluate each Student's progress throughout the course of the program. Evaluations will take the form of written and oral tests, presentations, papers, teaching observations, etc. When evaluating a Student, the Trainer will also 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. The Trainers will also maintain a file for each Student in the program. This file will include the Student's personal practice/directions, reports on performances, and other pertinent details.

### **KHYF Certification**

Upon satisfactory completion of the program and review of the Student's credentials, certification will be granted by the KHYF. The certificates will be issued by the KHYF and distributed to the graduates by the Healing Yoga Foundation. If the KHYF feels that there is a need to re-evaluate a particular Student, it may do so before the certification is issued. Certification will be valid for a period of five years and must be renewed at least six months prior to the end of the five-year period. Certification renewal requirements include, among others, 100 hours of Continuing Education Units and 25 hours of contact time with your mentor. See the ([www.khyf.net](http://www.khyf.net)) website for full renewal requirements. Certified teachers will be invited to submit their personal listing as a Yoga Teacher affiliated to Krishnamacharya Healing and Yoga Foundation to the KHYF Yoga Teacher database, accessible through the KHYF website.

### **KHYF Membership and Benefits**

Students who seek to become KHYF certified Yoga Teachers are required to register to become members of the KHYF. This allows the KHYF to track your progress and mentor hours throughout your Teacher Training program, and leads to final certification if all Training requirements are met. Once participants have been accepted into the Training program, registration instructions will be sent to them. A small fee will be charged for membership. (At the time of publication of this Information Packet, the onetime fee was about 20 Euros.)

Every KHYF teacher, therapist and trainer will be a member of the KHYF with full benefits, many of which are accessible through the KHYF website. These benefits include access to articles and research features on various Yoga topics, forum discussions connecting KHYF members from around the world, Continuing Education workshops and seminars, special events and a database of all the certified teachers,



therapists and trainers. Once certified, KHYF members will be permitted to utilize a KHYF logo indicative of their certification level.

### 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. CEU hours may be accumulated through study at KHYF affiliated centers such as the KYM or through KHYF certified Teacher Trainers. For example Students can take a course conducted at the KYM, or with a local KHYF certified Trainer/Mentor.

### KHYF Certification Renewal Requirements

Teachers are encouraged to fulfill over the course of the five year period the following recommended criteria in order to qualify for certification renewal:

- ◆ Teach at least 300 classes (group or individual);
- ◆ Participate in 25 individual contact hours (approximately 5 per year) with his/her Mentor;
- ◆ Accumulate at least 100 CEU hours; and
- ◆ Attend at least two seminars/workshops/conferences hosted by the KHYF. The KHYF will announce these seminars, and they will carry a special logo that will serve to identify their purpose.

**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. Renewal requirements may change, so please visit [www.khyf.net](http://www.khyf.net) for an updated list of requirements.

### Equity Policy

Since Yoga is open to all, no restrictions will be made on the grounds of race, creed, color, occupation, religious or political affiliation, age, gender, and/or ability. We promote equal opportunity for all, however since this is a training program for yoga teachers, students should be reasonably mentally and emotionally healthy, and show commitment to learning through the suggested training procedure.

### Substance Abuse Statement

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

### Focused Study

Students of the HYF Teacher Training Program are strongly encouraged to participate fully in all weekend modules. Furthermore, students are not advised to participate in other Yoga Training Programs during the duration of the HYF Teacher Training. This allows students to stay focused on and fully assimilate the Training Program Curriculum.

### Healing Yoga Foundation Training Details

The Healing Yoga Foundation 500-Hour Yoga Teacher Training program offers in-depth training in Yoga for personal practice and general health, as well as an introduction to healing. This Training fulfills all requirements for KHYF L1000 Yoga Teacher Certification. Please note that this certification is appropriate for those who want to teach group classes, and private classes for general health and wellness needs in this Tradition, and is not a Yoga Therapist Certification Program. However, this Training will provide a solid foundation for advanced studies in this Tradition. The KHYF does offer an advanced 4-year Yoga Therapist Training for advanced practitioners, please visit [www.khyf.net](http://www.khyf.net) for details.

### Prerequisites

- ◆ At least one year's experience practicing Yoga.
- ◆ Applicants should be mentally and emotionally stable and be able to demonstrate clear communication skills.
- ◆ Applicants must supply two letters of recommendation from people who are not relatives and who have known the applicant for at least two years. Letters should include the writer's opinion about the applicant's character, communication skills, general strengths and weaknesses, ability to complete an intensive 2 ½ year yoga training program, and mental and emotional maturity/stability.

