

## Are you still seeking answers? Can you visualise yourself as a Yoga Teacher?

Ask yourself these questions...

### What is Yoga?

**Answer:** Yoga is an ancient universal and self-empowering practice that uses a wide range of tools to enhance well-being and restore sound health, by serving as a complementary system of healing. For some practitioners it also provides an avenue for spiritual enhancement.

### Who can do Yoga?

**Answer:** Yoga is universal and requires no pre-requisites to practice. Hence, it can be practiced by anyone irrespective of age, gender, belief, cultural background or ability. The range of tools offered by yoga is multi-dimensional, and therefore can be tailored to suit the requirements of every individual.

### As a Yoga Teacher you could help students to:

- **Reduce** stress and stress related problems
- **Alleviate** a wide range of physical ailments – back pain, arthritis, sports injuries etc.
- **Stabilise** mental and emotional instabilities – depression, anxiety etc.
- **Enhance** quality of life and improve relationships
- **Guide** in the process of self discovery and personal transformation
- **Rejuvenate** our vitality from youth to old age
- **Support** a woman through her many changes – pms, pregnancy and menopause
- **Aid** in the recovery from illness
- **Promote** attention and focus in children and adults
- **Relax and refresh** after daily activities
- **Address** the needs of the differently-abled
- **Provide** an avenue for spiritual growth

### APPLICATION

To apply for the Yoga Teacher Training program for 2009-2011 please email Barbara Brian and ask for an application form to be sent to you. All applicants are asked to provide letters of recommendation from 2 people who have known him/her for at least 2 years. These should include thoughts on the communication skills of the applicant as well as their strengths and weaknesses. Each applicant will be interviewed as part of the process.

### CONTACT

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### MORE INFORMATION

Agama Yoga Centre, Melbourne, Australia Website: [www.yogapractice.com.au](http://www.yogapractice.com.au)

### WE ARE ASSOCIATED WITH KHYF IN CHENNAI, INDIA

For more details visit: [www.khyf.net](http://www.khyf.net) [www.kym.org](http://www.kym.org)

**āgamā**  
yoga centre

## Are you wanting to become a Yoga Teacher?



*"Teach what is inside of you," T Krishnamacharya explained, "Not as it applies to you, but as it applies to the other."*

### Teacher Training

An Intensive Yoga Teacher Training in the Holistic Tradition of T Krishnamacharya

- 500+ hour program
- Minimum of 15 students needed to commence the course
- Program offered in Melbourne
- Long Weekends (some retreats on the Great Ocean Road Coast)
- Starts with Orientation week late October 2009

### The Tradition of T Krishnamacharya

Professor T Krishnamacharya was a pioneer in reviving the ancient teachings of yoga, and making them relevant for the modern world. He strongly advocated an intelligent approach to yoga, which must adapt itself to respect the needs, abilities and context of every individual. He was the most influential yoga master of the current era and this is seen through the number of teaching traditions that have evolved through some of his students such as Indra Devi, Pattabhi Jois, BKS Iyengar and TKV Desikachar.

TKV Desikachar, son and long term student of T Krishnamacharya, continues this tradition of teaching into the modern era. He has been instrumental in building bridges between yoga and other healing modalities and has inspired thousands of yoga practitioners worldwide, to keep these ancient teachings true and alive in today's world.

### Unique features of this Teaching Tradition

- the **entire range of yoga's tools** are utilised in a practical and experiential manner
- in individual settings, **personalised yoga programs** are evolved, for therapy/general needs
- **group classes** are taught with specific focus, while **providing individual attention and care**
- an **integrative approach to yoga therapy** that is complementary to other healing modalities
- the teachers/therapists are constantly evolving through mentoring and personal practice
- the teachers/therapists are continually learning through the **continuing education programs**



## PRACTICAL DETAILS

Curriculum	Hours
History of Yoga, Yoga Philosophy I, Yoga Philosophy II	95 hours
Asana I – Theory, Practice and Application	110 hours
Course Planning for Asana	35 hours
Pranayama – Theory, Practice and Application	40 hours
Foundations of Dhyanam	30 hours
Introduction to Yoga and Healing	25 hours
Teaching Methodologies	15 hours
<b>Total Classroom (instruction and practice)</b>	<b>350 hours</b>

Supervision/Mentorship	Hours
Individual Contact Hours with Mentor	25 hours
Observing Group Classes	25 hours
Supervised Teaching Sessions	25 hours
Supervised Self/Elective Study Projects	75 hours
<b>Total Supervision/Mentorship</b>	<b>150 hours</b>
<b>Total Teacher Training</b>	<b>500 hours</b>

Extra Study required for Certification, not included in the Teacher Training Curriculum	
An accredited Anatomy and Physiology course of student's own choice and cost	min 50 hours

<b>Teacher Training Fee paid to Agama Yoga Centre is \$7,000</b>
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Extra Costs: (not included In the Teacher Training Fee paid to AYC)
Fee for 25 hours of Mentorship supervision <b>paid directly to Mentor</b>
KHYF Registration Fee (\$25US) <b>paid to KHYF</b>
KHYF Certification/Membership Fee (\$200US) <b>paid to KHYF</b>
Texts required for Teacher Training – <b>can be bought online through KYM or through AYC</b>
Accommodation and meals for any retreats <b>paid when needed</b>

## LOCATIONS

### Melbourne

Agama Yoga Centre, 216 Richardson Street, Middle Park, Melbourne

### Retreat weekends

In the Queenscliff/Barwon Heads area

## THE TRAINING

This training program provides a precious opportunity to study yoga in the tradition of T Krishnamacharya. A tradition where the approach to healing is holistic, treating the mind, body and spirit as a whole, and each person as an individual; where yoga is uncompromisingly adapted to the student, and not just the student to yoga. This Training is appropriate for those wishing to become yoga teachers, and for those who teach already but wish to change or perfect their methods. It also applies to those simply seeking to deepen their knowledge of yoga for their own personal practice and evolution. The course equips students with the tools to teach group classes and general individual sessions.

Upon successful completion of the course, a certificate is issued by the KHYF, and the student may register as a yoga teacher affiliated to the Krishnamacharya Healing and Yoga Foundation. The student's name will be listed on the official KHYF website, and he/she will be allowed to use the KHYF logo.

## MENTORSHIP

The student-teacher relationship was always at the heart of T Krishnamacharya's teaching, in this course it lays the foundations for learning. Each student has a mentor, who provides support and direction throughout the training.

## TEACHERS

Barbara Brian and Lance Coughlin will be the primary teachers along with other accredited KHYF teachers.

YOGA TEACHER



TRAINER

### Barbara Brian

Barbara Brian is a student of TKV Desikachar and is the founder of Agama Yoga Centre, establishing the teachings of T Krishnamacharya in Melbourne, Australia. Barbara has been teaching yoga for 20+ years, offering Yoga for all stages of life. She conducts interstate and international workshops sharing these teachings as well as offering a comprehensive teacher training course based in Melbourne. She is dedicated to the process of mentorship and in offering continuing study for graduates of KHYF courses.

YOGA TEACHER



TRAINER

### Lance Coughlin

Lance has been practicing yoga for the last 18 years with his mentor Barbara Brian. He comes from a corporate background consulting in computer software training. Sports like kayaking, running, swimming and cycling led him to discover yoga. His studies of yoga deepened and eventually he became a Yoga Teacher Trainer at Agama Yoga Centre. A special interest that is emerging for Lance is exploring ways to encourage more men to be involved in yoga.

