

# YOGA FOR YOUTH

A POST GRADUATE TRAINING

FOR YOGA TEACHERS, SCHOOL TEACHERS, SOCIAL WORKERS & CHILD EDUCATORS



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YOGA IN THE CLASSICAL TRADITION OF  
T KRISHNAMACHARYA & TKV DESIKACHAR

VINIYOGA® BY



**KRISHNAMACHARYA**  
HEALING AND YOGA  
FOUNDATION

EUROPE BATCH | BELGIUM | 2018 - 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 of various kinds and promote wellness in a holistic and self-empowering manner. It also offers a strong platform for personal and spiritual evolution that is consistent within our potential.

Disciplines like Yoga firmly advocate that the earlier it is introduced in one's life, the better its value. As it will not only equip the person with better health and mind from a younger age, but also provide one with a deeper connection to oneself that can function as an inner guiding mechanism throughout one's life. This is why traditionally in India, parents were advised to begin Yogic practices even prior to conception so that not only would it help in healthy conception and pregnancy, but also it would be an opportunity to influence the manifestation of positive predispositions in the yet to be born infant. Children after their birth, were already exposed to this powerful discipline very early so that they could develop a sound body, mind and emotional structure to cope with life in a positive and vibrant manner. Many classical texts such as the Yogarahasya of Nāthamuni, advocate teaching Yoga right from pre-conception time and offer guidance on what techniques and practices must be adopted at different stages of childhood.

These teachings become more and more relevant in today's times when children suffer from a wide range of challenges such as illness, attention deficit, distractions from social media, peer pressure broken homes, traumas and the like, that disconnect them from their own reality. Yoga when introduced very early in their lives would be a strong support to help them empower themselves in shaping a better tomorrow. Not just for themselves, but also for the entire planet as a whole.

## 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.

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.

In the classical tradition of Sri T Krishnamacharya, **Yoga** is practiced with the following orientation:

- As a **self-empowering** process, where the student 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

Both T Krishnamacharya and TKV Desikachar taught their own children when they were very young, and other's children and youngsters throughout their lives. They believed strongly in the value introducing the holistic teachings of Yoga as a means for personal and spiritual development in every youth.

Dr. Kausthub Desikachar, son and successor of TKV Desikachar, and the current lineage holder of this tradition, already started practicing Yoga when he was nine years old, and started teaching children since he was thirteen.

### III. YOGA FOR YOUTH | A POST GRADUATE TRAINING

This program will offer an in-depth training on the topic of Yoga for Youth. It is most suited for Yoga Teachers, Child Educators, School Teachers, Social Workers and anyone who is interested in the holistic and spiritual education and development of children and youth.

By undergoing this intense training, participants will learn about how Yoga views the holistic development of a child right from its conception, till it reaches adulthood and what tools, techniques and attitudes will be needed at each stage to support a positive and nurturing evolution. Training on how these tools also can be implemented in a practical and joyful manner will also form a core part of the training.

### IV. 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.

### V. COURSE OUTLINE

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

- Present the most **important principles** of Yoga as a self-empowering, holistic and complementary system of health
- Provide **comprehensive training** in the understanding and application Yogic tools for children and young adults
- Help understand the **psycho-spiritual evolution** of a child into adulthood and what factors can influence and support this in a positive and nurturing manner
- **Understand** the Yogic Anatomy (Nāḍi-s, Cakra-s etc.) and how they relate to a child's evolution and functioning
- **Learn indepth**, the tools of Yoga appropriate to each stage of a child's evolution
- Educate on **professional and ethical standards** under which Yoga must be taught to children

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**).

The training will be conducted in **English** and will be translated into **French**.

### VI. 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 ably assisted by his long term students

**Philip Rigo and Candice Mangon.** If needed, 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 - [www.khyf.net/ethics](http://www.khyf.net/ethics)

The training program will be conducted over **four modules**, spread across a period of **one year**. Two modules will be five day intensives, while the other two will be weekend trainings. 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 practicum.

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

## VII. 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 200 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 200 hours. Those who have done shorter training programs, but have accumulated continuing education credit through seminars, workshops and internships will also be considered on a case by case basis.

Health care providers (doctors, physiotherapists, psychotherapists, homeopaths etc.), Child Educators, School Teachers and Social Workers who do not have Yoga Training qualifications will also be considered, in case they have been practitioners of Yoga for a minimum of two years. In such cases, they must accept to work with the trainer and mentor to complete the relevant additional course work that may be recommended.

**2)** It is recommended that the trainee has taught Yoga or worked professionally in a career related to health care or social work related to children or youth, 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)** 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.

**PLEASE NOTE** It is strongly advised to apply to this training early, as this course tends to get fully booked very soon.