### Covered Training Topics

- ◆ Yoga as a holistic discipline for the body, breath, and mind.
- ◆ Yoga as a means of personal transformation.
- ◆ Yoga as a complementary system of healing and Eastern psychology.
- ◆ Yoga techniques and practical tools for group and individual practice.
- ◆ Yoga classes to experience a wide range of Yoga tools and techniques.



## **The Training Program**

The Training curriculum will be set, reviewed and updated regularly by the KHYP, under the direction of Mr. TKV Desikachar. The Training will be conducted by teachers affiliated with the KHYP who have obtained the L1010 Yoga Teacher Trainer Certification. In certain situations, a teacher who does not hold this certification may also teach a unit of the Training when HYF feels that it is required. An example of such a situation may be a section on human anatomy and physiology. In such a case, a doctor/physiotherapist may be asked to teach this unit.

The Training period will span approximately 30 months, but may be extended to a maximum of five years if a student is required to make up classes at a later date. During the course of Training, 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. Since the Training is designed to train teachers, observing and being observed teaching yoga are important aspects of the program.

## Training Curriculum

The HYF intensive course curriculum for our Yoga Teacher Training Program is based on the most up-to-date course curriculum recommended by the Krishnamacharya Healing and Yoga Foundation (KHYF). The HYF reserves the right to alter or change the curriculum based upon the recommendations by the KHYF. The proposed curriculum for this Training, subject to modification, will include but is not limited to:

Module Title	Module Contents	Hours
History of Yoga	Context of Yoga's Evolution in India; Introduction to Vedas and Darśanas; Definitions of Yoga; Role of Yoga in Ancient Society; Role of Yoga in Different Stages of Life.	15
Yoga Philosophy	Yogasūtra Chapters 1 & 2 (detailed); Chapters 3 & 4 (overview).	50
Foundations of Āsana Theory and Practice	Foundational Principles and Qualities of Āsana; Principles of Breathing; Yoga Anatomies: Pañcamaya Model, Subtle Anatomy Model, Āsana Classifications.	17
Āsana Techniques	Concept of Vinyāsa Krama; Classical Form for Common Āsanās; Adaptations and Modifications.	45
Course Planning	How to Plan, Sequence, and Structure an Āsana practice; Setting Goal, Determining Needs; Concept of Preparation and Counter Postures; Concept of Rest; and Sequencing Exercises.	60
Observation Skills	How to Observe Students; Observing Commons Conditions; Assessing Mobility and Asymmetry; Selecting Āsanās to Assess Students.	20
Foundations of Prāṇāyāma Practice	Definitions and Qualities of Prāṇāyāma; Breathing Methods; Prāṇāyāma Techniques; Ratios in Prāṇāyāma Practice; Effects of Prāṇāyāma; Use of Bandha, Mantra, and Krama in Prāṇāyāma.	35
Foundations of Dhyāna (Meditation)	Definition of Dhyāna; Process of Meditation; Objects of Meditation; Models of Meditation; Structuring a Meditation Practice.	28
Mantra and Chanting	Definition & Rules of Chanting; Definition of Mantra; Various Chanting Practices.	25
Teaching Methodologies	Teacher-Student Relationship; Nature of the Relationship; Ethics; Concepts in Group and Individual Classes; Communication Skills.	45
Anatomy and Physiology	Basic overview of Anatomy and Physiology; Pathologies of Common Ailments.	35
Practice Sessions	Regular group practice sessions with Trainers.	50
Mentor Sessions	Individual contact hours with Mentor.	25
Group Observation Sessions	Observing certified teachers teach group classes (āsana, prāṇāyāma, meditation, etc.)	25
Supervised Teaching Sessions	Includes: assisting, co-teaching, or primary teaching under the supervision of certified teacher.	25
	<b>Total Training Hours</b>	<b>500</b>

## Tuition

The tuition of the Teacher Training Program is \$8,950, this includes 425 hours of classroom instruction, 25 hours of private instruction with your Mentor, and most Training reading materials.

## Payment

Once you have been accepted into the Teacher Training Program, a non-refundable application deposit of \$1,000 should be made to secure your space in the Training. Participants will receive a discount if they pay their tuition before the deadlines listed in the payment schedule below. Payments are due by the dates listed in the schedule below. Late payments by participants may be assessed a late fee.

