



**Teacher Training Diploma Course in the tradition of  
T Krishnamacharya and his son TKV Desikachar  
Salisbury, November 2019 – December 2021  
with Andy Curtis-Payne, Liz Murtha and Helen Macpherson**

This teacher's diploma course is intended as a qualification for yoga teachers who wish to practice, study and teach in the tradition of Professor T Krishnamacharya and his son Śrī TKV Desikachar.

The high standard of this training combined with its emphasis on the therapeutic application of yoga means that anyone who graduates can register with the Complementary and Natural Healthcare Council (CNHC) as a Yoga Therapist.

This unique approach integrates practical teachings about āsana, prānāyāma, use of sound and meditative techniques with the teachings of Patañjali's Yoga Sūtra and other key yoga texts. Yoga is looked at as a tool for helping us in our life: for health, healing, self-discovery, growth in wisdom and ultimately spiritual transformation.

This course will root you in a yoga tradition that is one of the most respected in the world. It will give you the tools to teach yoga to students both in classes and on a one-to-one basis whether their needs are for health, personal development or spiritual well-being.

The teachings emphasise the importance of adapting yoga to the individual. Therefore, a proportion of the course will be about the art of teaching individuals and the foundations of the yoga of healing. Ongoing mentoring is a key aspect of working in this tradition and as a TSYP student you too will have regular individual lessons with a TSYP mentor.

Those who receive the TSYP Teacher Training Diploma will be seen as representatives of this tradition. The Diploma will be awarded only to students who have attained a certain standard and mere attendance on the course will not be enough. The prime motivation for undertaking this course must be to work within this tradition in a modern context both for oneself and one's students.

## **Aims**

To provide a structured course in this tradition in order to

- equip you, as a teacher, to utilise all the tools of yoga to facilitate positive change in people's lives regardless of their age, gender, culture, ability or challenges
- develop and refine your teaching skills to allow you to teach anybody, at their level, in a way that will support their development, their stability and their well-being
- equip you to be the best teacher you can be by exploring and experiencing a broad range of techniques

## **Participants**

You should be able to provide evidence of

- Completion of a TSYP Foundation Course or equivalent (e.g. a BWY Foundation Course)
- Experience of personal practice of yoga regularly for at least two years

Students who are not able to fulfil all the above criteria may apply through the TSYP Accreditation of Prior Learning procedure, where equivalent experience and training will be considered on a case-by-case basis.

Above all you should show a respect for yoga, a commitment to ongoing self-development and a sincere desire to use your knowledge and skills to help others.

The course will be limited to a maximum of 16 participants

## **Tutors:**

### **Andy Curtis-Payne – Lead Teacher Trainer**

Andy has been teaching yoga in the tradition of Krishnamacharya and TKV Desikachar for over twenty years and believes passionately in using the breadth and depth of yoga tools for healing and transformation – whether that be physical, physiological, emotional or psychological. He holds a BWY Diploma and is registered with the British Council for Yoga Therapy. Andy is the current Chair of The Society of Yoga Practitioners.

He has taught at BWY Congress and Yoga Scotland Congress, at the European Yoga Congress in Zinal, Switzerland and in the Netherlands at the Dutch Yoga Federation Congress.

Andy runs in-service training days all around the UK and is currently leading two TSYP yoga teacher training courses. He divides his time between one-to-one tuition/yoga therapy, training, weekly classes and workshops.

Andy has travelled to India many times where he has studied with TKV Desikachar and in 2009 was certified by him as a Teacher Trainer. He continues to study with his teacher Gill Lloyd and at the KYM in Chennai.

### **Liz Murtha – Teacher Trainer**

Liz is a yoga teacher, therapist and teacher trainer with The Society of Yoga Practitioners. She has been teaching group classes and one-to-one students for over 30 years.

After studying with BKS Iyengar in Pune, India, she began her studies with Paul Harvey in this tradition. She graduated from his four-year programme in 1992, and the Post-Graduate Programme in 1996. The latter course included studies with TKV Desikachar in Chennai, India.

In 2007, she became a Yoga Teacher Trainer, certified by Desikachar himself. Liz also has a long-standing love of Vedic Chanting and in 2005 she became a Vedic Chant Teacher.

