

YOGA TEACHER TRAINING PROGRAM 2009 - 2011

Yoga Teacher Training Prospectus & Application Form for Agama Yoga Centre (AYC), Melbourne, Australia. This course is accredited by Krishnamacharya Healing & Yoga Foundation (KHYF)

Accredited Trainers: Barbara Brian & Lance Coughlin,

INTRODUCTION

Yoga is an ancient discipline that offers a broad range of tools that can be useful in promoting health and supporting healing and personal transformation. Today, Yoga is mainly associated with the practice of physical postures and some basic breathing techniques, but these are only a few of the tools yoga offers. Other tools include special breathing techniques, meditative practices, symbolic gestures and use of vocal sounds, guided self inquiry and more. Yoga is a holistic healing discipline that addresses the needs of the whole person through continuous adaptation of its many tools to suit each student's unique and changing needs. This is why it may be said that Yoga is for everyone.

T Krishnamacharya (1888-1989) was one of the most influential masters of yoga in modern times. Over the course of his long life, which spanned over one hundred years, Krishnamacharya shared his knowledge of Yoga as a holistic healing discipline with thousands in his own country and with many others who came to study with him from Europe and America. His knowledge of Yoga, as well as the primary Indian philosophical schools, including Ayurveda and Sanskrit, was unrivaled by his peers, but the focus of his energy and his life-long work was the study and practice of therapeutic Yoga for supporting health, healing, and personal transformation.

Son and student of T Krishnamacharya, **TKV Desikachar** spent nearly thirty years studying with his father. This long internship, combined with 45 years of teaching experience, has made Desikachar one of the most respected Yoga teachers of modern times and the torch-bearer of his father's teachings for the current generation.

In 1976, he founded the Krishnamacharya Yoga Mandiram (KYM), a non-profit Yoga Therapy Center in Chennai, India, where he has taught and served in an honorary capacity from the beginning. The KYM is renowned the world over as one of the premier institutions offering personalized, holistic Yoga. Doctors, psychologists, and other healing professionals regularly refer patients to the KYM for help in managing their ailments. The center is noted for teaching healing techniques to people with epilepsy, gynecological problems, high blood pressure, diabetes, depression, and other mental and physical ailments.

Although the main focus is therapeutic, the KYM's student-base also includes people seeking to improve their general health and athletic performance, as well as those who want to deepen their personal, spiritual practice. In addition to its educational, therapeutic and community outreach work, the KYM also supports a research department, where the focus is on using established scientific protocols to evaluate the impact of Yoga on various ailments. Much of the department's research is being funded by local government agencies.

Over the years, countless Yoga students and health professionals have encouraged Desikachar to systematize the teachings and methods of Krishnamacharya and provide Yoga Teacher Training and Yoga Therapy Training on a larger scale than is presently available through the KYM. Putting this training program together has required a great deal of effort both to organize the knowledge and to develop a curriculum and guidelines of the highest standards. On January 1, 2006, TKV Desikachar founded the Krishnamacharya Healing and Yoga Foundation (KHYF). The KHYF is the umbrella organization that will offer training and support to students who want to teach and offer Yoga and therapeutic Yoga in the tradition of T Krishnamacharya and TKV Desikachar.

The KHYF is committed to the highest standards of excellence in Yoga education and to providing support to a global network of skilled Yoga teachers and therapists whose goal is to share Yoga with the public as an alternative healing methodology. Therefore the KHYF has created a website for sharing educational resources including online data base for locating teachers in the Krishnamacharya tradition.

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The KHYF offers four levels of certification through its training programs: this course is for Level 1 Yoga Teacher.

- ❖ **Yoga Teacher - Level 1**
- ❖ Yoga Teacher Trainer
- ❖ Yoga Therapist
- ❖ Yoga Therapist Trainer

All courses will be taught by KHYF certified teachers, though some units maybe taught by experts in relevant fields.

In addition to Coursework, emphasis is also placed on Mentoring.

This element of the KHYF program reflects the traditional style of teaching Yoga, in which each student was taught on a one-to-one basis. This allowed the teacher to tailor the curriculum to the needs and abilities of the student. Every KHYF student will have a mentor with whom they meet regularly. Meetings will involve development of a personal practice for the student and continuous review and evolution of that practice. This relationship will also provide the student with direction and support throughout their course of study.

KHYF Website

Every teacher, therapist and trainer of the KHYF will be a KHYF member with all of the attendant benefits, many of which will be accessible through the KHYF website. These benefits include articles and research features on Yoga and healing, forum discussions that will help connect KHYF members around the world, workshops, events and a database of all certified teachers, therapists and trainers.

