



## Yoga for Well-Being 500-Hour Teacher Training Course

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A Training in the Tradition of Krishnamacharya and T.K.V. Desikachar

Presented by Fran Ubertini, a Certified KHYF Teacher Trainer, and Guest Teachers

**Yoga for Well-Being** (YFWB), a school located in Orange County New York, is associated with the Krishnamacharya Healing and Yoga Foundation ([www.KHYF.net](http://www.KHYF.net)). This training program equips students with the tools to:

- Teach group classes and general individual sessions
- Perfect or change methods for those who already teach
- Deepen your knowledge of yoga for your own personal practice and evolution.

### Course Structure:

The training period will be approximately 23 months long, beginning in September, 2008 and ending in July, 2010.

- The course will be broken into Part A and Part B.
- Graduation and certification will occur once both parts would have been successfully completed.
- Each part will consist of 10 weekends that commence at 6PM on Friday and end at 4PM on Sunday.
- There will be an additional week-long meeting for each part that commences Friday at 6PM and ends on Friday at Noon.

***We are also considering running a separate training program that will run concurrently and meet fewer times, but each time will be a week or longer. (See Dates and Times).***

A breakdown of the program content is as follows:

Training Program Content	Hours
Group lecture and practice sessions in classroom settings	425
Individual contact with mentor	25
Group observation sessions	25
Supervised teaching sessions	25
<b>TOTAL</b>	<b>500</b>

A detailed breakdown of the classroom contact hours appears on the following page:

<b>Curriculum</b>	<b>Module Contents</b>	<b>Hours</b>
History of Yoga	Context of Yoga's evolution in India Vedas and Darsanas Definitions of Yoga History of Yoga Sutra Role of Yoga in ancient society Yoga vs. Religion	15
Yoga Philosophy	Yoga Sutra Chapters 1 & 2 (detailed); Chapters 3 & 4 (overview)	75
Asana	Definitions and qualities of asana Principles of asana practice Concept/technique of breathing in asana Vinyasa Krama Traditional classification of asana Yoga anatomies: Pancamaya & subtle anatomy Classification of asana	100
Course Planning	How to structure an asana practice Setting goals and determining needs Concepts of preparation, counter poses and rest Sequencing exercises and practicum	25
Pranayama	Definitions/qualities of pranayama Principles of pranayama practice Main pranayama techniques Ratios in pranayama practice Effects of pranayama Bandhas, mantras and krama in pranayama Planning pranayama sequences	30
Dhyanam (Meditation)	Definition of Dhyanam Process of meditation Models of meditation Examples of meditation Meditation in general group settings	25
Sound, Mantra. Chanting	Definition of chanting and mantra Sound in asana, pranayama and meditation Application in yoga therapy	20
Teaching Methodologies	Teacher-Student relationship Teaching in the modern context Ethics Concept of the educational process and personal evolution Concepts of group and individual classes Developing communication skills	50
Anatomy & Physiology	Basic overview of anatomy and physiology Basic pathologies of common ailments	35
Practice	Regular group practice sessions with trainer Regular individual practice with mentor (not included in fee)	50 25
Observation & Teaching	Supervised observation Supervised teaching	25 25
	<b>TOTAL CONTACT HOURS</b>	<b>500</b>

### **Pre-requisites:**

- Willingness to learn and to explore yoga in the tradition of Krishnamacharya
- Dedication to serious study and consistent practice of yoga
- At least one year's experience practicing yoga
- Applicant should have the mental and emotional stability and physical health required to fulfill the demands of the course.
- Able to demonstrate communication skills.
- Applicant must supply a letter of recommendation from two individuals (non relatives) whom they have known for a minimum of two years. At least one from a professional or educational context. The letter of recommendation should include the writer's opinion regarding the applicant's communication skills, general strengths and weaknesses, and mental and emotional maturity/stability.
- Applicant must meet with the trainer prior to being accepted.

