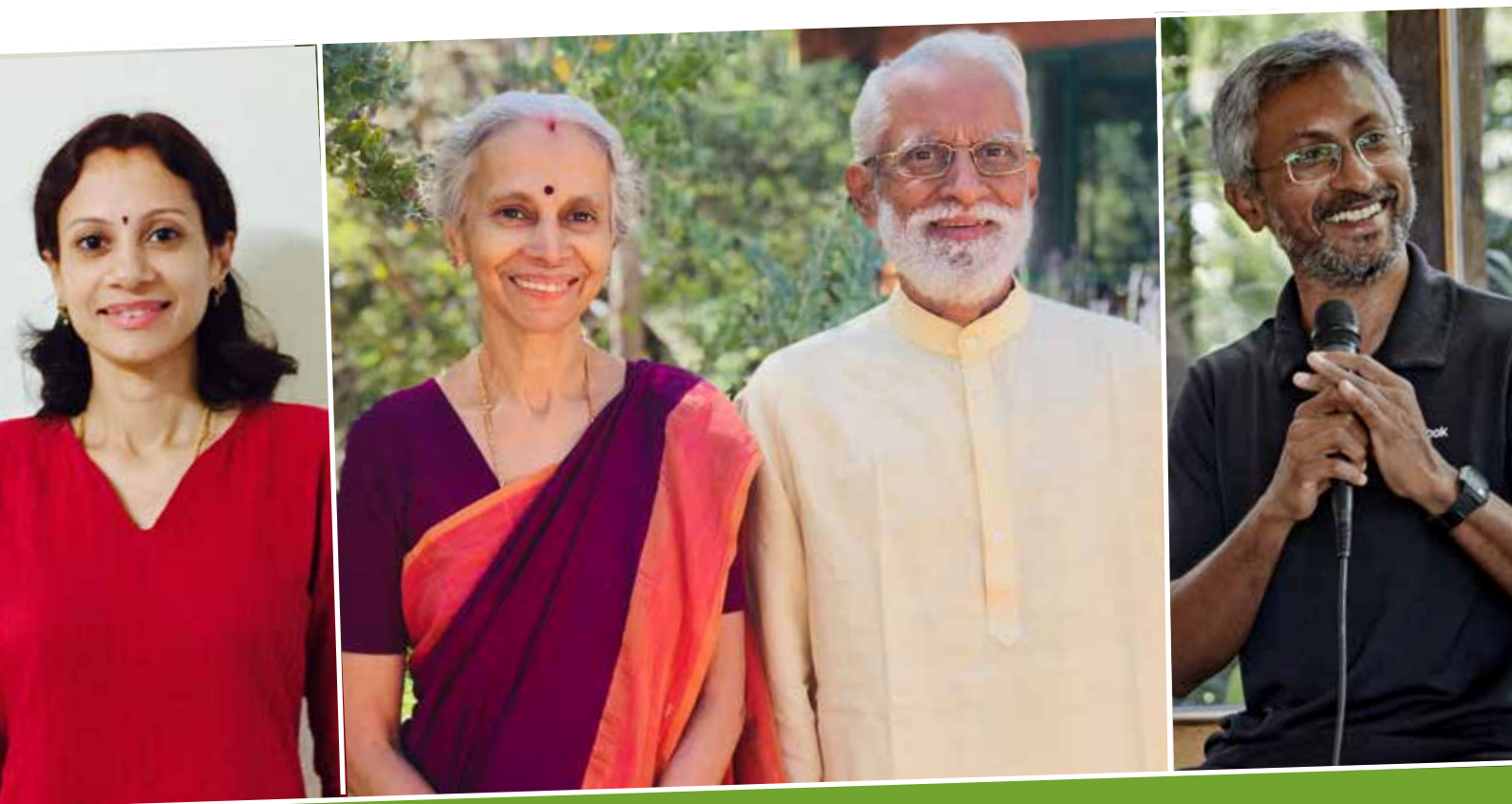


# The Hatha Yoga of Krishnamacharya & Yogic Mindfulness

Accredited **Teacher Training** with the Mohans  
27 April-19 May 2019 (23 days, 200hrs)



## Prospectus & Application

Deepen Your Knowledge. Become a Teacher.  
Exclusive program at Kookaburra Yoga, Perth, Australia.  
Internationally recognised qualification.



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‘True yoga  
education  
(vidya) is  
‘lighting a  
lamp, not filling  
a bucket’

*A.G. Mohan*



*L-R Dr Ganesh Mohan, A.G. Mohan, Indra Mohan, Nitya Mohan*

## Introduction

**The Hatha Yoga of Krishnamacharya Teacher Training** is a special program which integrates the wisdom teachings of Krishnamacharya with the revolutionary **Yogic Mindfulness Program** developed by the Mohans.

Whether your intention is to become a yoga teacher, deepen your own practice, or integrate practical yogic tools and techniques into your daily or professional life this program is designed to inspire an understanding and experience of the Hatha Yoga of Krishnamacharya. You will learn the methodology and gain the skills needed to teach yoga from a foundation of real knowledge. It is also an incredible opportunity for self-development and personal transformation.

The focus of this training program is experiential and transformative. You will gain an extraordinary amount of knowledge which will radically enhance your understanding and experience of yoga. However true yoga education (vidya) is 'lighting a lamp, not filling a bucket' (A.G. Mohan), and you'll be guided in establishing and deepening your own yogic practice; creating sustainable and beneficial changes to your patterns of thinking and behaviour, and understanding and transforming mental and emotional states to cultivate real and lasting inner peace.

It is a rare and potentially life-changing opportunity to learn from and have direct access to internationally renowned master teachers who will guide and support your path forward to experience the peace and steadiness of a clear, steady mind and open heart. This is after-all the aim of yoga, and the foundation needed for a happy life and to become a grounded, inspiring teacher able to guide, support and uplift others.



The attitude of letting go and connecting with the inner presence of quiet and steadiness is most important.

*Indra Mohan*

"The combined knowledge of the Mohan family is unsurpassed in contemporary yoga."

**The special 2019 Svastha Yoga Teacher Training will be held in Perth, Western Australia and is a rare opportunity to study the authentic yoga of Krishnamacharya with A.G. Mohan and Indra Mohan along with their son Dr. Ganesh Mohan and daughter Nitya Mohan in a single, comprehensive training program with all four teachers.**

The combined knowledge of the Mohan family is unsurpassed in contemporary yoga. This training program combines their collective knowledge, areas of expertise and insights to provide a comprehensive program where the direct teachings of Krishnamacharya will be conveyed in an accessible, engaging and illuminating way.

