

HOLISTIC VINIYOGA® THERAPY TRAINING

IN THE CLASSICAL TRADITION OF T KRISHNAMACHARYA & TKV DESIKACHAR



Photograph © Kausthub Desikachar

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SELF EMPOWERMENT & HEALING

THROUGH BODY, BREATH, MIND & SPIRIT

UK BATCH | DORCHESTER | 2023 - 2025



VINIYOGA

I. INTRODUCTION

Yoga is gaining popularity as a complementary system of healing and health, due to the multi-dimensional benefits that go beyond the physical. 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 that could have their origin in the physiological, psychological and/or emotional domains.

Yoga Therapy is a complementary and holistic health care system that addresses the needs of the whole person through continuous adaptation of its many tools to suit each student's unique and changing needs. Hence a deeper understanding of the entire spectrum of Yoga's tools, its fundamental processes and their practical application, is critical.

When appropriately administered, Yoga Therapy practices may be utilized for a wide variety of objectives such as:

- **Promoting** and maintaining physical and mental health
- **Serving** as a collaborative and complementary system of holistic health care
- **Relieving** stress and promoting efficiency
- **Improving** quality of life, even when managing chronic conditions
- **Dealing** with challenging life situations
- **Guiding** us on the path of personal healing
- **Embarking** on a journey of spiritual transformation
- **Developing** our unique inner strengths as healers

II. THE TEACHINGS

Professor T Krishnamacharya was a pioneer in the revival of the ancient teachings of Yoga and in preserving their relevance for the modern world. He strongly advocated an intelligent approach to Yoga, whereby Yoga's tools and techniques are adapted to respect the needs, abilities and requirements of each individual. The popularity and appeal of his students, including Indra Devi, Pattabhi Jois, BKS Iyengar and particularly TKV Desikachar, stand in testimony to the significance of his life's work and teachings and to his position as one of the most influential Yoga masters of the modern era.

Professor T Krishnamacharya commissioned his son and principal student, TKV Desikachar, to carry this tradition into the 21st century. TKV Desikachar, a master of Yoga and Yoga therapy in his own right, has been instrumental in building bridges between Yoga and other healing modalities, inspiring thousands of Yoga practitioners worldwide. His professional approach has been one of the main reasons that Yoga, particularly Yoga Therapy, has been embraced so openly by modern day academia. This tradition is now globally known as the Viniyoga® tradition.

The uniqueness of the Viniyoga® tradition lies in the fact 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.

III. THE ORGANIZATION

The Krishnamacharya Healing & Yoga Foundation (KHYP) was founded by TKV Desikachar and his son & student, Dr. Kausthub Desikachar. It was founded in 2006 specifically to spread the teachings of Viniyoga® globally as the tradition was growing rapidly all over the world. TKV Desikachar also established the KHYP as the international anchor of the tradition. Thus the Krishnamacharya Healing & Yoga Foundation (KHYP) is the official umbrella organisation representing the complete and authentic Viniyoga® tradition of Professor T Krishnamacharya and TKV Desikachar globally. It conducts its various trainings programs either directly or through its affiliate schools worldwide. Dr Kausthub Desikachar is the successor and current lineage holder of the classical Viniyoga tradition of T Krishnamacharya & TKV Desikachar.

Viniyoga Pte. Ltd. (Viniyoga Singapore) is an affiliated school of the KHYP and will be conducting this training program, with Dr Kausthub Desikachar as its lead trainer.

IV. YOGA THERAPY

In the classical Viniyoga® tradition of Professor Sri T Krishnamacharya and TKV Desikachar, **Yoga Therapy** is practiced with the following orientation:

- As a **self-empowering** process, where the Care Seeker 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 a process **focused on the individual, not just the illness**
- 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, a process for developing one's own unique potentials
- As a **collaborative** and **complementary** system of self-health care

V. THE VINIYOGA® THERAPY TRAINING

This program will offer an in-depth training in applying the holistic principles of Yoga as a complementary system of healing. It is most suited for those who would like to become Yoga Therapists and for those who wish to develop individualized complementary Yoga Therapy processes for students with different kinds of ailments or health concerns.