Liz continues her studies with her own personal mentor, Gill Lloyd, and with her personal chant teacher, Radha Sundararajan.

Although currently based overseas, she makes regular visits to the UK in order to maintain contact with her peers and colleagues of the TSYP.

### **Helen Macpherson – Assistant Trainer**

Helen has studied and practised yoga in the tradition of Krishnamacharya and TKV Desikachar since 1993. Having personally experienced the potential of yoga to develop, support and heal she eventually found time to qualify as a yoga teacher in 2013 in order to share this with others.

As well as teaching classes, Helen works with students one-to-one using a range of therapeutic tools and approaches, and works with her partner Andy Curtis-Payne running training and workshops.

At an early stage she developed a particular interest in the use of sound and mantra and teaches regular Vedic Chant sessions. She is currently running an international Vedic Chant Teacher Training Course with her own chant teacher, Radha Sundararajan.

Helen is working towards qualifying fully as a Yoga Teacher Trainer with The Society of Yoga Practitioners. She gratefully acknowledges her faithful personal practice and the ongoing input of her teacher Gill Lloyd as the foundation for her own teaching work and continues to undertake trips to India to study at the Krishnamacharya Yoga Mandiram.

## Objectives

By the end of the course participants will:

- have the ability to plan an appropriate practice for groups and individuals taking account of yoga models and techniques used in the Krishnamacharya tradition
- have the flexibility to adopt either a directive or a therapeutic approach depending on the needs and aspirations of the group or individual at the time
- have the ability to teach a range of āsana, mudrā and bandha, modified or varied as appropriate for the group/individual
- have the ability to teach breath awareness and prānāyāma techniques as appropriate for the group/individual
- have the ability to teach meditative practices using a range of tools and techniques
- have the ability to use sound to enhance āsana and prānāyāma practices and to use simple chants to promote health and wellbeing
- have the knowledge on key aspects of teaching in the Krishnamacharya tradition and understand how to skilfully apply them
- understand the importance of key yoga texts and their relevance in planning and teaching; in particular, have a working knowledge of Patañjali's Yoga Sūtra-s and their relevance to life today
- have a working knowledge of anatomy, physiology and pathology to allow the safe planning and teaching of practices for groups and individuals with common medical conditions
- have the ability to use a variety of teaching methods to manage groups effectively
- understand the importance and responsibilities of working therapeutically and demonstrate the ability to skilfully assess an individual, design, develop and monitor an appropriate practice over several lessons
- understand the responsibilities of acting professionally and abiding by codes of conduct and legal requirements

## Course duration, dates, location and fees

This 375 contact-hour course will run as 19 weekends plus two 5-day summer meetings over 2 years and 2 months and will also include time spent with a mentor, home study and starting to teach.

Weekends will run from 10am Saturday morning to approximately 5pm Sunday afternoon, with a one-night stay in College. Studies will finish about 9pm on each Saturday and start again at 7am on the Sunday.

The 5-day summer meetings will run from 10:30am on the first morning (Wed or Thu) to 4:30pm departure (approximately) on the final day (Sun or Mon), with four nights in College.

The course will commence on the weekend of 2-3 November 2019 and will finish on the weekend of 11-12 December 2021. All the dates are available on request.

## Venue: Sarum College, Salisbury

The setting of meetings as residential weekends in the quiet location of Sarum College, Salisbury, a Grade I listed building set in the Cathedral Close, will allow students to travel from a wider area while being able to relax and focus on the training in this unique and stimulating setting.

In your free time you will have the opportunity to wander in the Cathedral Close, the nearby City or the College bookshop.

Salisbury has been chosen not only for Sarum College but because of its good road and rail links.

Course fees include all meals while at College and a choice of comfortable standard or en-suite (shared or single) rooms.

Meals are taken in the College Refectory and vegetarian and non-vegetarian options will always be available. The College chef and his staff will be available to discuss any further dietary requirements you may have.