### **Certification requirements:**

- Display an understanding of yoga's key concepts and all course material
- Demonstrate a commitment to regular personal practice
- Attendance at scheduled classes
- Schedule and attend 25 hours of private instruction with mentor
- Complete all homework assignments, class observations and teaching components of the course

***Certification is not guaranteed upon completion of this course. In addition to all requirements, the student must demonstrate to the satisfaction of the trainer a reasonable understanding of the material presented and how it is applied. For those participating in the course solely for their own personal development, no formal assessments will be done.***

Upon satisfactory completion of this program, the graduate may apply separately for certification with KHYF and Yoga Alliance (at the 500 hour level). The applications costs are payable by student.

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

- **Student-teacher Relationship** – When student and teacher interact, learning can begin. The teacher provides support and guidance to foster students learning and growth.
- **Mentorship** – One-on-one is key to learning. Individual interaction allows the teacher to tailor practices to meet the needs and abilities of the student. The student needs to meet with the mentor on a regular basis (at least 25 hours during the program). Contact may be in person, by telephone and under special circumstances through email. The meetings will assist the student in the understanding of the course material, and help develop personal practices that are beyond the course material. Meetings will be scheduled in advance. If the mentor is the trainer, then private sessions will not occur during the training weekend.
- **Teacher-Student Ethics** – To insure a productive learning experience relationship between the teacher and student must be consistent with the *yamas* and *niyamas*.
- **Student Evaluation Process** - Students will be evaluated and their progress assessed based on:
  - quality of their relationship with their mentor
  - continual assessment by the trainer regarding the student's level of understanding and communication skills
  - the ability to fully participate and interact in a group setting.

- **Certification under KHYF** – Graduates will apply to KHYF for certification. Once accepted, graduates are invited to submit their personal listing as a Yoga Teacher affiliated with KHYF and will be included in KHYF’s database, accessible through the KHYF website ([www.khyf.net](http://www.khyf.net)). Certificates are valid for five years. Requirements for renewal of the certification include continuing education (attend at least two seminar/workshops/conferences hosted by KHYF), actively teaching yoga (300 classes over the five-year period) and continued contact with mentor (25 hours over the five--year period). There are application fees for KHYF which can be paid at the time of application.
- **KHYF Member Benefits** – Access to website articles, forum discussions, continuing education workshops and seminars, special events and the KHYF database.
- **Equity Policy** – 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.
- **Drug Abuse Statement** – All KHYF teachers and trainers are to be free of drug and substance abuse.

**Dates & Times: Weekend Training**

Part A		Part B	
Meeting #	Dates	Meeting #	Dates
1	Fri, Sept 12 - Sun Sept 14, 2008	1	Fri, Sept 11 - Sun Sept 13, 2009
2	Fri, Oct 10 - Sun Oct 12, 2008	2	Fri, Oct 9 – Sun Oct 11, 2009
3	Fri, Nov 7 - Sun Nov 9, 2008	3	Fri, Nov 6 - Sun Nov 8, 2009
4	Fri, Dec 5 - Sun Dec 7, 2008	4	Fri, Dec 4 - Sun Dec 6, 2009
5	Fri, Jan 9 - Sun Jan 11, 2009	5	Fri, Jan 8 – Sun Jan 10, 2010
6	Fri, Feb 6 - Sun Feb 8, 2009	6	Fri, Feb 5 - Sun Feb 7, 2010
7	Fri, March 6 - Sun March 8, 2009	7	Fri, March 5 - Sun March 7, 2010
8	Fri, April 3 - Sun April 5, 2009	8	Fri, April 9 - Sun April 11, 2010
9	Fri, May 1 - Sun May 3, 2009	9	Fri, May 5 - Sun May 7, 2010
10	Fri, May 29 - Sun May 31, 2009	10	Fri, May 28 - Sun May 30, 2010
<b>11</b>	<b>Fri, July 24 - Fri July 31, 2009</b>	<b>11</b>	<b>Fri, July 23 - Fri July 30, 2010</b>

**Weekend times:** Friday 6PM and end Sundays at 4PM. Meeting #11 in each part will start Friday at 6PM and end Friday at Noon.

Students may miss no more than one weekend (16 hours) that can be made up in private sessions with their mentor at an additional cost. Any additional missed sessions will be evaluated on a case by case basis.