By undergoing this intense training, students learn about the therapeutic aspects of Yoga so that they may facilitate others in the journey towards self-empowerment, healing and personal transformation. It will also provide a good opportunity for trainees to develop their own unique strengths as healers.

VI. COURSE OUTLINE

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

- Present the most **important principles** of Viniyoga Therapy as a self-empowering, holistic and complementary system of health
- Provide **comprehensive training** in the understanding and application of the vast array of tools that Viniyoga offers, to address a wide range of health concerns in a holistic manner
- Help the trainee understand and learn how to implement the **one-to-one approach to healing** of Viniyoga
- Explore the role of Viniyoga in developing and supporting a **wellness-oriented lifestyle**
- Educate on **professional and ethical standards** under which Viniyoga Therapy must be practiced
- Assist in providing a safe environment to facilitate the trainees in the often challenging journey of **personal and spiritual development**, as well as the evolution of their own unique strengths as healers

Some of the tools used in the Viniyoga® 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**).

A comprehensive understanding of these tools and how to utilize them in individualized Viniyoga Therapy, will form a core part of the training program.

VII. TRAINING

The syllabus of the teaching course, will be designed, reviewed and updated regularly by Krishnamacharya Healing & Yoga Foundation, under the direction of the Viniyoga Council of Academic Patrons. The main faculty for the program will be **Dr. Kausthub Desikachar**, with other senior teachers

in the tradition of T Krishnamacharya and TKV Desikachar. 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 Viniyoga Code of Ethics. To read and understand our code of ethics, kindly visit - www.viniyoga.com.sg/ethics

The training program will be conducted over six modules, spread across a period of three years. 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 practical research-oriented project and submit a report on the same, prior to certification, within the time frame that will be specified on commencement of the program.

VIII. TRAINING STRUCTURE

The program will be structured in the following manner, along with this **approximate** time schedule.

MENTORING MEETINGS	These include private one-to-one meetings with the mentor for development of personal practice, and support with training	35 hrs
CLASSROOM TRAINING	These include lectures, workshops, presentations through which the main educational content of the course will be transmitted	300 hrs
GROUP PRACTICE	In these sessions trainees will learn and experience the wide range of tools that will form part of Yoga Therapy	180 hrs
SUPERVISED TEACHING	Supervised teaching enables the trainee to apply practically, the theory they have learnt during the training under the supervision of their mentor/trainer	25 hrs
SELF STUDY	This includes homework and assignments given both during the training sessions, as well as those between modules.	150 hrs
YOGA THERAPY PROJECT	This is time spent on formulating, researching and documenting a chosen Yoga Therapy Project	250 hrs
ELECTIVE SPECIALITY TRAINING	This includes recommended training that has a Yoga Therapy foundation and relates directly to one or more of the required competencies	60 hrs
	Total Hours	1000 hrs

Kindly note, that all timings mentioned are **approximate** and directional only. A timetable of sessions for each module will be sent to the participants prior to the commencement of the said module.

IX. GROUP SIZE

It is expected that the training batch will have a size of around 30 participants.

X. 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 500 hours Yoga Teacher certification, preferably in the Viniyoga tradition, at the time of the commencement of the course. The applicant may also be in the final year of one of our Viniyoga® training programs conducted by our qualified Viniyoga® Teacher Trainers. However, those from other trainings will also be considered as long as total training is a minimum of 500 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.) from other healing paradigms who do not have Yoga Training qualifications will also be considered, providing that they have been practising Yoga for a minimum of five years. In such cases, they must agree to work with the trainer and mentor to complete the relevant additional course work that will be recommended.

2) It is recommended that the trainee has taught continuously over a two year period prior to commencement of the course. These can include both group and individual classes. Some exceptions may be 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) It is understood that by choosing to participate in this training, participants are willing to continue their professional work in this tradition even after this training is complete. Hence participating in Continuous Education Units (CEU's) will be essential afterwards.

5) Since the certification will help the practice of Yoga as a healing modality, participants should be reasonably mentally and emotionally stable. Thus a recommendation letter from two people (not belonging to the family) who have known 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 for this training early, as this course tends to get fully booked very soon.

