

HOLISTIC YOGA THERAPY TRAINING

IN THE CLASSICAL TRADITION OF T KRISHNAMACHARYA & TKV DESIKACHAR



Photograph © Kausthub Desikachar

SELF EMPOWERMENT & HEALING
THROUGH BODY, BREATH, MIND & SPIRIT



KRISHNAMACHARYA
HEALING & YOGA
FOUNDATION

EUROPE BATCH

2016 - 2019

I. INTRODUCTION

Yoga is gaining popularity as a complementary system of healing and health due to the multi-dimensional benefits that go beyond just addressing the physical body. Yoga not only offers an insight into how to evolve and maintain a better state of well-being, but has emerged as a powerful tool that can help alleviate illnesses that could have its origin in the physiological, psychological and/or emotional aspects.

Yoga Therapy is a complementary and holistic health care system that addresses the needs of the whole person through continuous adaptation of its many tools to suit each student's unique and changing needs. Hence a deeper understanding of the entire gamut of Yoga's tools, its fundamental processes and their practical application becomes critical.

When appropriately administered, Yoga Therapy practices may be utilized for a wide variety of objectives such as:

- **Promoting** and maintaining physical and mental health
- **Serving** as a collaborative and complementary system of holistic health care
- **Relieving** stress and promoting efficiency
- **Improving** quality of life, even when managing chronic conditions
- **Dealing** with challenging life situations
- **Guiding** us on the path of personal healing
- **Embarking** us on a journey of spiritual transformation
- **Developing** our unique inner strengths as healers

II. THE TEACHINGS

It was Professor Sri T Krishnamacharya, a pioneer among the contemporary yogis, who significantly revived this ancient system of Yoga in a way applicable to each person, and to our modern times. His teachings apply an integrative approach that links body, mind and spirit; a meeting-ground where each one discovers himself or herself, both, at conscious and subconscious levels.

The uniqueness of the Krishnamacharya tradition of Yoga lies in this, that Yoga is tailor-made to suit the individual. This is done by continually adapting, and applying the wide range of tools available in Yoga appropriately to suit the unique and changing needs of the care seeker, thus bringing about the therapeutic benefits in the most effective manner.

III. THE ORGANIZATION

The classical tradition of doing Yoga, as taught by Yogacharya Sri T Krishnamacharya, is represented through **Krishnamacharya Healing & Yoga Foundation (KHYF)**. The KHYF is founded by TKV Desikachar and Dr. Kausthub Desikachar and is the organization that officially represents the living tradition of Professor T Krishnamacharya, thus giving continuity to this wonderful and precious lineage.

Krishnamacharya Healing & Yoga Foundation has also taken over the courses and training programs that were formerly conducted by the Sannidhi of Krishnamacharya Yoga.

IV. YOGA THERAPY

In the classical tradition of Professor Sri T Krishnamacharya, represented through Krishnamacharya Healing & Yoga Foundation, **Yoga Therapy** is practiced with the following orientation:

- As a **self-empowering** process, where the Care Seeker is responsible for his/her healing process.
- In an **individualized**, one-to-one setting
- As **multi-dimensional** in its approach, often utilizing many tools of Yoga
- As an **individual centric** process
- As a **context sensitive** method, respecting the age, occupation, ability and other parameters of the individual
- As an **evolving process**, not an instant solution

- As a **personal** and **spiritual development** path, and a process to develop one's own unique strengths
- As a **collaborative** and **complementary** system of self-health care.

V. THE YOGA THERAPY TRAINING

This program will offer an in-depth training in applying the holistic principles of Yoga as a complementary system of healing. This training program is most suited for those who would like to become Yoga Therapists and for those who wish to develop individualized complementary Yoga Therapy processes for students with different kinds of ailments or health concerns.

By undergoing this intense training, students learn about the therapeutic aspects of Yoga so that they may facilitate others in their journey towards self-empowerment, healing and personal transformation. It will also provide a good opportunity for trainees to develop their own unique strengths as healers.