Krishnamacharya is the most influential Yoga master and Vedic scholar of the last century. A.G. Mohan, a prime disciple of late Shri T. Krishnamacharya, was his direct student for 18 years. He was acknowledged by Krishnamacharya as his successor, and is a direct link to the authentic yoga traditions. (*Appendix 1, pg 27*)

Mohan kept meticulous handwritten notes and recordings of Krishnamacharya's voluminous teachings during their 18 years together. The knowledge transmitted directly and the large archive of notes informs the Mohans' continuing Yoga Teacher Training programs, Yogic Mindfulness Programs, and their many books and lectures. Much of this material is still unpublished and will be included in the 'Hatha Yoga of Krishnamacharya' training program in Perth April-May 2019.

# Direct study with the Mohans

**Svastha Yoga & Ayurveda** was started by A. G. Mohan and Indra Mohan, in the tradition of the legendary yogi Krishnamacharya. Svastha combines the best of traditional yoga with modern science, refined over decades of practical teaching and extensive studies. You will receive a solid foundation in yoga teaching from one of the most authoritative and highly regarded sources in the world.

**The Hatha Yoga of Krishnamacharya** and **Yogic Mindfulness** training takes place over 3 weeks, where you study directly with the Mohans assisted by experienced Svastha Yoga teachers. During the 3 week program you will be provided with theoretical and practical content drawn from Krishnamacharya's teachings, the Yoga Sutras, the fields of Hatha Yoga, Yogic Mindfulness and Ayurveda. Time will also be spent reviewing the material, reading, formulating your questions, in study groups and in your own practice.

You'll receive direct guidance in the appropriate practice and teaching methodology of asana, pranayama, mudra, bandha, mantra japa and kriya yoga and learn to adapt and personalise the practices as needed both for yourself and for your potential students.

In the Hatha Yoga of Krishnamacharya training program there is a focus on cultivating the right **bhavana** (intent and focus) in every aspect of yoga practice, in your role as a teacher and even more broadly in every aspect of life. Without this, yoga is not effective and may even cause injury or harm. This acquisition of real knowledge, consciously cultivating a steady mind, and then speaking and acting from an inner steadiness with self-awareness are the essential traits required to effectively teach yoga and conduct our relationships harmoniously.

The 'Yogic Mindfulness' component of the training focuses specifically on how to cultivate this attitude or mindfulness in your own practice and how to share and teach Yogic Mindfulness in a variety of contexts and settings.

Graduates of the Training will have gained the knowledge, skill-set and confidence to teach the Mohans' Yogic Mindfulness 10 hours Program, and The Hatha Yoga of Krishnamacharya 10 hours Program. These are specially designed programs suitable to teach in yogic and also corporate, educational, health and other settings.

## About the Mohans



**A.G. Mohan** is internationally respected as one of the most senior yoga masters alive and a direct link to the authentic yoga traditions of the yoga of Krishnamacharya who he studied with intensively for 18 years.

**Indra Mohan** is one of the few people ever awarded a yoga teaching certificate from Krishnamacharya, and is a skillful and insightful yoga therapist with decades experience. Indra is known for astute intelligence, and capacity to guide students and clients to clarity, self-understanding and peace.



*Top: A.G. Mohan with his guru Krishnamacharya at his centenary celebration 1988.  
Bottom: Indra Mohan receiving her Post-graduate diploma in yoga from the master.*



**Dr. Ganesh Mohan** was trained in yoga from early childhood and is a medical doctor, trained in both modern western medicine and Ayurveda. He is at the forefront of the emerging field of Yoga Therapy, and for a decade has conducted yoga teacher and yoga therapy trainings in India and around the world.

**Nitya Mohan** is also a life long yoga practitioner and an exponent of chanting, holds a music degree and performs internationally. She has run Svastha Yoga Teacher Training programs in Singapore for over a decade.

Collectively, the Mohans have written 6 books which are regularly used as reference material in teacher trainings. They regularly write for an Indian national newspaper and contribute to magazines and journals. They teach and lecture around the world.



*Top: Dr. Ganesh Mohan travels the world training yoga teachers and therapists. Bottom: Nitya Mohan has trained yoga teachers in Singapore for over a decade.*

## Mohan Family: 40+ Years of Teaching Yoga for Svastha

### A. G. MOHAN



A. G. Mohan started his yoga studies in 1971 upon meeting his guru the yogi Sri T. Krishnamacharya. Over 19 years, he studied personally with his guru the full spectrum of yoga: asanas, pranayama, meditation, and philosophy.

Following his guru's passing in 1989, he continued to study further for many more years, deepening his knowledge of ayurveda, tantra, and more.

The author of numerous books on yoga, he has spread the message of yoga across the world, under the banner of Svastha Yoga and Ayurveda. The entire family of the Mohans, including his wife and two children are yoga practitioners, teaching for decades now.

One of the early presenters and at the European Union of Yoga and members of the International Association of Yoga Therapists in the US in the 1980s and 1990s, A. G. Mohan and his family were guests of honor at the European Union of Yoga congress in 2016 in Switzerland and he was awarded an honorary membership for his contributions to yoga.

One of the senior most yoga masters alive now, and a direct link to the authentic yoga traditions, A. G. Mohan continues to study, practice, and teach.



*A.G. Mohan with  
Krishnamacharya at  
100 years (1988)*



*27 years  
(1973)*



*71 years  
(2017)*

### INDRA MOHAN



Indra Mohan has been practicing and teaching yoga for four decades now. She is one of the few people who received a post-graduate diploma in yoga from Krishnamacharya. She has specialized in yoga for the health and empowerment of women.



### DR. GANESH MOHAN



Dr. Ganesh Mohan, son of A. G. and Indra Mohan, was trained in yoga from childhood. He is trained in both modern medicine and ayurveda. He directs the

Svastha Yoga Therapy programs and other trainings worldwide.



*Ganesh: asanas as a  
child (1988)*



*Demonstrating Vedic  
rituals (1988)*

### NITYA MOHAN



Nitya Mohan, daughter of A. G. Mohan and Indra Mohan, was trained in yoga from a young age. With a degree in music, she has conducted seminars and concerts internationally. She has been running the Svastha training programs for 15 years.