XI. TRAINING CURRICULUM

An intensive course curriculum has been developed under the guidance of the Viniyoga Council of Academic Patrons. Following is the proposed list of topics:

UNIT TITLE	COMPREHENSIVE LIST OF TOPICS
PRACTICE	Regular Individual Practice with Mentor Regular Group Practice sessions during Training
THE YOGA OF YOGA THERAPY	The approach of Yoga Therapy Unique features of Yoga as a Therapeutic modality Concepts of Yoga as a preventive, maintenance and curative process Sarvāṅga-sādhana Yoga as a Holistic practice Yoga's four-step model in Healing & Therapy Symptoms of Illness Observation Skills How to observe symptoms at different layers Communication with Care Seekers How to conduct efficient interviews Role of Nāḍī-parikṣā (Pulse Diagnosis) Understanding the causes of illness The dynamics of cause and effect (Heyam and Hetu) Choosing the appropriate goal and hence the right healing modality Subtle Anatomy The model of Nāḍī-s, Cakra-s, Agni etc. Subtle Anatomy The Pañcamaya model of Healing Subtle Anatomy Understanding the emotional centres in the body Additional models from auxiliary traditions like Āyurveda Spirituality in Healing Therapy as Spiritual process
YOGA THERAPY APPROACHES	Śārīrika Cikitsa Healing engaging the body Prāṇa Cikitsa Healing engaging the breath Mānasika Cikitsa Healing engaging the mind Indriya Cikitsa Healing engaging the senses Ādhyātmika Cikitsa Healing engaging the heart Tools that will be explored in detail Āsana, Prāṇāyāma, Mantra, Mudrā, Bandha, Nyāsa, Bhāvanā, Dhyānam, Svādhyāya, Āhāra, Vihāra and Saṅga
STRUCTURING A YOGA THERAPY PRACTICE	How to Structure a Yoga Therapy Process Preparation, Main Goal and Completion Concept of evolution of Yoga Therapy Process Concepts of integrating multiple tools in the Process Steps on integrating tools from the gross to the subtle Documentation of Yoga Therapy Process Limitations of Yoga Therapy

PHILOSOPHY OF YOGA THERAPY	The Yogasūtra-s on Healing Lessons from Patañjali Yoga's mind-centered approach to Therapy The Yoga Psychology The concepts and role of svabhāva (seed potentials), vāsana (residual subconscious or unconscious impressions), saṃskāra (habitual patterns - conscious or subconscious).
PERSPECTIVES FROM MODERN MODALITIES	Anatomy and Physiology of our human system Pathology of major illnesses Introduction to Psychology Introduction to Counseling/ Psycho Dynamics
SPECIALISED FOCUS ON COMMON ILLNESSES.	General guidelines to deal with specific common illness/special situations The Yoga Therapy approach to around 25 of the most common illnesses will be discussed in detail Special Focus Illnesses Cancer, Trauma, Back Issues, Diabetes, Depression, Auto Immune Disorders Yoga Therapy for women during each stage of transition Yoga during Pregnancy
PROFESSIONAL PRACTICE	How to set up a Professional Practice Developing a long term Care Provider-Care Seeker relationship Developing Sat-saṅga with specific healing focus Creating a safe space for Healing Care for the Care Provider Personal practice, Self Enquiry & Supervision Self Enquiry The Heart of Care Ethics and Professional Standards of Yoga Therapy Practice Research-oriented documentation of Professional Practice Networking with complementary systems
SUPERVISED TEACHING	Supervised teaching under guidance from Mentor/Trainer
SELF-STUDY AND PROJECT PREPARATION	Self-study assignments between modules Yoga Therapy Project to be completed by each participant either alone or with a classmate
ELECTIVE COURSES	Additional elective courses which will be recommended from time to time, to supplement the main teaching curriculum.

Kindly note, the 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 is not presented in the order in which it will be taught.

XII. SUPERVISED TEACHING

Supervised teaching may be conducted by the trainee in an in-house clinic/classroom, community setting, or any other approved location under the supervision and mentorship of the Trainer or assigned Mentor. The Supervised Teaching component must contribute to a minimum of **25 hours** towards overall evaluation. The supervision hours can be a combination direct face-to-face interactions or indirectly through online or telephonic interactions.

