



# **Yoga Diploma**

**Level 1**

**200 hours**

**(RYS 200)**

**in the method of**

**T. Krishnamacharya**

**and TKV Desikachar**

**Course Director and Trainer:  
Valerie Fimat-Faneco (E-RYT 500)**

**Singapore**

**November 2017 - June 2018**



## Overview of the Yoga Diploma (level 1)

This 200 hour seven-months' program covers the fundamental aspects of Yoga as a practice and philosophy. It provides a solid foundation in yoga for those who want to become teachers, but also for anyone who is genuinely interested in their own personal growth. It is open to all sincere students, including beginners, and to those who already have teaching certificates in other methods. The Certificate is recognized at the 200 hours level by the US Yoga Alliance. It can be validated in France (IFY) and the rest of Europe by organisations which are members of the European Yoga Union (UEY).

### Highlights and Learning Outcomes:

- Yoga as an individual practice and method of personal transformation
- Detailed study of 22 *āsanas* (postures) and 5 *prāṇāyāmas* (breathing techniques)
- Relaxation, meditation, and meditative aspects of yoga practice
- Class sequencing, course planning, pedagogy of teaching *āsana* and *prāṇāyāma* classes
- Background and history of Yoga as a system of thought
- Key themes and concepts of Yoga philosophy in the *Yoga-Sūtra* and the *Haṭha-Yoga-Pradīpikā*
- Ongoing observation of group classes
- Unlimited attendance to group classes
- A one-week residential retreat in Mysore (India)

### Our approach

Yoga is an ancient discipline offering a broad range of solutions to support health and personal transformation. This holistic approach takes into consideration every aspect of the person. While we are aware that most people today consider yoga primarily as a practice of physical postures (which we study extensively in this course), our aim is also to present the many other tools that yoga has to offer, including: in-depth study of breathing techniques, meditation, visualisation, non-religious Vedic chanting, guided self-enquiry, and more. This makes our course truly versatile and comprehensive, revealing the unlimited potential of yoga as a method of personal transformation on all levels – physical, mental, and emotional.

### Course Director and Trainer: Valerie Fimat-Faneco

Valerie is French and has lived in Singapore since 2004. She is a Certified Yoga Teacher Trainer in the tradition of T. Krishnamacharya (Chennai, India), her mentor is Frans Moors. She has been teaching yoga for 18 years and training teachers for 10 years. As a yoga therapist her work consists mainly in coaching students in their personal practice to support health and healing. As a teacher trainer, she is also a continuing education provider. She is registered with the Yoga Alliance as E-RYT 500. For more information and testimonials about her work please look on the website <http://beinginyoga.com>

### Source of our teaching

**T Krishnamacharya (1888-1989)** was one of the most influential yoga masters of modern times. Over the course of his long life, he shared his knowledge of Yoga as a holistic discipline with thousands in his own country and many who came to him from all around the world. His knowledge of Yoga, as well as other Indian philosophies, Ayurveda and Sanskrit, was unrivalled by his peers, but the focus of his work was therapeutic yoga to support health, healing, and personal transformation.



**TKV Desikachar (1938-2016)** was the son and student of T Krishnamacharya. He spent over thirty years studying with his father. This long internship, combined with more than 45 years of teaching experience, made Mr. Desikachar one of the most respected yoga teachers of modern times. In 1976, he founded the **Krishnamacharya Yoga Mandiram (www.kym.org)**, a non-profit Yoga Therapy Centre in Chennai, India. The KYM is renowned as a premier institution offering personalized Yoga. Doctors, psychologists and other health professionals refer patients to the KYM. Although the centre is noted for helping people with a range of ailments, it also attracts students seeking to improve their health or athletic performance, as well as those who wish to deepen their studies and personal practice.

**Frans Moors** is one of the “founding fathers” of yoga in Europe. A close student of Mr. Desikachar since the 1980s, Frans spent 30 years studying with him, visiting Chennai every year. In 1983 he co-founded the magazine “*Viniyoga*” of which he was chief editor for 17 years. He has given lectures and seminars in Canada, France, Belgium, Spain, Sweden, Great Britain, Argentina, and Singapore, and conducted Teacher Training Programs since the 1980s. He has also written a translation and commentary of the *Yoga-Sūtra* of Patañjali, published in India.