*Nitya: asanas at 4  
years (1977)*



*Inaugurating EUY  
conference (1983)*



## Program Structure

- Prior reading of two books written by the Mohans: 'Yoga Therapy: A Therapeutic Guide to Yoga and Ayurveda for Health and Fitness'; and 'Yoga Reminder: Lightened Reflections'.
- 3 week teacher training program facilitated by A.G. Mohan, Indra Mohan, Dr Ganesh Mohan & Nitya Mohan. A minimum of 180 contact hours with the Mohans.
- Training program includes The Hatha Yoga of Krishnamacharya & Yogic Mindfulness Teacher Trainings.
- A personal mentoring session with Indra Mohan/A.G. Mohan during the training program.
- Continuing online education at **yogaknowledge.net** for an additional 3 months. *\*There is the option to continue studying online with the Mohans beyond 3 months at your own expense.*
- Home Study & Written Assignment (post-training). 2 page written summary on what you've learnt, or a relevant topic of your choice.
- Yoga Class Attendance/Observation/Reporting (can be done at Kookaburra Creek during program as there are classes every evening or post-training within 2 months)
- Certificate of Completion of 200 Hour Yoga Teacher Training. The training is registered with Yoga Alliance qualifying you to teach yoga internationally.

# Areas of Study

## Yoga Theory

1. Philosophy and psychology of yoga based on the Yogasutra of Patanjali.
2. Sanskrit terminology: key words and concepts to facilitate and retain authenticity in the teaching and transmission.
3. Theory of Krishnamacharya's Hatha Yoga practice.

## Asana

1. Traditional vinyasa system of Krishnamacharya, combining breathing and movement.
2. Function-oriented approach to movement in asanas: awareness, stability, alignment, stretching, mobilization, daily life application.
3. Core asanas essential for fitness and in a therapeutic setting.
4. Preparation and balancing.
5. Common and useful variations
6. Using asanas in the larger yoga path. Deepen and broaden by practicing more asanas and pranayama, and lead on to the advanced breath work and skill of the bandhas. Connect this to the deeper aspects of yoga and the meditation and mindfulness. This subject will also integrate the skills and topics learned so far.

## Sequencing

1. Principles of sequencing from the traditional approach of Krishnamacharya and further developments from there.
2. Foundations of personal course planning and sequencing.
3. Understand the principles of sequencing and develop sequences for different needs.
4. Bring together instructions, presentation, and teaching practice learned over the course to deliver yoga classes.

## Pranayama

1. Principles and practice of working with your breath effectively.
2. Using asanas to prepare for pranayama.
3. Important types of pranayama with hands-on practice.

## Sound

1. Using sound in asanas.
2. Using sound in meditation.

## Meditation

1. Theory of meditation and mindfulness: why, what, and how.
2. Practicing a core set of useful meditation techniques and skillful mindfulness.

## Anatomy & Physiology

1. Essential anatomy and physiology as applied to asanas.
2. Practical and functional points only, without non-relevant theory.
3. Explore how functional anatomy can help you understand practicing yoga effectively.
4. Key principles of movement and breathing in asana and pranayama explored from the modern science perspective.

## Chanting & Mantras

1. Importance and theory of chanting.
2. Useful mantras for chanting and meditation.
3. Simple chants e.g. traditional Vedic peace chants.
4. Focus on the use of sound and mantra in asana, pranayama, meditation. Practice mantra meditation, intentions, and affirmations in yoga practice.

## Ayurveda

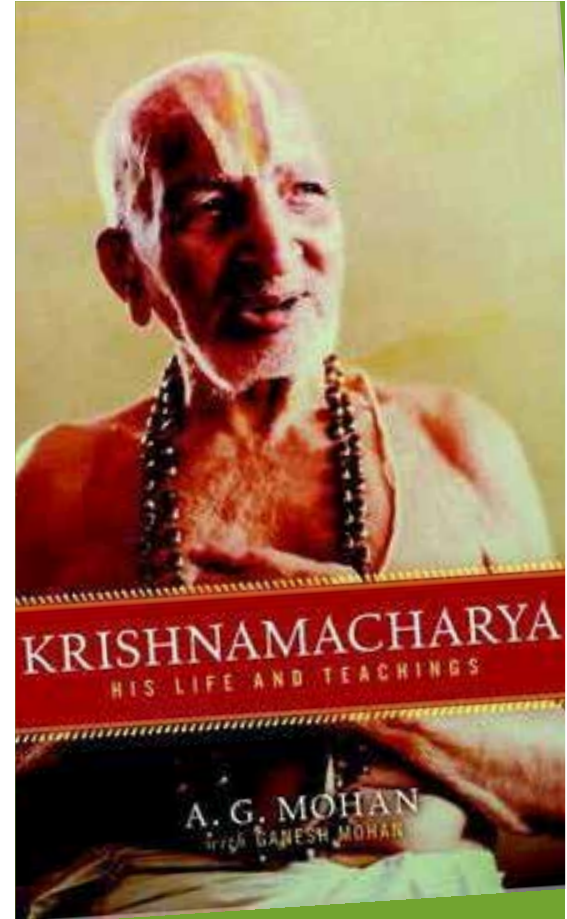
1. Introduction to Ayurvedic doshas and prakrti.
2. Basic principles of Ayurvedic diet.

## Yoga Energetics

1. Mudras and bandhas: their importance and how to practice and teach them.
2. System of nadis, prana, cakras and their relevance to practice.

## Personal Practice

Establishing and refining one's personal practice is a key element of this program.



‘Nowadays, the practice of yoga stops with just asanas. Very few even attempt dharana and dhyana (deeper meditation) with seriousness. There is a need to search once more and reestablish the practice and value of yoga in modern times.’ Tirumalai Krishnamacharya

## Continuing Education

Once the training is complete you will have the option of an additional 3 months of continuing education through the Mohans' online yogic education platform **www.yogaknowledge.net** where you will deepen your understanding of the classical texts including the Hatha Yoga Pradipika, Bhagavad Gita and Yoga Sutras of Patanjali. You will also have access to lessons on the Secret Teachings of Hatha Yoga, and hundreds of hours of content with the Mohans.

## Mentoring & Support

Participants will receive an invaluable one-one-to-one mentoring session during the training with Indra Mohan/A.G. Mohan. Private mentoring sessions are insightful, potentially life-changing – with key issues and obstacles identified and addressed.