Hours spent in communication, either in person or at a distance, between a student and an assigned mentor regarding the student's Yoga Therapy studies or Yoga Therapy cases must be documented by the trainee. The trainee must also document all supervised sessions, including location of the classes, participants of the classes, practices taught, and feedback from participating students. This report will form a key component of the overall evaluation. A sample format of the Supervised Teaching Record will be supplied to all confirmed participants of the training.

XIII. 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.

This allows the mentor to tailor the practice and course of study to the evolving needs and abilities of the student. The needs also include the trainee's own Yoga Therapy and the development of their own unique strengths as healers. Mentoring also facilitates students to clarify doubts related to their training and professional practice in a safe and private environment.

Applicants who already have a Viniyoga-recognised mentor are encouraged to continue working with their current mentor. We 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 35 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.

The student and mentor may meet more often than the suggested total of 35 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.

XIV. ATTENDANCE

Full attendance at all modules of the program is expected. In exceptional circumstances, the trainee will be allowed to miss one module or 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.

XV. 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 KHYP 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.

XVI. 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 Therapy. 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 practice 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, methods of communication, mental and emotional stability and overall wellness.

3. Yoga Therapy Project

Trainees are expected to conceptualize, design and execute a Yoga Therapy Research project on a topic of their choice. The project report must be submitted within two years of the conclusion of the final module of the training. This component will also form an important part of the overall assessment. Guidelines on how to proceed with the project, and the format of the report will be presented during the first module of the training. The project will be sent to the **Viniyoga Council of Evaluators**, a neutral council of experts in the field of Yoga Therapy, Healing and Science.

All documentation pertaining to the above three criteria will be submitted to the Viniyoga Council of Academic Patrons who will complete the overall comprehensive evaluation of the trainee, and recommend them for certification.

XVII. 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 Viniyoga Council of Academic Patrons. If there is a need to re-evaluate a particular student, the trainer will 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. Upon certification, the participants will be able to implement Yoga as a complementary system of holistic health, well-being and healing in a one-to-one manner.

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

All successful graduates will be issued with **Viniyoga®** certification and will be listed on the official Viniyoga registry as an accredited Yoga Therapist. They are also eligible to be certified as Level II Advanced Yoga Certificate by the **Indian Yoga Association**.

On graduation, all certified Yoga Therapists are required to adhere to and follow the Viniyoga Code of Ethics. To read and fully understand our code of ethics, kindly visit - www.viniyoga.com.sg/ethics

XVIII. DATES FOR THE TRAINING

This UK batch of the Yoga Therapy training will begin in the spring of 2023. The following are the approximate dates of the training modules. The exact dates will be communicated with the acceptance letter.

YEAR	MODULE	DATES
2023	Module 1	16 - 26 March 2023
2023	Module 2	7 - 17 September 2023*
2024	Module 3	March/April 2024 (Precise dates to be announced)
2024	Module 4	September 2024 (Precise dates to be announced)
2025	Module 5	March/April 2025 (Precise dates to be announced)
2025	Module 6	September 2025 (Precise dates to be announced)

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

XIX. INVESTMENT

The schedule of payment is presented as follows.

Description of Fee	Viniyoga Member	Non-Viniyoga Member	Due date
Acceptance Fee	£ 150	£ 150	February, 2023
First Instalment	£ 895	£ 945	28 February, 2023
Second Instalment	£ 895	£ 945	30 June, 2023
Third Instalment	£ 895	£ 945	28 February, 2024
Fourth Instalment	£ 895	£ 945	30 June, 2024
Fifth Instalment	£ 895	£ 945	28 February, 2025
Sixth Instalment	£ 895	£ 945	30 June, 2025
Certification Fee	£ 150	£ 150	Prior to Certification
Total fee	£ 5670	£ 5970	

A Viniyoga® member is either listed in our Viniyoga® International Registry or is currently engaged in a Viniyoga® Teacher Training with one of the Viniyoga® registered Yoga Teacher Trainers or schools.