VI. NON-DISCRIMINATION POLICY

Yoga is open to all. The Krishnamacharya Healing & Yoga Foundation 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 it will promote equal opportunity as long as the student is mentally and emotionally healthy and shows firm commitment to the learning requirements.

VII. COURSE OUTLINE

Following the holistic and classical teachings of Professor Sri T Krishnamacharya, this exhaustive training will:

- Present the most **important principles** of Yoga Therapy as a self-empowering, holistic and complementary system of health
- Provide **comprehensive training** in the understanding and application of the vast array of tools that Yoga offers to address a wide range of health concerns in a holistic manner
- Help understand and learn how to implement the **one-to-one approach to healing** through Yoga
- Explore the role of Yoga in developing and supporting a **wellness-oriented lifestyle**
- Educate on **professional and ethical standards** under which Yoga Therapy must be practiced
- Assist in providing a safe environment to facilitate the trainees in the often challenging journey of **personal and spiritual development** as well as evolution of their own unique strengths as healers

Some of the tools used in the tradition of T Krishnamacharya and TKV Desikachar include (but are not limited to) the following : postures (**āsana**), breath regulation (**prāṇāyāma**), meditation (**dhyānam**), dietary recommendations (**āhāra niyama**), lifestyle suggestions (**vihāra niyama**), chanting (**mantra**), visualizations / affirmations (**bhāvanā**), special energetic seals (**mudrā**), symbolic gestures (**nyāsa**) and guided self-inquiry (**svādhyāya**).

A comprehensive understanding of these tools and how to utilize them in individualized Yoga Therapy, will form a core part of the training program. The training will be conducted in **English** and translated into **French**.

VIII. TRAINING

The syllabi of the teaching course, will be designed, reviewed and updated regularly by Krishnamacharya Healing & Yoga Foundation, under the direction of KHYF Council of Academic Patrons. The main faculty for the program will be **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 Krishnamacharya Healing & Yoga Foundation.

All faculty of KHYF adhere to and follow the KHYF Code of Ethics. To read and understand our code of ethics, kindly visit - **<http://www.khyf.net/ethics>**

The training program will be conducted over six modules, spread across a period of three years. The intensive course of study will include lectures, practice, home study, written and oral presentations, teaching evaluations, assignments and most importantly, individual home practice and internship.

Participants are also expected to complete a practical research-oriented project and submit a report on the same, prior to certification, within the time frame that will be specified on commencement of the program.

IX. TRAINING STRUCTURE

The program will be structured in the following manner, along with this **approximate** time schedule.

Mentoring Meetings	These include private one-to-one meetings with the mentor for development of personal practice, and support with training	35 hrs
Class Room Training	These include lectures, workshops, presentations through which the main educational content of the course will be transmitted	300 hrs
Group Practice	In these sessions trainees will learn and experience the wide range of tools that will form part of Yoga Therapy	180 hrs
Internship or Practicum	Internship, also called as practicum, enables the trainee to apply practically, the theory they have learnt during the training.	150 hrs
Self Study	This includes homework and assignments given both during the training sessions, as well as those between modules.	75 hrs
Yoga Therapy Project	This is time spent on formulating, researching and documenting a chosen Yoga Therapy Project	150 hrs
Elective Speciality Training	This includes recommended training that has a Yoga Therapy foundation and relates directly to one or more of the required competencies	50 hrs
Total Hours		940 hrs

Kindly note, that all timings mentioned are **approximate** and directional only. A timetable of sessions for each module will be sent to the participants prior to the commencement of the said module.

X. GROUP SIZE

It is expected that the training batch will have a maximum size of around 35 participants.

XI. PRE-REQUISITES

The following pre-requisites are suggested for those who wish to apply for this training.

1) The applicant must have completed a minimum 500 hour Yoga Teacher certification, preferably in the tradition of Professor T Krishnamacharya, at the time of the commencement of the course. However, those from other trainings will also be considered as long as total training is a minimum of 500hrs. In such cases, they must accept to work with the trainer and mentor to complete the relevant additional course work that will be recommended.