Exclusive study materials specific to the training levels will be available to students to aid them in their studies, and every KHYF member will be permitted to utilize a KHYF logo indicative of their certification level. Students can become KHYF members through their mentors, who are also KHYF members or by enrolling in and completing any of the KHYF-affiliated training programs.

KYM

The Krishnamacharya Yoga Mandiram (KYM) is the primary affiliate of the KHYF. These two organizations will collaborate on multiple levels – including education, internship opportunities, research projects, and community outreach programs to enhance the training and long-term goals of students and teachers in the Krishnamacharya tradition. For more information on the KHYF and its activities, please visit www.khyf.net

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L1000: Yoga Teacher Certification

This program offers in-depth training in Yoga for personal practice and general health, as well as an introduction to healing. This certification is appropriate for those who want to teach group classes and private classes for general health and wellness needs and goals.

Course Topics

Yoga as a holistic discipline for mind, body and beyond;
Yoga as a means of personal practice and transformation;
Yoga as a system of Eastern psychology;
Yoga tools for group / individual;
Yoga classes & sessions for general health / wellness;
Yoga as a holistic, complementary system for healing

Training

The course syllabus will be set, reviewed and updated regularly by the KHYF, under the direction of TKV Desikachar. The course will be conducted by teachers affiliated to the KHYF and who have obtained the L1010 Yoga Teacher Trainer Certification. In certain exceptional situations, a teacher who does not hold the above-mentioned certification may also teach a unit when the Trainer feels that it is required. An example of such a situation may be a section on human anatomy and physiology. In such a case, a doctor/physiotherapist may be asked to teach this unit.

Pre-requisites

- At least one year's experience practicing Yoga
- Applicants should be mentally and emotionally stable and be able to demonstrate basic communication skills
- It would be preferable if the applicant were a university graduate, though it is not essential.
- Applicants must supply letters of recommendation from two different people, who are not relatives by birth or marriage and who have known the applicant for at least two years. Letters should include the writer's opinion about the applicant's communication skills, general strengths and weaknesses, and mental and emotional maturity/stability.

Equity Policy

Since Yoga is open to all, the Trainers must not make any restrictions to membership on the grounds of race, creed, color, occupation, religious or political affiliation, age, gender, and/or ability. Rather, they must promote equal opportunities, as long as the Student is mentally and emotionally healthy, and shows commitment to learn through the suggested training procedure.

Complaints Procedures

Some countries/governing bodies require a complaints procedure, through which Students can address their complaints in connection with their training. The KHYF advises its Trainers to evolve this procedure consistent with local norms and implement the same.

Safety Statement

Some countries/governing bodies require a safety statement that promotes the awareness and observance of safety and security rules for teachers and students. These may vary from country to country and hence the KHYF advises its Trainers to evolve this procedure consistent with local norms and implement the same.

Drug Abuse Statement

Drug and other substance abuse is an important issue for many countries/governing bodies. These bodies require a statement from the Trainers on how they will recognize and handle the issue. The KHYF suggests that the Trainers evolve a suitable procedure that is consistent and acceptable to these bodies. The KHYF requires all its Teachers and Trainers to be free of drug and substance abuse.

Teacher-Student Ethics

The ethics between teachers and Students must be consistent with not just the yama-s and niyama-s suggested in Yoga Sutra, Chapter 2, but also local laws and guidelines. The Trainers and the Students must consciously respect these ethics, in order to have a productive learning experience.

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Two Year Teacher Training Course: Long Weekends with 2 Intensives Expressions of interest are invited now.

Orientation (5days) 16 Long Weekends; & Assessment & Completion (5 days)

A long weekend is understood to be of 2.5 day duration, allowing half a day at the end of the gathering for participants to return home. This would entail a full day Friday, full day Saturday and half of Sunday.

Orientation week: 5 days= 40 hrs
16 long weekends: (8 each year for 2 yrs) = 320 hrs
Assessment & completion week: 5 days = 40 hrs
Total = 400 hrs

Proposed Daily Timetable

Activity	Duration	Cumulative time in Hrs
Asana practice	7.00 – 8.00am	1
Breakfast	8.00 – 9.00am	
Class	9.00 – 10.30am	2.5
Break	10.30 – 11.00am	
Class	11.00 – 12.30	4
Lunch	12.30 -2.00pm	
Class	2.00 – 3.30pm	5.5
Break	3.30 – 4.00pm	
Class	4.00 – 5.30pm	7
Break	5.30 – 6.00pm	
Pranayama/chant practice	6.00 – 7.00pm	8

A minimum of 15 approved applicants are required before the Teacher Training program begins. Expressions of interest are invited now.