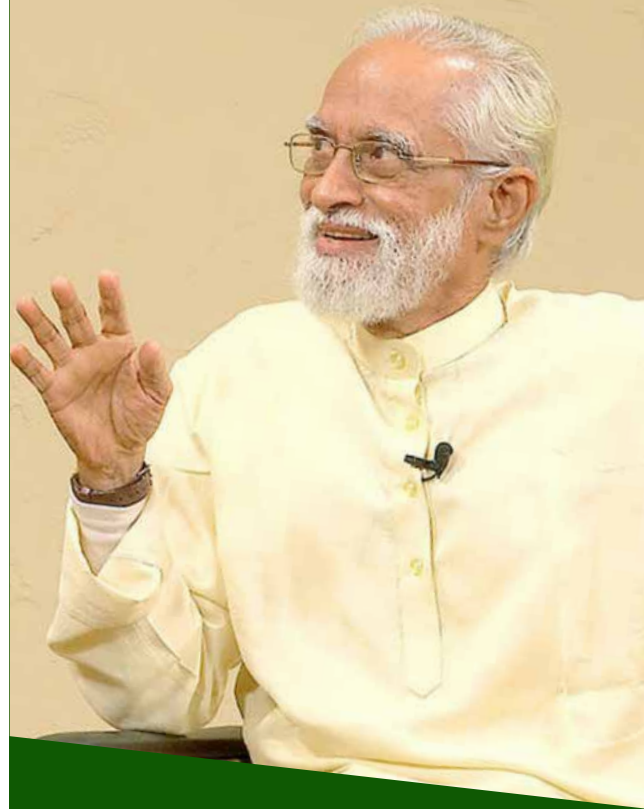
## Program outcomes

On successful completion of this program, participants will have:

1. An understanding and appreciation of the principles of the science and art of yoga.
2. Developed a comprehensive knowledge of the theory of asanas, pranayama and meditation.
3. Gained skill and confidence in the practice of asanas, pranayama and meditation.
4. Understood the principles necessary to teach yoga in a safe and effective manner.
5. Acquired the tools to enact positive changes in their own lives and start on the part of providing the same guidance to others.
6. The opportunity to be a part of a community of people who are similarly committed to a path of personal growth and transformation.
7. The opportunity to formally teach the Mohans' **Yogic Mindfulness 10 hours Basic Program, and the Hatha Yoga of Krishnamacharya 10 hours Basic Program.**
8. An internationally recognised qualification to teach Yoga. Eligibility to register as a yoga teacher with Yoga Alliance.

# What this program will give you

- Skills to deepen your personal growth and effective yoga knowledge and practice you will use for the rest of your life;
- Understanding of the full spectrum of yoga practices: asana, pranayama, meditation, Yogasutra, mantras and more;
- The teachings of great yogi Krishnamacharya from the authoritative, direct source;
- Firm foundation and approach to teach yoga to people of all ages and fitness levels;
- A comprehensive base to progress to the Svastha Yoga Therapy program and deepen and widen your skills of yoga therapy.
- The knowledge, resources and support required to teach the Mohans' Yogic Mindfulness 10 Hour Program' & 'The Hatha Yoga of Krishnamacharya 10 Hour Basic Program' in your own community.
- An internationally recognised qualification enabling you to confidently teach yoga anywhere in the world, and gain industry standard insurance.



'Make steadiness of mind your goal. In every life, there is happiness and unhappiness. We can't control that. But through diligent practice, we can remain steady and peaceful.'

*A.G. Mohan*





*Krishnamacharya blessing  
A.G. Mohan, 1988.*

“According to Krishnamacharya, practice and knowledge must always go together. He used to say, practice without right knowledge of theory is blind. This is also because without right knowledge, one can mindfully do a wrong practice.”

*A.G. Mohan.*

## Pathways forward

The Hatha Yoga of Krishnamacharya is the Foundation program for advanced and post-graduate yogic education, yoga therapy training programs, and to becoming a competent, knowledgeable yoga teacher and/or yoga therapist. Svastha Yoga offers 300 hour and 500 hour advanced trainings around the world, and from 2020 these will be offered in Perth at Kookaburra Yoga to graduates.

This training program provides you with an immediate qualification to teach and share Yoga in a variety of settings in your own community.

You will also have the opportunity to teach the Mohans' 10 hour basic programs including:

### **Yogic Mindfulness 10 Hour Basic Program**

Drawing on the timeless, practical wisdom of the Yoga Sutras of Patanjali this program provides a toolkit of accessible yogic practices which can be applied to help understand and manage the mind, emotions and even behaviours.

### **The Hatha Yoga of Krishnamacharya 10**

**Hour Basic Program** Drawing on Hatha Yoga, Ayurveda, Yoga Therapy and incorporating Yogic Mindfulness, this program is an introduction to a holistic and comprehensive system of yoga suitable for people completely new to yoga, and to be shared in many contexts and to a general non-yogic audience.

The accessible, non-technical format of both these programs means they can be taught and integrated into wellbeing programs in corporate, educational, health, aged care and other community contexts.

# Svastha teachers worldwide

Graduates of this training program become Registered Svastha Yoga Level 1 teachers. Once you are teaching, you can apply to be added to the Svastha Yoga Global Network of Teachers, providing you with a referral network across the world.



*Indra Mohan receiving blessings from Krishnamacharya, 1988.*

## Key Dates

### 3 Week Training 27 April - 19 May 2019

- Commences Saturday 27 April 2019 at 10.30am.
- Daily program commences 8am each day and concludes at 5pm. (except Saturdays commence 10.30am)
- 2 Free Days: Saturday 4th & 11th May (no contact hours)

### Written Assignment

- Submit written assignment by 19 June 2019. The written assignment is a 2 page summary on what you've learnt during the program, or on a topic of your choice.