2) It is recommended that the trainee has taught continuously over a two year period prior to commencement of the course. These can include both group and general individual classes. Some exceptions maybe considered on a case by case basis.

3) It is expected that the trainee works with a qualified mentor during and after the training period. The mentor will support and supervise training, and also be of guidance in professional and personal practice afterward. The KHYF will be happy to recommend a mentor on commencement of the course. (Look under '**Working with a Mentor**' for additional information on mentoring)

4) It is understood that by choosing to participate in this training, participants are willing to embark on their professional work in this tradition even after this training is complete. Hence participating in the mandatory Continuous Education Units (CEU's) will be essential even after the training is complete.

5) Since the certification will help the practice of Yoga as a healing modality, participants should be reasonably mentally and emotionally stable. Thus a recommendation letter from two people (not belonging to the family) who know the applicant for over three years, or a report on mental and emotional health from a psychologist is required.

XII. TRAINING CURRICULUM

An intensive course curriculum has been developed under the guidance of KHYF Council of Academic Patrons. Following is the proposed list of topics that will form part of the exhaustive curriculum for the training program.

Unit Title	Comprehensive List of Topics
Practice	Regular Individual Practice with Mentor Regular Group Practice sessions during Training
The Yoga of Yoga Therapy	The approach of Yoga Therapy Unique features of Yoga as a Therapeutic modality Concepts of Yoga as preventive, maintenance and a curative process Sarvāṅga Sādhana Yoga as a Holistic practice Yoga's four step model in Healing & Therapy Symptoms of Illness Observation Skills How to observe symptoms at different layers Communication with Care Seekers How to conduct efficient interviews Role of Nāḍī-parikṣā (Pulse Diagnosis) Understanding the causes of illness The dynamics of causes and effects Choosing the appropriate goal and hence the right healing modality Subtle Anatomy The model of Nāḍī-s, Cakra-s, Agni etc. Subtle Anatomy The Pañcamaya model of Healing Subtle Anatomy Understanding the emotional centres in the body Additional models from auxiliary traditions like Āyurveda Spirituality in Healing Therapy as Spiritual process
Yoga Therapy Approaches	Śārīrika Cikitsa Healing engaging the body Prāṇa Cikitsa Healing engaging the breath Mānasika Cikitsa Healing engaging the mind Indriya Cikitsa Healing engaging the senses Ādhyātmika Cikitsa Healing engaging the heart Tools that will be explored in detail Āsana, Prāṇāyāma, Mantra, Mudrā, Bandha, Nyāsa, Bhāvanā, Dhyānam, Svādhyāya, Āhāra, Vihāra and Sanga
Structuring a Yoga Therapy practice	How to Structure a Yoga Therapy Process Preparation, Main Goal and Completion Concept of evolution of Yoga Therapy Process Concepts of integrating multiple tools in the Process Steps on integrating tools from the gross to the subtle Documentation of Yoga Therapy Process Limitations of Yoga Therapy
Philosophy of Yoga Therapy	The Yogasūtra-s on Healing Lessons from Patañjali Yoga's mind-centered approach to Therapy The Yoga Psychology The concepts and role of svabhāva (seed potentials), vāsana (resident subconscious or unconscious impressions), saṃskāra (habitual patterns - conscious or subconscious).
Perspectives from Modern Modalities	Anatomy and Physiology of our human system Pathology of major illnesses Introduction to Psychology Introduction to Counseling/ Psycho Dynamics
Specialized Focus on common illnesses.	General guidelines to deal with specific common illness/special situations The Yoga Therapy approach to around 30 of the most common illnesses will be discussed in detail Special Focus Illnesses Cancer, Trauma, Back Issues, Diabetes, Depression, Auto Immune Disorders Yoga Therapy for women during each stage of transition Yoga during Pregnancy

Professional Practise	How to set up a Professional Practise Developing a long term Care Provider-Care Seeker relationship Developing Sat-Sanga with specific healing focus Creating a safe space for Healing Care for the Care Provider Personal practice, Self Inquiry & Supervision Self Inquiry The Heart of Care Ethics and Professional Standards of Yoga Therapy Practise Research-oriented documenting of Professional Practise Networking with complementary systems
Internship	Observation and supervised teaching sessions
Self Study and Project Preparation	Self study assignments between modules Yoga Therapy Project to be completed by each participant either alone or with a classmate
Elective Courses	Additional elective courses which will be recommended from time to time, that will supplement the main teaching curriculum.