***A suggested time table appears below for those considering doing week-long trainings rather than weekends.***

Part A		Part B	
Meeting #	Dates	Meeting #	Dates
1	Fri, Sept 26 - Sun Oct 5, 2008	1	Fri, Sept 25 - Sun Oct 4, 2009
2	Fri, Jan 23 - Sun Feb 1, 2009	2	Fri, Jan 22 - Sun Jan 31, 2010
<b>3</b>	<b>Fri, July 10 - Sun July 19, 2009</b>	<b>3</b>	<b>Fri, July 9 - Sun July 18, 2010</b>

Each meeting will run from Friday 6PM and end 9 days later on Sunday at 1PM.

**Fees:**

- The tuition cost of the program is \$4,500 for Part A and \$3,000 for Part B for a total of \$7,500
- The cost includes 20 weekend meetings (Friday to Sunday) and the two week-long sessions.
- The fee does not include lodging, meals, text books, KHYF registration and certification fees (upon graduation), individual practice with mentor and private make-up sessions beyond the allowable weekend (i.e., 16 hours) missed.
- A list of lodging and dining suggestions will be provided.

**Payment:**

- For the weekend courses as well as week-long trainings total fee is \$7,500.
- For weekend and week-long trainings \$7,500 can be paid as follows:
  - \$1,500 due by July 1, 2008 (\$500 non refundable fee)
  - \$3,000 is due by September 1, 2008.
  - \$3,000 due in full by July 1, 2009 for Part B

**Bio:**

Fran Ubertini is the founder and director of Yoga for Well-Being. She is a certified Krishnamacharya Healing and Yoga Foundation (KHYF) Teacher Trainer and also holds diplomas from the American Viniyoga Institute. She is registered with Yoga Alliance as an ERYT 500 hours. She directs teacher training programs, national workshops, group classes and private instruction. She continues her studies with her teacher Sonia Nelson a certified KHYF teacher trainer who will also teach part of the course.

**Reference Books:**

(YFWB can assist the student in obtaining the following books. The cost of the books is outside of the program fee.)

The Heart of Yoga by T.K.V. Desikachar

Viniyoga of Yoga by T.K.V. Desikachar

The Yoga of the Yogi by T.K.V. Desikachar with Kausthub Desikachar and Fran Moors

An Illustrated Guide to Asana & Pranayama by M.J.N. Smith

Health, Healing and Beyond by T.K.V. Desikachar

Reflections on Yoga Sutra-s of Patanjali by T.K.V. Desikachar

**Application Procedure:**

Please fill in and submit the application questionnaire, along with two letters of recommendation and the \$1,500 deposit before July 1, 2008. ***All applicants will be interviewed in person.*** Once the application process is complete, successful applicants will be notified of their selection. Those not admitted at this time will be notified and offered some direction for their studies if they wish to reapply at a later date. In certain situations, an applicant may be asked to participate in tutorial sessions prior to being selected for the course.

## Application Questionnaire:

Name: \_\_\_\_\_ Gender: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Telephone Number: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_ Website: \_\_\_\_\_

Occupation: \_\_\_\_\_ Highest Degree: \_\_\_\_\_

Name of your mentor (if applicable) \_\_\_\_\_

**Please answer the following questions as clearly as possible.** Feel free to answer these questions on a separate sheet of paper.

- How long have you been practicing, studying or teaching yoga?
- Do you practice yoga at home or attend group classes or do both?
- Do you currently have a teacher or mentor currently guiding you and if so who is she/he?
- Are you familiar with the teachings of Krishnamacharya and T.K.V. Desikachar? If so, in what context?
- Do you have previous teacher training and if so from what tradition?
- What goals do you hope to achieve in taking and completing this course?
- Please comment on your current state of health regarding the energy needed to meet the requirements of this course.
- As a student in this course, you will be required to undergo assessments that may include presentations, both written and oral tests, and completion and presentation of projects. Are you comfortable with these evaluations methods?
- What are your personal strengths and limitations? In what areas are you most accomplished and where do you need improvement?
- Please share a little about your family situation and occupation. Consider the compatibility of your family and work obligation in regard to the commitment of the training course and its completion. How would you overcome any conflict or obstacles?