### Continuing Education

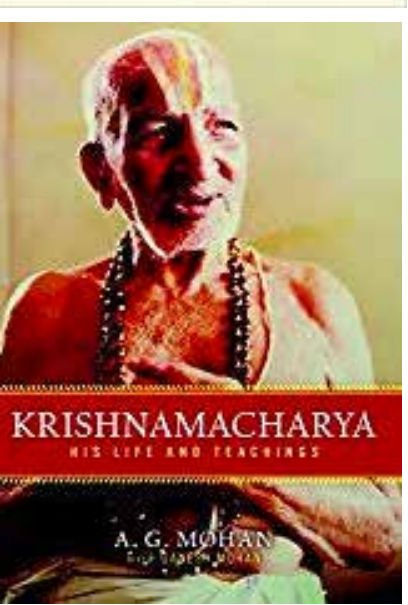
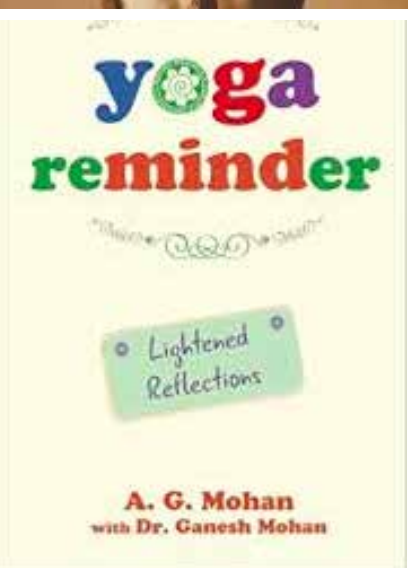
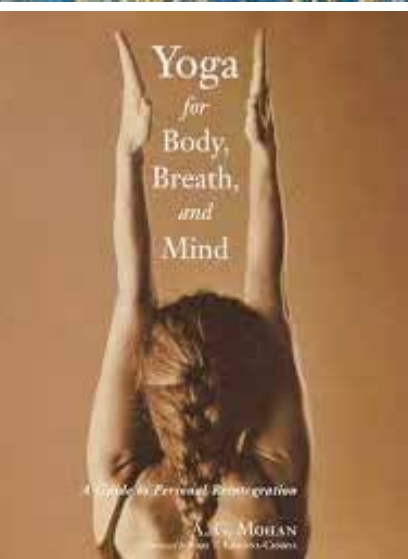
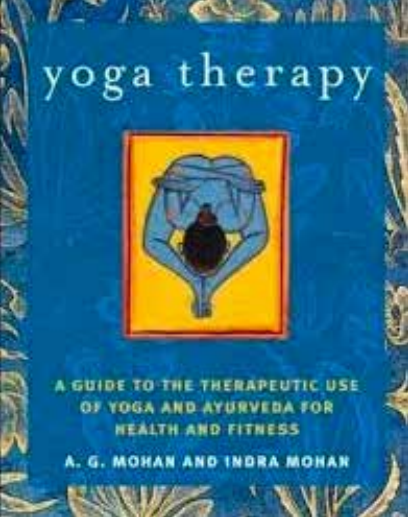
- 19 May-18 August 2019: online study via [yogaknowledge.net](http://yogaknowledge.net)

### Certificate of Completion

- Issued on completion of 3 week training, and submission of written assignment.

### Payments

- Pay in full by 1st March to receive early-bird discount.
- Pay deposit upon acceptance of your application to secure your place.



## Reading List

It is a requirement of attending the training that you familiarise yourself with the Mohans' work. The Mohans' books Yoga Therapy and Yoga for Body, Breath & Mind are used around the world in yoga and yoga therapy teacher trainings as source texts for course content. A benefit of training with the Mohans is you learn directly from the authors! All of the Mohans' can be purchased directly from Kookaburra Yoga, or online through Amazon and Book Depository.

**You're required to read these two books prior to the training:**

- **Yoga Therapy: A Therapeutic Guide to Yoga and Ayurveda for Health and Fitness.** A.G. Mohan, Indra Mohan, Dr. Ganesh Mohan, Nitya Mohan.
- **Yoga Reminder: Lightened Reflections.** A.G. Mohan, Dr. Ganesh Mohan

Other titles by the Mohans which are recommended for you to read are:

**Yoga for Body, Breath, and Mind: A Guide to Personal Reintegration.** A.G. Mohan. Foreword by Sri. T. Krishnamacharya.

**Krishnamacharya: His Life and Teachings** A. G. Mohan with Dr. Ganesh Mohan

**Hatha Yoga Pradipika: Translation with Notes from Krishnamacharya** A. G. Mohan & Dr. Ganesh Mohan

**Yoga Yajnavalkya** Translated by A. G. Mohan with Dr. Ganesh Mohan

The 23 day immersion with the Mohans is a rare opportunity to study directly with contemporary masters and deepen your knowledge & experience of yoga.



## Review of 2018 Yogic Mindfulness

I came to the Kookaburra Yoga with some trepidation for the five day Yogic Mindfulness Training Course having not done a yoga retreat before and also not knowing what to expect. The five days spent at the centre will remain a beautiful part of my life. The Mohans of “Svastha Yoga” are well known teachers and their course was fantastic to say the least.

The residential aspect of the course was amazing. I stayed in the little wooden cabin next to the pond. The full moon nights and the company of the birds, frogs and roos was magical. Mandy took good care of the food served and kept the environment clean and very conducive to help us focus on self development, meditation and yoga.

The retreat itself is fabulous. The early morning walks in nature and the time spent in reflection and practice of yoga and meditation was absolutely divine. The company of the participants, the range of books to read and the vegan food and the endless cups of ‘chai’ all contributed to a magical experience.

The program was highly beneficial and I can see how I can incorporate Yogic Mindfulness into my family life and professional life as a paediatrician.

I hope to come back to the Teacher training programme with the Mohans next year. This will be the one yoga course to attend. It will be a fantastic experience learning yoga under the direct supervision of the masters.

*Naveen, Auckland, New Zealand, Sept 2018*



## Program Venue

The 23 day program is to be held at the serene Kookaburra Creek Yoga Centre in Bedfordale in the hills of Perth, Western Australia. A wood and glass yoga studio built according to vastu shastra (vedic architectural principles) and on-site retreat centre nestled amongst the trees this is the perfect venue to immerse yourself in the teachings and program.

The centre is approximately 40 minutes or less from most places in Perth and 30 minutes from Perth International Airport. The nearest train station is Armadale which is a 5 minute Uber ride or a 30 minute walk.

Kookaburra Creek is an ecofriendly venue and a working example of sustainability – run on solar, spring-fed water sources, with organic, vegetarian food gardens, and earth and animal friendly living spaces in harmony with the natural world.

During the program breaks you are welcome to enjoy bush walks on the property where there is much native flora and fauna including towering marri trees which are home to red tailed cockatoos, kookaburras and owls. There are many native marsupials including kangaroos, and abundance of frogs, lizards, bees and everything which contributes to a thriving ecosystem!

Address: Kookaburra Creek Yoga Centre  
210 Carradine Rd, Bedfordale Western Australia 6112  
Website: [www.kookaburrayoga.com](http://www.kookaburrayoga.com)



## Accommodation Options

The program is open to participants staying off-site and also those who would like to live on-site during the program - which is a wonderful opportunity to live in a supportive, ashram-like environment with a shared focus. Residential guests participate in seva (volunteering) and also mouna (silence in evenings & early morning) to contribute to the harmony and inward focus required by the program. A simple nutritious vegan breakfast and dinner will be provided daily. Guests can also attend scheduled yoga classes at the centre in the evenings free of charge.

There are only a limited number of on-site accommodation places staying in spacious, shared rooms; in small enclosed gazebos on the property; or camping in your own tent/campervan on-site. The retreat centre has been recently refurbished to provide a comfortable, serene and safe environment for guests. Please book early to reserve a residential space on-site as these will fill quickly.