Kindly note, that curriculum may be upgraded from time-to-time in order to maintain highest standards of training. Trainees are expected to embrace these improvements to the course content, as it occurs. The list of topics are not presented in the chronological order of how it will be taught.

XIII. YOGA THERAPY PRACTICUM

The KHYF strongly advocates that the student must gain practical working knowledge in the field of Yoga Therapy as part of the training. Hence, an integral part of the training program is Practicum. Trainees are recommended to complete a minimum of **150 hours** of Practicum. This can include a combination of observation and supervised teaching as described below.

a) Observation | Practicum hours can also include observation of Yoga Therapy classes conducted by mentor, trainer or assigned faculty. They can include one-to-one Yoga Therapy classes, as well as group sessions, which have a specific focus of Yoga Therapy, such as Yoga for Senior Citizens, Yoga for Pregnancy, Yoga for the differently abled etc. However, it is recommended that a majority of the observations are oriented towards one-to-one Therapy sessions.

b) Supervised Teaching | Supervised teaching may be conducted by the trainee in an in-house clinic/classroom, community setting, or any other approved location under the supervision and mentorship of a faculty member or assigned mentor. The Supervised Teaching component must contribute to a minimum of **100 hours** towards overall Practicum hours. All practicum hours that the student is teaching must be mentored. A faculty member or assigned mentor is not required to be present at all qualifying yoga therapy sessions. The supervision hours are also counted as practicum hours, and can be a combination direct face-to-face interactions or indirectly through online or telephonic interactions.

The mentored status is accomplished through the student's relationship with a faculty member or assigned mentor who provides guidance to the student regarding the practicum experience throughout the practicum.

Hours spent in communication, either in person or at a distance, between a student and an assigned mentor regarding the student's Yoga Therapy studies or Yoga Therapy cases must be documented by the trainee. The trainee must also document all sessions conducted, including location of the classes, participants of the classes, practices taught, and feedback from participating students. This report will form a key component of the overall evaluation.

Alternately, the entire Internship hours could also be completed at a KHYF approved centre, which includes observation and supervised teaching. An internship report from the centre must be provided.

XIV. WORKING WITH A MENTOR

At the heart of every training program is the student's relationship with a mentor. This aspect of the course reflects the classical and traditional method of teaching Yoga where each student is taught on a one-to-one basis by their teacher.

This allows the mentor to tailor the practice and course of study to the evolving needs and abilities of the student. The needs also include the trainees own Yoga Therapy and the development of their own unique strengths as healers. Mentoring also facilitates students to clarify doubts related to their training and professional practise in a safe and private environment.

Applicants who already have a KHYF recognized mentor are encouraged to continue working with their current mentor. KHYF will assist those applicants who do not have a mentor in this tradition to find a suitable one with whom they can begin this journey.

It is suggested that individual contact hours with the mentor should total approximately 35 hours for the entire training period, mostly through direct face to face meetings. Some of the meetings can also be through indirect contact via telephone, email, or the internet. However, all sessions must be tracked and a comprehensive report must be provided by the mentor by the end of the training period.

In certain cases, the student and mentor may meet more often than the suggested total of 35 hours over the course of study when deemed appropriate and necessary by the mentor or trainer.

Mentors will also be required to interact with the Trainer on a regular basis, so that the progress of the trainee can be monitored and optimum support and care can be offered.

XV. ATTENDANCE

Full attendance at all modules of the program is expected. In case of exceptional circumstances, the trainee will be allowed to miss one module or maintain a minimum of 80% overall attendance. However they must compensate for the duration missed, before the training ends (preferably before the next module) with the trainer.