The fee includes tuition and certification only, and does not include individual lessons with the mentor, additional training sessions with the trainer, 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 that may be incurred while doing their Research Projects.

Please note that the cost suggested is for the entire course, and is not dependent on the modules. Hence, the fees (each instalment) 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, Paypal or credit card. For Paypal and credit card payments, invoices will be raised in Singapore \$ and will attract an additional 5% for processing fee. For Bank Transfer payments, Wire Transfer instructions will be sent via email. When using Bank Transfer procedure, participants are responsible for bank charges on both ends (sending and receiving). All payments must be paid before the above mentioned due dates.

Scholarships: Limited Scholarships are available for financially constrained students. Such applicants will have to apply for scholarship in writing, explaining why they seek the same. All supporting and relevant documents have to be provided for due consideration. These will be reviewed carefully and the trainer may decide to offer either a scholarship or a deferral of payment option. The trainer is under no obligation to provide reasons for rejection of the scholarship application.

XX. VENUE

The training program will be conducted at the following venue:

Dorchester Yoga and Therapy Centre

14 Trinity Street
Dorchester, Dorset DT1 1TU
England, United Kingdom

XXI. ACCOMMODATION

Students have to make their own accommodation arrangements. A number of Airbnb as well as hotel options are available near the venue. Participants are advised to make their own reservations to suit their choice and budget.

XXII. APPLICATION PROCEDURE

Participants must complete the enclosed application form, and send it on or before **31 January, 2023**. On receiving the fully completed application forms from the prospective participants, a primary screening will be done. Some participants may be selected right away, whilst others will need an interview to assess their motivation for entering the training program, and their general mental and emotional stability. **It is strongly advised to apply early, as this course tends to get fully booked very soon.**

Successful 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. Those who are not successful will be notified, as well.

XXIII. MORE INFORMATION

For any additional enquiries, kindly contact our local coordinator

Sarah Ryan

The Old Bakery, Milborne St Andrew
Blandford Forum, Dorset DT11 0JB
United Kingdom

email: saryan6630@gmail.com

Mobile : +44 7523 7523 53

Landline: + 44 1258 839230

XXIV. COMPLAINTS & SUGGESTIONS

Any suggestions or complaints must be by postal mail only, and written to the administrative office at the following address:

Viniyoga Pte Ltd.

16 Raffles Quay
#32-03 Hong Leong Building
Singapore 048581
Singapore

The office will review the letter in confidence and respond appropriately as soon as possible, in consultation with the Viniyoga Council of Academic Patrons.

The application form for this training is also available online. If you prefer to do it online, you can do so by visiting the following link - **www.viniyoga.com.sg/therapy-training-uk-2023-apply**

Alternately, if you would prefer to handwrite the application, please print pages 11-14 of this brochure and fill it out in a neat handwriting. Then scan it and send it to us by email (**info@viniyoga.com.sg**) or send it to our local coordinator Sarah Ryan at her UK address mentioned earlier.

APPLICATION FORM

KHYF VINIYOGA® THERAPY TRAINING : 2023-2025 : UK BATCH

FIRST NAME	
LAST NAME	
DATE OF BIRTH	
GENDER	
NATIONALITY	
ADDRESS	
LOCALITY	
CITY	
POSTAL CODE	
PHONE	
EMAIL	
VINIYOGA MEMBER	<input type="checkbox"/> YES <input type="checkbox"/> NO Please choose one. We will verify in our registry.
NAME OF MENTOR	
HIGHEST QUALIFICATION	
OCCUPATION	

Please answer the following questions as clearly as possible.

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 Viniyoga Therapy Training Course?

4. What is your understanding of Yoga as a healing system?

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 three year course? Please explain.

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 Viniyoga certified mentor, who will guide you during this training program and even after?

10. Can you share examples of two times in your life when you have faced a difficult situation and how you coped with each situation?

11. How would you describe your own emotional state? Do you feel emotionally ready to engage in such an intensive training program?

12. 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 **Viniyoga Therapy Training Program | UK Batch | 2023-2025** carefully, and I agree with its general rules and policies. I also understand and accept that Viniyoga Singapore. 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 Viniyoga Singapore as final.

Signed :

Date :