Venues:

Most long weekends will be held in Melbourne at AYC.
Two weeks of the course are held in Melbourne at AYC.
First week of the course: The orientation week
Last week of the course: Assessment/completion week.
This is a total of 80 hours in Melbourne at the AYC.

Fees for the Course:

Orientation Week - 5 days: 40hrs located at AYC, Melbourne: \$540	
Deposit for the course (which is non-refundable): \$1000	\$1540
To be paid: before Orientation week begins	
16 long weekends over the 2 year training period (320 hrs)	
16x \$310	\$4960
To be paid: before each Long Weekend	
Assessment & Completion Week - 5 days: 40 hrs AYC, Melbourne	
To be paid: before Assessment & Completion week begins	\$500
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Total Payments to Trainers over 2 years of instalments	\$7000

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Extra Costs outside the Fees for the Course:

Fees paid to Mentor for the required 25 personal sessions are not included in this \$7,000
Elected Anatomy and Physiology Course is not included in this \$7,000

To be decided:

- 1. Starting date & Timetable for 2 year course. Fri, Sat & Sun and consider using the Mon option for long weekends. Dates for Long Weekends have yet to be decided**
- 2. Payment of fees schedule – the instalment plan, with dates provided**

KHYF Fees:

Every one pays a one-off **US\$ 25** fee for your online KHYF Identification process (KID), this is paid directly to the KHYF. Graduates of a KHYF Teacher Training program must pay the certification fee of **US \$200** to the KHYF and are listed on the website with their qualification. The certification fee is valid for five years, after which time it is subject to renewal requirements and fees (see Certification and Renewal of Certification).

Application Procedure:

Along with the letters of recommendation and other documents that prove that the applicant has the relevant pre-requisites, the applicant must provide the Trainer with whatever additional documents, applications and/proofs they require. After completing the Application Form (provided upon application), the applicants will be asked to attend an interview.

Once the evaluation process is complete, successful applicants will be notified of their selection. Those who are not successful will be notified, as well, and they will be offered some direction in 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.

Getting/Updating the KHYF ID

All new Students entering a training program must have an updated KID (KHYF ID) before commencement of the course. The procedure for obtaining a KID is as follows:

1. Before training begins, the Trainer logs into his MyKHYF page, creates a new training batch and gets a Batch ID (BID). The BID will be indicative of the current course in training and will serve as a reference to this course.
2. The Trainer directs all new Students to the KHYF website. They are given the Batch ID for their training course, which they will need in order to identify themselves with the appropriate batch and obtain their new (or updated) KID.
3. Following the Trainer's instructions, the Students apply for their KID online. The information they supply is verified with their Trainer (and with their Mentor, if the Mentor is not also the Trainer). Once the verification process is complete, a temporary KHYF ID and a password is generated and emailed to each of the Students.
4. Next, the Student needs to log onto the KHYF site again with his/her temporary ID and get a permanent ID by paying the registration fee (US\$ 25), if s/he is a first time KHYF member. This must be done within two weeks of receiving the temporary ID. If the Student is already a KHYF member, there is no need to pay the registration fee again. They will have to update their KID with a new one indicative of their current status. This will automatically be done when they login with their old ID and update their details of the training they are undertaking. The old ID will no longer be valid. Only when the Student has obtained their KHYF ID (or updated it) can they begin their teacher training course.

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Working with a Mentor

Each new Student will be assigned a Mentor. Typically, the Mentor will be a teacher who has been certified at the L1000 Yoga Teacher Certification level or higher. Each Student will meet frequently with their Mentor, who will guide them in their personal Yoga practice for the duration of their training and also provide them with general support and direction in their studies.

It is suggested that individual contact hours with the Mentor should total approximately 25 hours for the entire training period. Because it is understood that, in some cases, it may not be possible for the Student and their Mentor to meet in person on a regular basis, contact hours may be accrued through indirect contact via telephone, email, or the internet, for example.

However, the first meeting must be in person, and at least 10 of the total contact hours must be direct contact hours. These sessions must be tracked using the Student Interaction Form that students in training will be given and must be continually keep updated. In certain cases, the Student and Mentor may meet more often than the suggested 25 hours total over the course of study when deemed appropriate and necessary by the Mentor or Trainer.

In many cases, the Trainer will serve as Mentor to his/her Students. However, when the Mentor is not the Trainer, there must be a clear understanding that it is the duty of the Trainer to request regular updates from the Mentor. It is also suggested that the Trainer and Mentor meet together with the Student at least twice over the duration of the course.