The training program is also suited to Perth residents who can stay in their own homes, and visitors who stay off-site in the accommodation of their choice. Nearby there are lovely rooms and homes on AirBnB – book early so you don't miss out. Nearby there are also self-contained chalets at Avocados Chalets, Roleystone (8 minutes drive).



## Food Options

Our vegan chef will be on-site with daily offerings of incredible plant-based morning teas and lunches. We highly recommend choosing the Food Package when booking as it is healthy, nutritious and allows you more valuable time each day to be immersed in the program content without worrying about other responsibilities. The food is nourishing and delicious, prepared fresh with care and attention to detail, and can be enjoyed in the beautiful gardens or indoor spaces of Kookaburra Creek. Always gluten and sugar-free, all allergies and intolerances can be catered for.

The cost of the morning tea and food package is \$20 per day and must be booked and paid for in advance of the training. (\$420 for the whole program)

Alternatively you can bring your own lunch each day, or head down to the quaint Organic Circle Cafe (5 minutes drive).

# Program Cost

## **\$4,000 AUD Early-bird/Upfront**

\$500 deposit secures your place. Balance of \$3,500 must be paid in full 8 weeks prior to the program (by 1st March).

## **\$4,500 AUD 12 Month Payment Plan**

Pay for your training over 12 months from time of booking. \$500 deposit secures your place. Then monthly payments of \$334 for 12 months. If you select the accommodation/meals options this can be added to your monthly payment amount.

## **Payment Terms**

Your \$500 deposit is payable once your Application is accepted. This reserves your place and is your commitment to attend and is therefore non-refundable. If you cancel before the 12 March all payments made will be refunded (other than your non-refundable deposit).

## **Price Includes**

- 23 day training with the Mohans
- 3 months online education
- 1 to 1 mentoring session with the Mohans
- Comprehensive training manual
- Internationally recognised Teaching Certificate (Yoga Alliance 200 HR)

# Other Costs

## **Residential Accommodation Package 26 April - 19 May with Daily Breakfast & Dinner + free attendance at evening yoga classes**

- \$2,000 23 nights accommodation in shared room
- \$1,600 23 night camping in own tent/campervan with own linen

## **Catered Morning Tea & Lunch Meals Package**

- \$420 Lunch & Morning Tea Meals Package for 21 days - \$20 per day (for both residential and non-residential participants)

*\*\$500 deposit for the residential package, payment plan available*

# Application Process

You will need to complete the Application Form in this Prospectus or online at <https://www.kookaburrrayoga.com/mohans-yoga-teacher-training-2019.html> which will assist us in determining if this training is suitable for you. All information you provide will be kept confidential. This information will help us to best serve you during the training.

Once your application is accepted, you can proceed to book on the Kookaburra Yoga website. The booking process requires a deposit of \$500 to secure your place.

## Agreement

As part of the application process and before participating in this program you'll need to agree to the Terms and Conditions of attendance.

## Terms & Conditions

1. During the training you'll receive many unpublished notes and lectures which are the culmination of decades' study and work. Any notes distributed or taken by hand during the training are for your personal use and to inform your own thinking and teaching. They are not to be published or distributed without acknowledgment of the authors and without the written permission of A.G. Mohan.
2. All participants are expected to conduct themselves respectfully and appropriately, and to honour and respect the space, other participants and most importantly the facilitators. Anyone disruptive may be asked to leave the training.
3. Kookaburra Creek is a peaceful and sacred place. There is a strict no meat, smoking, alcohol or drugs policy. Please do not bring these items onto the property or consume them anywhere on the property (including outdoors).
4. To receive the Early-bird Price you must pay the full amount by the required date [12th March]. If your payment is not received by this date the full price of \$4,500 is payable.
5. If you choose to pay by monthly installments, you must ensure funds are available in your nominated account. In the event a deduction is declined a daily fee of \$5 is charged until the payment is successfully received.
6. To receive your Teaching Certification you're required to attend the full 23 day program.

# Application Form

**Please complete this form and email your answers to [info@kookaburrayoga.com](mailto:info@kookaburrayoga.com) or complete the web-form online at <https://www.kookaburrayoga.com/mohans-yoga-teacher-training-2019.html>**

I wish to apply for the 2019 Svastha Yoga 200+ hour teacher training which includes a program which leads to a teaching qualification in;

- The Hatha Yoga of Krishnamacharya
- Yogic Mindfulness

## Personal Details

Name: \_\_\_\_\_

Gender: \_\_\_\_\_ D.O.B.: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

**Please answer these questions. You may answer on a separate sheet.**

1. Describe your yoga experience. Please include teachers you have studied with and the methods or types of yoga which have been influential to you.

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2. How long have you been practicing yoga? \_\_\_\_\_

3. Please describe your yoga practice; include content of practice and length of time spent on your daily personal practice. This can include asana, breathing, meditation or other practices you consider yogic.

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4. Are you already teaching yoga formally or informally? Please give details of your teaching experience and how long you have been teaching. Include the type of students and environments you have worked with. (e.g. beginners, seniors, special needs, meditation, friends or family).

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5. What is your educational background? (Please include any yoga training as well as other schools/qualifications you have attended and degrees or certificates received).

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6. What do you feel your main strengths and weaknesses are as a yoga practitioner and/or teacher?

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7. What is your intention for taking this training? Please describe why you want to be a yoga teacher, or why you wish to gain a deeper understanding of yoga & yourself through this training.

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8. Do you currently or are you considering offering a yoga teacher training program? If so please provide details.

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9. What are your expectations upon completion of this training?

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10. Do you have any physical or emotional conditions which could affect your participation in this training?

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11. Are you currently taking any medications? Please specify.

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I have read and agree to the terms and conditions of attending this training.

Please circle. Yes / No

I have answered these questions honestly and submit them as my application to this training. Please circle Yes / No

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

WORLD YOGA DAY - JUNE 21

# Yoga — for health, longevity and peace

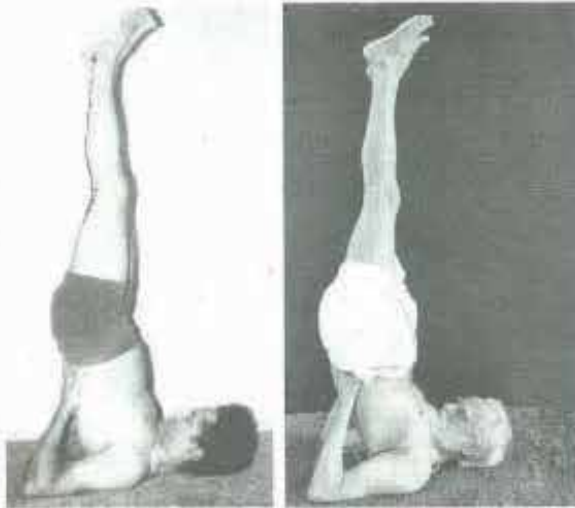
That was centurion Krishnamacharya's mantra. Prime disciple A.G. Mohan echoes it