XVI. COURSE DISCONTINUATION

In the event that a trainee has to drop out of the course due to unforeseen circumstances but wishes to complete it at a later date, he/she is eligible to continue in the next course offered by the KHYF within three years of the drop-out date. If the break exceeds a three year duration, the student will have to submit a fresh application.

XVII. EVALUATING COMPETENCIES

All trainees will be evaluated and their progress assessed on four important criteria over the duration of their course of study:

1. Mentor Assessment

The quality of the relationship between Trainee and Mentor is central to Yoga Therapy. At the end of the training, the Mentor will be asked to evaluate the Trainee on a wide range of parameters including personal practice, cognition and understanding of the teaching, observation skills, professional practise and personal evolution.

2. Trainer Evaluation

Each student's progress will be monitored and continually evaluated by the Trainer during the Training. Evaluations can take the form of written/oral presentations, teaching observations, class tests etc. A comprehensive Trainer Assessment will also be submitted as part of the overall evaluation, where not only the Trainee's level of aptitude will be taken into account, but also their observation skills, method of communication, mental and emotional maturity and overall wellness.

3. Practicum

The practicum, an important aspect of the Yoga Therapy training, will form a core part of the overall assessment. Participants will be required to maintain detailed documentation of their practicum, procedures of which will be instructed during the commencement of the first module. Those who complete internship at a KHYF approved center, are required to obtain an Internship report from the location of their Internship.

4. Yoga Therapy Project

Trainees are expected to conceptualize, design and execute a Yoga Therapy Research project on a topic of their choice. A detailed report on the same must be submitted towards the end of the training, which will also form an important part of the overall assessment. Guidelines on how to proceed with the project and the format of the report will be presented during the first module of the training.

All documentation pertaining to the above four criteria will be submitted to the KHYF Council of Academic Patrons who will complete the overall comprehensive evaluation of the trainee, and recommend for certification.

XVIII. CERTIFICATION

Certification will be issued upon satisfactory completion of the program, review of the Student's credentials and other relevant assessment criteria. The final assessment will be done by the KHYF Council of Academic Patrons.

If there is a need to re-evaluate a particular Student, KHYF may evolve a methodology for this purpose before the certification is issued.

Certification is issued and accredited by the Krishnamacharya Healing & Yoga Foundation alone. Upon certification, the participants will be able to implement Yoga as a complementary system of holistic health, well-being and healing in a one-to-one manner.

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 KHYF. This is to ensure continuing education and quality of professional practice of each graduate.



All successful graduates will be issued certification from **Krishnamacharya Healing & Yoga Foundation** and are also eligible to be certified by the **Council for Yoga Accreditation International**. They will be listed on the websites of both organizations as an accredited Yoga Therapist.

KHYF 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. A special certification fee will have to be paid by participants to CYAI to obtain the CYAI certification.

KHYF 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.

On graduation, all certified Yoga Therapists are also required to adhere to and follow the KHYF Code of Ethics. To read and fully understand our code of ethics, kindly visit the KHYF Yoga website.

XIX. CONTINUING EDUCATION

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

XX. DATES FOR THE TRAINING

This Europe batch of the Yoga Therapy training will begin in the summer of 2016. The following are the approximate dates of the training modules. The exact dates will be communicated with the acceptance letter.

YEAR	MODULE	DATES
2016	Module 1	18 - 28 August 2016
2017	Module 2	6 - 16 April 2017
2017	Module 3	17 - 27 August 2017*
2018	Module 4	5 - 15 April 2018*
2018	Module 5	16 - 26 August 2018*
2019	Module 6	11 - 21 April 2019*

* Please note that these dates are only indicative and will be confirmed with the acceptance letter.

XXI. INVESTMENT

The investment towards the training program will be **€7670**. The fee includes tuition and certification only, and does not include individual lessons with the mentor, additional training sessions with the trainer, internship, boarding, lodging, travel costs, individual private sessions with the faculty, special sessions (to make up for missed classes), books, or any other extra courses that the applicant may be required to undertake based on assessments/evaluation, nor any costs that may be incurred while doing their Research Projects. If interning at KHYF, the internship fee will be payable directly to the KHYF. Fee for the external internships (if any) must be paid directly to that particular venue or entity.