### Working with a Mentor

The relationship between Teacher and Student is at the heart of the process, so naturally mentoring is an essential part of the course. Indeed, the strength and depth of our mentoring program make our course stand out amongst the many other Teacher Training courses available.

Throughout the course students have regular one-to-one meetings with their mentor who gives them a personal practice and provides them with support and direction in their studies. Some of their interaction is through direct contact, but it may also be via email, phone and video calls. Many student-mentor relationships go on well beyond the scope of yoga studies, possibly for life.

### 7-Months Program

- start date - 13th November 2017
- end date - 22nd June 2018

### The Calendar | 22 weeks

- Lectures and Workshops will be held on Mondays and Thursdays from 10:00 am to 1:00 pm
- Group classes (participation and observation) are on various days and times throughout the week. The timetable is communicated soon after your registration is confirmed.
- Term 1 - November 13 to December 16, 2017 (5 weeks)
- Term 2 - January 8 to February 9, 2018 (5 weeks)
- MYSORE residential seminar - February 18 to 24, 2018 (1 week)
- Term 3 - March 12 to 30 and April 16 to 28, 2018 (5 weeks)
- Term 4 - May 14 to June 22, 2018 (6 weeks)



## Program Structure

126 hours	group lectures and workshops with the trainer in Singapore
34 hours	group sessions with the trainer at Mysore yoga retreat
10 hours	one-to-one sessions with mentor *
20 hours ++	unlimited attendance to group classes with mentor or certified teachers **
10 hours	observation of group classes with mentor or certified teachers ***
<b>Total = 200 hours</b>	

\* Mentoring sessions can begin before the start of the course. They must be completed before the end of the course.

\*\* A *minimum* of 20 hours' attendance to group classes is required, but an *unlimited* number of group classes is included in the fee for the duration of the training.

\*\*\* Observing group classes according to specific guidelines.

## Course Curriculum

MODULE	CONTENTS
Mentoring	One-to-one sessions with mentor.
Group classes	Attendance to group classes with mentor or certified teachers: a <i>minimum</i> of 20 hours is required, but an <i>unlimited</i> number of group classes is included in the program fee.
Technical foundations of āsanas and prāṇāyāmas	Links between āsanas and prāṇāyāmas. Function vs form. Static and dynamic practice. Classification of postures. The difference between function and form in āsana.
History and origins of Yoga	History and context of yoga's evolution in India (Vedas and Darśanas). Classical Yoga and Haṭha-Yoga: definitions, differences, similarities. Practice according to different stages in life. Overview of the pañca-maya model.
Key principles of Yoga Philosophy	Introduction Patañjali's Yoga-Sūtra. Overview of Haṭha-Yoga-Pradīpikā. Study of key themes and concepts in the Yoga-Sūtra and Haṭha-Yoga-Pradīpikā. Yoga as one of mankind's first system of psychology. Rapport between philosophy and practice.
Techniques of āsana	Techniques of 22 postures: detailed study with adaptations, variations, modifications, compensations and precautions, for each posture. Interactive workshops.
Techniques of prāṇāyāma and a few selected special techniques	Definitions, qualities and principles of prāṇāyāma. Study of five essential breathing techniques. Components of breath and basic ratios in breathing. The first energetic lock (jālaṃdhara-bandha). How to plan a prāṇāyāma sequence. Workshops.
Meditation (in SING. and MYSORE)	Concepts and definitions of dhyānam (meditation). The meditative approach in yoga practice. Overview of meditation in classical texts. How sound works in meditation. Meditative practices led by trainers (Mysore).
Course planning and sequencing	Concept of sequencing (vinyāsa-krama). Preparation, main goal and transition. Concept of compensation. Guidelines for sequencing, dos and don'ts. Workshops.
Teaching methodologies	Concepts of group and individual classes. Ethics of the teacher. Communication skills. Interactive teaching workshops in small groups.
Anatomy and physiology	Anatomy of the human body applied to yoga. Overview of the major systems
Observation of group classes	Guidelines for class observation: how to observe the teacher, the progression of the class, and common problems encountered by students. With supporting document.
Sound and Vedic Chanting	Introduction to sound as a powerful tool in practice. Vedic chanting. Chanting practice.
Personal study	Written assignments, reflection, reading



## How to Apply

Three simple steps: you send the **application form** and we contact you to schedule a **meeting**. If accepted, we ask you to send the **deposit** to secure your place.