Payment	Details
<b>\$1,000</b>	Non-Refundable Confirmation Deposit to hold your space in the Training. Due after receiving your acceptance letter.
<b>\$8,050 (10% discount)</b>	If you pay entire tuition amount, including application deposit, <u>by</u> <b>December 1st, 2011</b> .
<b>\$8,500 (5% discount)</b>	If you pay entire tuition amount, including application deposit, <u>by</u> <b>March 1st, 2012</b> .
<b>\$8,950 Payment Plan Option</b>	After payment of \$1,000 application deposit, pay \$3,500 <u>by</u> first day of class on <b>March 30, 2012</b> , pay \$3,000 <u>by</u> <b>March 1st, 2013</b> , and \$1,450 <u>by</u> <b>March 1st, 2014</b> .
<b>Note:</b> Payments already made are non-refundable. If a participant decides to drop out of the Training early, payment <u>will not</u> be refunded, however, arrangements can be made so that the prorated balance of their unused tuition can be applied towards a future HYF Training Program.	

Payments by check should be made payable to: **HYF/Tides Center** and should be sent to:

**Healing Yoga Foundation  
SF 2011 YTT  
3620 Buchanan Street  
San Francisco, CA 94123**

Please contact our office by phone at: (415) 931-9642 or email at: [admin@healingyoga.org](mailto:admin@healingyoga.org) if you would like to arrange a credit card payment or if you



have any questions regarding your payments.

### **Financial Assistance**

The Healing Yoga Foundation offers a limited number of Financial Assistance opportunities in the form of Tuition Grants or Payment Deferral options on a merit or needs basis. For more information on the level of support we may be able to offer you or for a Financial Assistance Application, please email your request to: [trainings@healingyoga.org](mailto:trainings@healingyoga.org).



## Training Schedule

The 425 hour classroom component of the Teacher Training Program, which will consist of group lectures and group practices, will convene at the following times:

Schedule: Friday 6-9 pm, Saturday 8-5:30 pm, and Sunday 8-3 pm

Weekend Module #	Date	Weekend Module #	Date
1	March 30 - April 2 <sup>nd</sup> , 2012	14	June 28-30 <sup>th</sup> , 2013
2	May 4-6 <sup>th</sup> , 2012	15	July 12-14 <sup>th</sup> , 2013
3	June 1-3 <sup>rd</sup> , 2012	16	September 20-22 <sup>nd</sup> , 2013
4	July 6-8 <sup>th</sup> , 2012	17	October 18-20 <sup>th</sup> , 2013
5	September 28-30 <sup>th</sup> , 2012	18	November 15-17 <sup>th</sup> , 2013
6	October 26-28 <sup>th</sup> , 2012	19	January 10-12 <sup>th</sup> , 2014
7	November 30 - December 2 <sup>nd</sup> , 2012	20	February 7-9 <sup>th</sup> , 2014
8	January 25-27 <sup>th</sup> , 2013	21	March 7-9 <sup>th</sup> , 2014
9	February 22-24 <sup>th</sup> , 2013	22	April 4-6 <sup>th</sup> , 2014
10	March 22-24 <sup>th</sup> , 2013	23	May 2-4 <sup>th</sup> , 2014
11	April 26-28 <sup>th</sup> , 2013	24	June 6-8 <sup>th</sup> , 2014
12	May 10-12 <sup>th</sup> , 2013	25	July 11-13 <sup>th</sup> , 2014
13	June 7-9 <sup>th</sup> , 2013		

## Training Venue

The Trainings will be held at the Healing Yoga Foundation office located at: **3620 Buchanan St., San Francisco, CA 94123**. Our office is conveniently located in the beautiful Marina District in San Francisco.

**Note:** The Healing Yoga Foundation reserves the right to change the Training dates, time schedule, and/or venue at any time. In the unlikely event that a change in the logistics of the Training does occur we will make our best effort to give participants as much advanced notice as possible to avoid any inconvenience.



## Application Procedure

Prospective applicants are invited to apply only if they have had prior experience studying with the Healing Yoga Foundation or with other teachers registered with the Krishnamacharya Healing and Yoga Foundation. If applicants have no prior experience studying in this Tradition, we highly recommend that they thoroughly experience this Tradition through classes, workshops, or individual study before applying and committing to an extensive Training such as ours. If you do not live close to our Center, please contact our office for ideas and assistance in finding study opportunities at a location near you.

We have a competitive rolling admissions policy and early application submissions are highly appreciated and will be considered first. Students are encouraged to apply early to ensure a spot in the Training due to the high number of inquiries we receive.

To apply, please complete our Teacher Training Application Form and submit it to us along with two letters of recommendation. Submission instructions are located on the Application Form. If you would like to apply for financial assistance, please ask us for a Financial Assistance Application. Once we receive all of your application materials, we will contact you to arrange for a phone interview.

Once the application evaluation process is complete, successful applicants will be notified of their acceptance and will be required to submit an application deposit to hold their place in the Training. Those who have not been accepted 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 this Training.