The Training Program

KHYF training program Students will participate in an intensive course of study that includes lectures, practices, home study, written and oral presentations, teaching evaluations, and most importantly, individual practice.

The training period must be a minimum of two years (ideal for those Trainers who can meet with their Students regularly) and may extend to a maximum of five years (ideal for Trainers whose Students are spread out over a wider geographic area).

Students will earn 500-750 hours credit. The exact number of credit hours offered is determined by the Trainer and by local requirements, but will amount to no less than 500 hours and no more than 750 hours for this course.

The minimum (500 hours) suggested:

Module Title	Hours
Individual contact (Mentor) hours	25
Group lecture and practice sessions through classroom study. (recommended 580 hrs)	350
Group observation sessions* (recommended 35 hours)	25
Supervised teaching sessions* (recommended 35 hours)	25
Self/elective study through external courses, project preparation and/or presentations, which will be suggested and evaluated by the Trainer.	75

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Training Curriculum

Module Title	Module Contents	Hours
Practice	Regular Individual Practice with Mentor (25 hours). Regular Group Practice sessions with Trainer (50 hours)	75
History of Yoga	Context of Yoga's Evolution in India. Vedas and Darsanas. History of Yoga Sutra. Definitions of Yoga. Role of Yoga in ancient society (Siksana, Raksana, Cikitsa, Adhyatmika), Discussion on Yoga vs. Religion	15
Yoga Philosophy- I	Yoga Sutra Chapters 1 and 2 (In Detail). Chapters 3 and 4 (an overview).	50
Asana - I	Definitions and Qualities of Asana. Principles of Asana Practice. Concept/Technique of Breathing in asana. Vinyasa Krama. Traditional Classification of Asanas. Static and Dynamic practices. Adaptations and modifications. Techniques of Most Common Asanas	100
Course Planning	How to Structure an asana practice. Preparation, Main Goal and Completion. Concept of counter pose. Concept of rest. Examples of course planning.	25
Pranayama - I	Definitions and qualities of Pranayama. Principles of Pranayama Practice. Main Pranayama techniques. Ratios in pranayama practice. Developing a good ratio. Effects of Pranayama. Bandhas, Mantras and Krama in Pranayama. Planning a pranayama sequence.	25
Meditation	Definition of Dhyanam. Process of Meditation. Kinds of Meditation. Some examples of meditation. Meditation in general group settings.	50
Teaching Methodologies	The Guru-Sisya Parampara. Teaching in the modern context. Concept of Group and Individual Classes. Relevance of teacher-Student relationship. Ethics in teaching. Communication Skills in teaching.	50
Anatomy and Physiology	Basic Medical Knowledge. Anatomy of human body. The Major systems. Common illnesses and their pathologies.	35
Observation & Teaching	Supervised Observation (25 hours) and Supervised Teaching (25 hours)	50
Mantras and Chanting	What is Chanting. What is Mantras. Chanting Practice	25
	Total Minimum hours	500
Additional Courses	Module Contents	Hours
Yoga Philosophy II	Brief message of other Yoga Texts - Yoga Yajnavalkya, HathaYoga Pradipika, Yoga Rahasya, Bhagavad Gita. The Panca Maya Model and its role in Yoga. Nadi's, Cakras etc. and their symbolism.	50
Asana & Pranayama - II	More detailed study of application of Asana and Pranayama	50
An Introduction to Ayurveda	Definition of Ayurveda. The Three Dosas. Role of Dosa's in Health and Well Being. Diet, lifestyle, and other recommendations from Ayurveda.	30
Western Psychology	Basic knowledge of psychology and its important theories.	30
Intro to Sanskrit	Basic Sanskrit	30
Yoga and Healing: An Introduction	What is healing? Role of Yoga in healing. Different kinds of cikitsa. Foundations of healing in Yoga. The Healing approach.	30
Elective Courses	Additional elective courses	30
	Total Recommended Hours	750

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Training Curriculum

Some of the curriculum modules may be completed through participation in extracurricular programs or home-study. The Trainer is required to evaluate the Student if s/he completes the module as home-study. If the requirement is met through participation in an extracurricular program, the Student must have prior approval of the Trainer. Also the Trainer must verify the Student's participation and satisfactory completion of the program and include a copy of any pertinent documents/certifications in the Student's file.