The schedule of payment is presented as follows.

Description	Amount	Due date
Acceptance Fee	€ 250	31 March, 2016
First Installment	€ 1195	31 June, 2016
Second Installment	€ 1195	31 January, 2017
Third Installment	€ 1195	31 June, 2017
Fourth Installment	€ 1195	31 January, 2018
Fifth Installment	€ 1195	31 June, 2018
Sixth Installment	€ 1195	31 January, 2019
Evaluation & Certification Fee	€ 250	Prior to Certification
Total fee	€ 7670	

Please note that the cost suggested is for the entire course, and is not dependant on the modules. Hence, the fees (each installment) must be paid in full, even if the trainee is 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. 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 Krishnamacharya Healing & Yoga Foundation on or before the date mentioned in this prospectus. All credit card payment will incur an additional processing charge of 4.5%.

Scholarships: Limited Scholarship will be offered to financially constrained students. Such 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 the KHYF, for due consideration. The KHYF will review the case carefully and may decide to offer either a scholarship or a deferral of payment option. The KHYF is under no obligation to provide reasons for rejection of the scholarship application.

XXII. VENUE

The training program will be conducted at the following venue.

Centre Culturel Flagey

Place Sainte Croix
1050 Ixelles
Brussels,
Belgium

XXIII. ACCOMMODATION

Students have to make their own accommodation arrangements.

XXIV. APPLICATION PROCEDURE

Participants will have to complete the enclosed application form, and send it to KHYF on or before **31 January, 2016**. On receiving the fully completed application forms from the prospective participants, KHYF will do a primary screening. Some participants may be selected right away, while for some others, KHYF will call for interviews to assess the motivation for entering the training program, and his or her general mental and emotional stability.

Successful applicants will be notified of their selection via email. Applicants willing to undertake the course must confirm their participation by paying the Acceptance Fee and fulfilling the registration formalities requested by KHYF. Those who are not successful will be notified, as well.

In certain situations, an applicant may be asked to participate in tutorial sessions prior to being selected for the course. The decision of the KHYF and its panel is final and the KHYF is not obliged to provide reasons for selection or rejection.

XXV. MORE INFORMATION

For inquiries in French, kindly contact our local coordinator

Philip Rigo

email: rigophilip@gmail.com
Phone : +32 474 20 30 29

XXVI. COMPLAINTS & SUGGESTIONS

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

Krishnamacharya Healing & Yoga Foundation

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 KHYF Council of Academic Patrons.

APPLICATION FORM

KHYF YOGA THERAPY TRAINING : 2016-2019 : EUROPE 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. What is your background in Yoga? Tell us about your Yoga practice and training.

2. What first brought you to Yoga and how long ago? Do you have any significant experiences you would like to share about your personal or professional practice?

3. Why have you chosen to apply to the KHYF Yoga Therapy Training Course?

4. What is your understanding of Yoga as a healing system?

5. What do you hope to gain during & upon completion of the course, both personally & professionally?

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

7. Is Yoga your primary profession? If so, please tell us about your work: number of classes you teach, the nature of these classes, types of classes, etc. Please be as detailed as possible in your descriptions.

8. If Yoga is not your primary profession, please tell us about what you do. How do you feel this course fits in with your interests and goals?

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

10. How would you describe your own emotional status? Do you feel emotionally ready to engage in such an intensive training program?

11. Do you have a spiritual orientation? If so, kindly elaborate how it supports you and how you connect with your spiritual process? If you don't have a spiritual orientation, what principles do you follow that defines your life's moral and ethical construct?

12. Are you willing to engage in continuing education, even after certification, so that not only is your learning current and up to date, but also the quality of transmission and professional practice is of a high standard?

DECLARATION

I declare that I have read the prospectus and the application form for the KHYF Yoga Therapy Training Program (2016-2019) carefully, and I am in agreement with the general rules and policies of the same. I also understand and accept that the KHYF 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 the KHYF as final.

Signed :

Date :