## Program Fee

DESCRIPTION	DATE DUE	INVESTMENT
Tuition 1 <sup>st</sup> instalment	deposit when signing up*	SG\$ 1,935
Tuition 2 <sup>nd</sup> instalment	September 30 <sup>th</sup> , 2017	SG\$ 1,935
Mentoring one-to-one 10 hours	Sept 30 <sup>th</sup> -10% discount on usual rate	SG\$ 1,000
<b>Total Program Fee</b>		<b>SG\$ 4,870</b>

*\*non-refundable, non-transferrable, guarantees your place on the course.*

### Included in Total Program Fee:

- 160 hours of lectures and workshops in Singapore and Mysore from November 2017 to June 2018, including all course materials (handouts etc.).
- Unlimited number of group classes to be taken with mentor or certified teachers during the course.
- 10 hours of class observation with mentor or certified teachers during the course.
- 10 hours of one-to-one sessions with mentor to be taken before course is ended.

### Not Included in Total Program Fee:

- Books and stationery: we give a list of suggested reading but please note that no book is compulsory.
- Travel to Mysore, accommodation, food, ayurvedic treatments and sightseeing in Mysore.

### Mysore Budget SG\$ Estimated Costs:

- SG <-> Bangalore Flight plus Bangalore <-> Mysore car/minibus 450\$ to 700\$ (Tiger Air, Jet Airways or SQ)
- IVAC Rooms from 568\$ (double standard non A/C) to 1832\$ (double cottage A/C) for 8 nights (2 can share).
- IVAC Ayurvedic Vegetarian Meals 8 days full board ≈ 232\$.

## Venue

Lectures and workshops | Basic Essence 04-04 Cluny Court, 501 Bukit Timah Road, Singapore,  
Mysore | Indus Valley Ayurvedic Centre (IVAC | [www.ayurindus.com](http://www.ayurindus.com)).

Group classes in various locations in Singapore according to the timetable.

Note: in exceptional circumstances we reserve the right to change a date, time and/or venue. This would be done with as much advance notice as possible to minimize inconvenience.

## Attendance

Attendance will be recorded throughout the training. A **minimum of 80% attendance** is required to obtain the Yoga Diploma. We ask students to inform us of any foreseeable absence. Students who miss some of the sessions due to unforeseen circumstances are responsible for catching up by gathering notes from other participants and studying individually or with help from their mentor. In all cases the full amount of the course fee is still due.



## Withdrawal from the program

If a student wished to withdraw completely from the Yoga Diploma program before its completion, he or she would be asked to do it in writing. No refund would be given (full or pro-rated).

## Certification | Yoga Diploma | level 1 (200 hours)

Certification will be issued by the trainer upon satisfactory completion of the program and review of the student's progress. Students who have successfully completed this Yoga Diploma are eligible to become full members of the Yoga Alliance as RYT 200 (registration fees apply).

## Advanced Yoga Diploma | level 2 (500 hours)

Completion of the **Yoga Diploma** is a pre-requisite for the **Advanced Yoga Diploma** course leading to professional level certification in the standards of the UEY (European Yoga Union) and Yoga Alliance (RYT 500). The Advanced Diploma develops your skills and knowledge in the following areas:

- presentation of yoga therapy and how yoga fits in a health management program,
- techniques and modifications of a further 25 *āsanas* and *mudrās* (special postures),
- techniques and modifications of a further 6 *prāṇāyāma* techniques and 3 energetic locks (*bandhas*),
- further exploration and interpretation of practical Yoga philosophy presented in Vedic texts,
- in-depth exploration of tools and techniques of *dhyānam* (meditation)
- tailoring the practice to your audience: pre-natal, post-natal, seniors, children, families, athletes...
- the use of sound and non-religious chanting in yoga practice.

If you have any question that has not been answered here contact us at <http://beinginyoga.com> 65-9830-3808