GEETHA VENKATARAMAN

Engineer-turned A.G. Mohan and his wife Indra have dedicated themselves to the propagation of authentic yoga. Acknowledged by the late Krishnamacharya as his successor, Mohan has authored several works, which underline the legend's principles. A co-founder of the Krishnamachari Yoga Mandiram, Mohan has been invited to several forums across the world to make presentations. The entire family comprising wife Indra, son Dr. Ganesh and daughter Nithya curated the European Yoga Congress, 2016, which took place at Zinal, Switzerland. Mohan, who co-authors with Dr. Ganesh the fortnightly column, 'Mind Your Yoga,' of this supplement, speaks of the relevance of Yoga and its essence. Excerpts from an interview:

**There has been a spurt in the awareness regarding yoga in the past decade. How do you look at this interest?**

• With happiness! When I started studying yoga with my teacher, the great yogi of the last century, Sri Krishnamacharya in 1971, very few



Formerly paralysed A.G. Mohan doing Viparitanakrami in 1973 and now. (Below) Mayurasana

were interested. I was an engineer and management professional by training, and even my brothers were taken aback that I was devoting myself to yoga studies and teaching! Krishnamacharya, the teacher of BKS Iyengar, and others tried to propagate yoga in the earlier part of the 20th century, but it is only in the 21st century that yoga has become so popular worldwide! I think this is a profound positive development for the well-being of people and for society as a whole.

**Is Yoga a panacea for all ailments?**  
From obesity to depression, yoga seems to be prescribed as an answer. Your thoughts on that.

• Yoga is not a panacea in that it cannot cure all diseases, and especially not acute conditions. But yoga can certainly help with great many chronic diseases, including obesity and depression! It is not just the asanas that are helpful, but the holistic approach of mind-body connection that is in the framework of yoga itself. Yoga incorporates a variety of practices: movement, breathing, meditation, sound, lifestyle changes and more. However, it is essential that yoga should be customised to the need and purpose of the individual.

**Breath is the pivot of Yoga. Expand**

• Breath is the key link between body and mind. Effective breathing brings health to our organs, balances the nervous system, and calms the mind. The traditional practices of yoga lay great emphasis on the importance of breathing in the form of pranayama. The ancient practice of meditation with the Gayatri mantra was traditionally done along with pranayama. In my teacher Krishnamacharya's approach, breathing was a central component in asanas too.

**The importance of a guru in the learning**

• The role of the guru is important, but so is the role of the student. The path of yoga is one of self-transformation. The role of the guru is to provide knowledge, guidance and inspiration. But it is the student, who must create the personal change through his or her own practice and knowledge. All my personal learning with Krishnamacharya was individual, on a one-to-one basis, over two decades (1971-1989). Some theory or philosophy lectures were in a very small group. This would be ideal, but is difficult in today's world. One to one would be best, especially when yoga is used therapeutically. Besides, it is about the teaching being personalised and relevant to each student. A personal yoga class is not just teaching individually the same things that the teacher delivers in a group!

**What is the relevance of meditation in the context of yoga?**

• My teacher Krishnamacharya used to say that even the practice of asana should have mental control. Yoga should start with dharana or the practice of keeping the mind steady. In that sense, yoga is inseparable from mindfulness and meditation. Of course, this does not mean that we can do yoga only if we can sit for an extended time in meditation. It means that we must bring stable, calm and comfortable attention in all the practices of yoga, whether it is asana or pranayama. In time, we will be able to sit for longer periods in meditation with a calm and clear mind.



**In those days, rishis, who practised yoga, had a conducive environment to do so. How realistic is it in today's world of pollution and distractions?**

• This is why it is all the more necessary to practice yoga now! Modern life has many conveniences. Though there are many distractions nowadays, the material quality of life we have now has been improving. The distractions we face are often of our own making! If we choose to find quietness in our homes, we certainly can. Yoga is not about retreating from life as an escape. It is about cultivating stillness wherever we are.

It is worth spending time on calming the mind. We can take our attention away from our phones and place it on our body, breath, and thoughts! The gadgets can actually help us practise yoga. We can set reminders. We can play recordings of our mantra. In fact, I have on my phone the recordings that I did along with Krishnamacharya of Vedic chanting, the Gayatri mantra and more, as far back as 1984 when he was 96 years old! I can listen to them whenever I want, which was very difficult in those days. Opportunities are more in modern times to practise yoga if we choose to and know how to!

**You were close to Sri**

**Krishnamacharya. What was his theory regarding the practice of yoga all those decades ago? For instance, why did he think people should practise yoga? Did he spell out benefits?**

• Krishnamacharya would have been very happy to see the spread of yoga, had he been alive now. He wanted to see yoga taught in schools and in as many places as possible. All that is gradually happening now. I was the convener of Krishnamacharya's 100-year celebration function. Following that, in one of my last classes with him, I asked him privately, "What is important in life?" He replied simply, "Health, longevity and peace of mind." He was always of the opinion that yoga could give us all of them.

**Have we come far away from the core? How can we get back?**

• Yoga has spread wide and far, and that is good. But as with many other fields in modern times, yoga has also become a commodity and a marketing buzzword. There are advertisements for yoga classes where you can 'drink' and do yoga at the same time nowadays. How this would lead to the mind being calm and steady is a mystery!

Some yoga classes are just exercise



## Where women differ

Indra Mohan says: "The practice of yoga is primarily aimed at steadying the mind. The mind has no form. Therefore, the practice of pranayama and meditation may be similar to men and women, but the body has a form and it differs according to the gender. Hence the practice of asanas needs to be appropriate for women."

\*With the growing popularity of yoga, we find more and more women practitioners of varying age groups worldwide. This is to be appreciated, but at the same time, women need to be aware that the practice needs to be adapted to their age and phase in life. The natural process of growth, change and decline are common to men and women. However, women experience these changes more intensely at times of hormonal changes from menstruation to menopause. For the practice of asana is not just the physical act of the postures but also using them to progress toward a calm mind within. And this can happen only if we cultivate mindful awareness of the body, discrimination on what is healthy and balanced reflection on the bigger picture in the asana practice itself."

or fitness classes, with not much self-awareness or steadiness of mind. At one level, it is still good as people are exercising and that is beneficial to health. At a deeper level, they are missing out on the core integration and steadiness that yoga can bring to their lives if the teachings do not incorporate the holistic approach of the yoga of the ancient sages. It is important to propagate the message of yoga, but it is also important to see that it is wise and comprehensive. Only then will practitioners see deep and lasting well-being and peace of mind arising reliably in their lives.