**Course Fees:** These include your tutors' fees and expenses and group room hire at College: £3,200

**College Fees:** These cover your meals and accommodation for the entire course (27 nights):

Standard Single Room:	£2,500
Shared En-suite:	£2,800
Single En-Suite	£3,400

Preferred payment schedules: £500 deposit and then either four equal instalments or an agreed monthly payment schedule.

**Other Fees:** These are costs you pay separately to TSYP, BWY and your mentor and assessor:

Student membership of TSYP: £10 registration plus £15 TSYP Friend Membership per year

Student registration with BWY: £60 plus student teacher membership of BWY £57 per year

Time with mentor – typically £45 per lesson, minimum 6 meetings per year

Teaching assessments (minimum of two) £50 plus travel expenses

BWY Essential Anatomy and Physiology for Yoga Course £75 (to be completed prior to start of course). Credit will be given for suitable prior learning.

## Course content

This will be outlined in the Course Syllabus, which will give details of topics covered and the split of hours.

## Home study

- Reading and assignments throughout the course
- Six individual case studies
- Bi-monthly individual sessions with TSYP approved mentor
- Observation of teachers working in Krishnamacharya tradition
- Minimum of two teaching sessions to be observed and assessed by independent trainers

## Set books

The Heart of Yoga	TKV Desikachar	ISBN 13: 978-1282913516
Patañjali's Yoga Sūtra – a chanting guide in the tradition of T Krishnamacharya	Krishnamacharya Yoga Mandiram	ISBN 13: 978-81-87847-35-9
Bhagavad Gītā	Winthrop Sargeant	ISBN 13: 9789383064151
The Principal Upanisads	S. Radhakrishnan	ISBN-13: 978-1573925488
Liberating Isolation: The Yogasūtra of Patañjali	Frans Moors	ISBN 13: 978-81-920716-6-4
Nāthamuni's Yoga Rahasya	TKV Desikachar	ISBN 13: 978-8187847182
Hatha Yoga Pradīpikā of Svātmarāma	online version available from Andy free of charge	
Yoga Anatomy (2 <sup>nd</sup> edition)	Lesley Kaminoff & Amy Matthews	ISBN-13 978-1-4504-0024-4

Other books/references will be suggested throughout the course.

For BWY: Essential Anatomy and Physiology for Yoga Course

The Concise Human Body book: An Illustrated Guide to its Structure Function and Disorders by Dorling Kindersley ISBN 978-1-4053-4041-0

## **Assessment**

The competencies detailed in the Syllabus are the key assessment criteria in order to qualify for the Diploma and must be fulfilled in total by the end of the course.

In the spirit of yoga, reflection and self-assessment against these criteria will be an important component of the assessment methods. This will be done in an ongoing way with the mentor and also in half-yearly interviews with the lead tutor, when evidence of attainment can be confirmed in the Student's Handbook. This way progress can be tracked, and extra support provided where necessary.

In addition, assessment will be through regular learning checks in class, both formal and informal as well as through written or practical homework.

85% attendance required. Missed material to be made up with tutor or mentor at additional cost.

**Feedback** Questionnaires mid-way through and at end of course

**Certification** The TSYP Teaching Diploma is recognised by:  
the British Wheel of Yoga (BWY)  
the British Council for Yoga Therapy (BCYT)  
the Complementary and Natural Healthcare Council (CNHC)

**Need more information?** Please contact Andy Curtis-Payne [yogandy@hotmail.com](mailto:yogandy@hotmail.com)

**An Introductory Day and interviews will be held at Sarum College on Saturday 31<sup>st</sup> August.**

This will be a Training Day with practice and theory sessions as well as interviews.

**Cost £60 including lunch at the College.**

Applicants attending Liz and Michael's Spring Retreat, to be held at the course venue 24<sup>th</sup>-26<sup>th</sup> May, may opt to be interviewed at that time (no additional charge). Details of the retreat are available from Michael.

However, all applicants, whether previously accepted or not, are encouraged to attend the Introductory Day.

To apply, please complete the attached application form and arrange for two references – one from your mentor/usual class teacher and the other from a tutor on your Introductory/Foundation Course.

Return to Michael as soon as possible. **The final date for applications is 17<sup>th</sup> August 2019.**

Issue B by Michael Hutchinson, 1<sup>st</sup> May 2019