## VIII. 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.

TITLE	COMPREHENSIVE LIST OF TOPICS
<b>PRACTICE</b>	Regular Individual Practice with Mentor Regular Group Practice sessions during Training
<b>PHILOSOPHY</b>	The approach of Yoga as a holistic modality The fundamental principles of the tradition of T Krishnamacharya & TKV Desikachar Yogic understanding of Human Health and Well-being Conception and a child's evolution after birth Evolution of the Cakra-s & influence on physiological, psychological and spiritual domains Influence of Trauma on Children's health Classical Texts and their teachings on the theme of Yoga for Youth
<b>PEDAGOGY</b>	Techniques of Yogic tools and how to introduce them creatively to children Āsana - Vinyāsa Krama for most common postures Creative and age-appropriate, meditation and breathing techniques Chant, Voice and Story Telling as a means to nurture positive expression in Youth Encouraging Heart Connection and Intuition in Children Supporting children deal with challenges Positive & Empathetic communication skills
<b>PRACTICUM</b>	Observation and Submission of Report
<b>SELF STUDY</b>	Self study assignments between modules

**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.

## IX. PRACTICUM

As part of this training, the KHYF strongly advocates that the student must gain practical working knowledge in the field of Yoga teaching for children. Hence, an integral part of the training program is Practicum where trainees can observe the trainer teaching children, or other teachers in their local area who are teaching children and young adults or teach themselves under guidance of their mentor. Trainees are recommended to complete a minimum of **25 hours** of Practicum and submit a report on the same.

## X. 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 thus providing individual attention and guidance. 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 **10 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 10 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.

## XI. 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 and 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.

## XII. 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.

## XIII. 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. 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 & Report

The practicum, an important aspect of the training, will form a core part of the overall assessment. Participants will be required to maintain detailed documentation of their practicum, and submit a final report which will be considered for evaluation. The report will be evaluated either by the trainers or sent to the **KHYF Council of Evaluators**, who will evaluate the report. To know more about the KHYF Council of Evaluators, kindly visit [www.khyf.net](http://www.khyf.net)

All documentation pertaining to the above 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.

## XIV. 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 only by the Krishnamacharya Healing & Yoga Foundation or its international office.**

The Certification will be valid for a period of five years, after which it needs to be renewed (see section on Continuing Education), by reapplying to the KHYF. This is to ensure continuing education and quality of professional practice of each graduate.

KHYF is an accredited and charter member of Council for Yoga Accreditation International (CYAI) and strives to maintain CYAI standards for all of its training programs. 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. KHYF is also a member of Indian Yoga Association, a self regulatory body of all leading Yoga Institutions of India.

## XV. CONTINUING EDUCATION

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

## XVI. DATES FOR THE TRAINING

This first Europe batch of the Yoga for Youth training will begin in the summer of 2018. The following are the approximate dates of the training modules. The exact dates will be communicated with the acceptance letter.

YEAR	MODULE	DATES
2018	Module 1	20 - 24 August 2018
2018	Module 2	01 - 02 December 2018
2019	Module 3	16 - 17 February 2019
2019	Module 4	22 - 26 July 2019

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

## XVII. INVESTMENT

The investment towards the training program will be **€1480**. The fee includes tuition and certification only, and does not include individual lessons with the mentor, additional training sessions with the trainer, practicum, 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.

The schedule of payment is presented as follows.

Description	Amount	Due date
Acceptance Fee	€ 150	30 April, 2018
First Installment	€ 295	30 June, 2018
Second Installment	€ 295	31 October, 2018
Third Installment	€ 295	31 March, 2019
Fourth Installment	€ 295	30 June, 2019
Certification Fee	€ 150	15 July 2019
<b>Total fee</b>	<b>€ 1480</b>	

**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 also make separate payment arrangements to catch up on missed modules with the trainer

or 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 Bank Transfer only and will have to be done to **Mitra ASBL**.

## **XVIII. VENUE**

The training program will be conducted at

**Centre Culturel Flagey, Place Flagey, 1050, Brussels, Belgium**

## **XIX. ACCOMMODATION**

Students have to make their own accommodation arrangements.

## **XX. APPLICATION PROCEDURE**

Participants will have to complete the enclosed application form, and send it to KHYF on or before **31 March, 2018**. Selected 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.

**It is strongly advised to apply early, as this course tends to get fully booked very soon.**

## **XXI. MORE INFORMATION**

For inquiries in French, kindly contact one of our local course coordinators via email

**Philip Rigo - rigophilip@gmail.com**

**Candice Mangon - candice@shantiyogi.be**

## **XXII. 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**

60 (Old #79) Greenways Road Extension,

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 POST GRADUATE TRAINING | YOGA FOR YOUTH  
2018-2019 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 Post Graduate Training on Yoga for Youth?

4. In your understanding, why do children need Yoga?

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 course?

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. Are you willing to work one-to-one with a KHYF certified mentor, who will guide you during this training program and perhaps even after?

10. 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?

## DECLARATION

I declare that I have read the prospectus and the application form for the **KHYF Yoga for Youth | Post Graduate Training | Europe Batch | 2018-2019** 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 :**