**What is the connection between yoga and Ayurveda?**

• Yoga and Ayurveda are founded from the same roots and related in their aims. The goal of ayurveda is the state of svastha — balance in the doshas or body functions, balance in the body tissues, healthy metabolism, clear and pleasant state of the senses, mind, and self. The steadiness of mind and transformation that yoga teaches us is also based on the state of svastha. The healing methods of Ayurveda and self-transformation of yoga are deeply supportive of each other.

**Is Yoga related to religion?**

• The yoga of Patanjali is not synonymous with the religion of Hinduism and its many branches. It is a state of absolute calmness of the mind. Yoga can be practised along with any religion. Practise when you understand clearly, says Yogasutra, and your practice will be more effective.

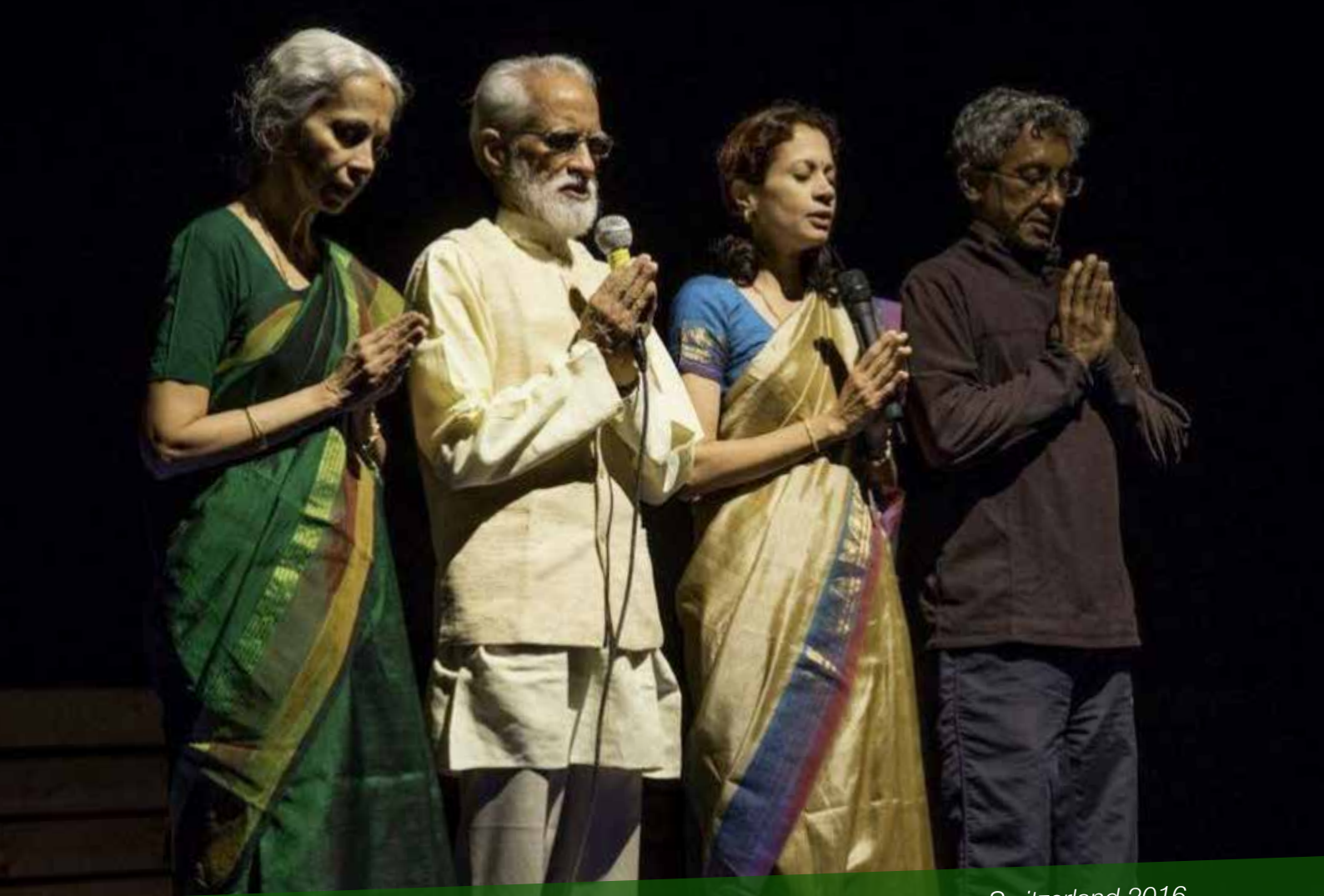
## Time with Guru

"I began my study with

Krishnamacharya in 1971, which continued till his demise in 1989," says A.G. Mohan. The association opened the door, among many things, to Yoga therapy, Yoga Yagnavalkya, Hatha Yoga Pradipika and the Bhagavad Gita. Vedic chanting, pranayama and Ayurveda were among the many areas master and disciple covered. Regarding hatha yoga, Mohan says, "this period of study (1981-82) were illuminating years later... at that time I did not understand the nuances, which became clearer." Classes on at least three topics would be going on simultaneously.

Krishnamacharya's demise brought a shift in Mohan's approach. Mohan had started compiling key principles from Krishnamacharya's teaching in his book, Yoga, Body, Breath and Mind. The preceptor had provided a foreword for it. The book was published in 1993. The translation of Yoga Yagnavalkya into English was another landmark in his journey. "This was necessary in order to reach a wider audience," explains the author. He worked with son Dr. Ganesh to bring out a revised edition in 2013. "I still continue to learn, reflect and practise every day. Krishnamacharya said that learning should never stop," says Mohan.

Yoga Knowledge.net is an online learning platform devoted to the dissemination of knowledge of yoga and other related disciplines through short, easy to understand video talks, presented by A. G. Mohan and Indra Mohan. To contact write to info@svastha.net



*The Mohans were Guests of Honour at the European Union of Yoga Conference, Switzerland 2016*

## Apply/find out more

- More information about the Mohans: [www.svastha.net](http://www.svastha.net)
- More information about the training & venue: [www.kookaburrayoga.com](http://www.kookaburrayoga.com)
- Apply online: [www.kookaburrayoga.com/training/svasthateachertraining](http://www.kookaburrayoga.com/training/svasthateachertraining)
- Sign up for Online Education with the Mohans: [www.yogaknowledge.net](http://www.yogaknowledge.net)



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