Student Evaluation

Students will be evaluated and their progress assessed in the following three contexts over the duration of their course of study:

- **Relationship with a Mentor:** The quality of the relationship between Student and Mentor reflects the evolution of a good teacher-student relationship, which is central to Yoga.
- Regular meetings, the development of a personal practice and its evolution over time form an important part of the evaluation process
- In cases where the relationship between the Student and Trainer/Mentor does not work effectively, the Trainer/ Mentor must find an alternate Trainer/Mentor for the Student. Such a change is allowed a maximum of three times. However, if different Students are having repeated problems with a particular Mentor, a review panel will be set up to re-examine the proficiency of the Mentor. The Trainer/Mentor must use the Trainer Transfer Form or the Mentor Transfer Form, in order to effect the change.
- **Personal Evolution:** Because Yoga is about personal evolution, certain basic moral and ethical standards must be maintained and followed. It is important for the Trainer to set good standards and communicate to Students in an open and non-judgmental manner. Lapses can be dealt with on a case-by-case basis, as it is nearly impossible to set a perfect moral and ethical code.
- **Continuing Assessment of Studies:** The Trainer must evaluate each Student's progress continually over the course of the program. Evaluations can take the form of written/oral presentations, teaching observations, etc. Trainers may develop their own innovative methods of assessment, providing they are professional and practical. When evaluating a Student, the Trainer should take into account, not only the Student's level of aptitude, but also their communication skills and their mental and emotional maturity and wellness.

In all aspects of the evaluation process, teachers and students must be motivated to change for the better. This is especially critical in the first two contexts where evaluation comes into play - the Student-Mentor relationship and personal evolution. They are concerned primarily with human relationships, which are at the heart of Yoga practice and application.

The Trainer is responsible for detecting when a student's performance in any area is not up to standard as early as possible, so that s/he may offer help/direction to the Student to encourage improvement.

Certification

Certification will be issued by the KHYF upon satisfactory completion of the program and review of the student's credentials and other relevant details, which must be supplied to the KHYF by the affiliated teacher/teachers. Certificates will be sent to the Trainers, who will then distribute them to the graduates.

If the **KHYF** feels that there is a need to re-evaluate a particular student, it may evolve a methodology for this purpose before the certification is issued.

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Certified teachers will be invited to submit their personal listing as a **Yoga Teacher affiliated to Krishnamacharya Healing and Yoga Foundation** to the KHYF Yoga Teacher database, accessible through the KHYF website.

Certification will be valid for a period of five years and must be renewed at least six months prior to the end of this period (**see section on Renewal of Certification**).

Continuing Education Units

In order to maintain high standards of teaching, all KHYF certification program graduates are encouraged to continue learning through teaching and their own personal practice, and by participating in Continuing Education Units (CEU). Teachers can take part in CEUs that broaden the range of their Yoga skills or in any courses that support their teaching practice, such as first aid, communication skills, etc. Graduating teachers may seek the guidance of their Trainer/Mentor when choosing which CEU's to pursue.

Trainers are encouraged to offer seminars/workshops/private tutoring hours that can help graduates accumulate hours towards Continuing Education Units.

CEU hours may be accumulated through study at KHYF affiliated centres such as the KYM - either through group or individual study, in India or abroad. For example they could take a course conducted at the KYM, or even through a local KHYF certified Trainer/Mentor in their own country.

The Student-Teacher Relationship

There is a passage in the Taittiriya Upanisad that compares the teacher and Student to a mother and father. First there is a mother, then a father, and when they interact a child is created. Similarly, first there is the teacher, then there is the Student, and their interaction produces wisdom/learning. This model of relationship is the heart of Yoga. Even as a teacher, you are a Student, continuing to learn and grow with the support and guidance of your teacher as you foster growth, healing, learning and good relationships with your own Students. KHYF encourages each of its certified Teachers, Therapists and Trainers to connect regularly with their own teacher to support their personal practice, health and wellbeing and their work with their own Students and communities.

Renewal of Yoga Teacher Certification

Teachers are encouraged to fulfill the following recommended criteria in order to qualify for certification renewal:

- ❖ Teach at least 300 classes (group or general individual) over the five-year period.
- ❖ Participate in 25 individual contact hours (approximately 5 per year) with his/her Mentor over the five-year period.
- ❖ Accumulate at least 100 CEU hours over the five-year period.
- ❖ Attend at least two seminars/workshops/conferences hosted by the KHYF during this five-year period. The KHYF will announce these seminars, and they will carry a special logo that will serve to identify their purpose.

Any failure on the part of a certified Teacher to renew and/or to be granted renewal (ie, you reject the renewal) certification will be handled on a case-by-case basis.

Note: Some exceptions to any or all of the above criteria may be granted in special cases, such as illness, pregnancy or other special circumstances. However, these are exceptions and are not to be considered precedents for other situations that may appear similar.