

VINIYOGA® TEACHER TRAINING PROGRAM

IN THE CLASSICAL TRADITION OF T KRISHNAMACHARYA & TKV DESIKACHAR



Self-Empowerment & Transformation

Through Body, Breath, Mind & Spirit



VINIYOGA®

UK BATCH | DORCHESTER | 2026 - 2029

I. INTRODUCTION

To become a Yoga teacher is to step into a path of responsibility, enquiry and transformation. It is an opportunity to engage deeply with one of the most ancient and sophisticated disciplines of human understanding, a tradition that is both philosophically profound and practical in daily life.

Yoga, one of the six classical Darśanas of India, offers a holistic framework for well-being by integrating body, breath and mind. Through sustained study and practice, we develop clarity, resilience and self-awareness. We learn to recognise and express our inherent potential with discernment and social responsibility, while cultivating steadiness amidst the demands of modern life.

More than a collection of techniques, Yoga is a process of inner refinement. It supports physical vitality, emotional balance and psychological stability, while guiding us towards deeper insight and self-knowledge. In doing so, it invites us on a journey towards the heart, the inner source of wisdom and creativity. Through this process of self-understanding, we become capable of guiding others. The teacher of Yoga does not impose change but facilitates growth, supporting individuals in discovering their own strength, balance and clarity.

Ultimately, Yoga teaches both individuality and interconnectedness. It refines our uniqueness while reminding us that we are part of a greater whole, distinct threads woven together in shared purpose and universal spirit. Yoga, when approached traditionally, becomes a lifelong journey of self-study (svādhyāya), refinement, and meaningful contribution.

II. THE TRADITION

Professor T Krishnamacharya revitalised the ancient teachings of Yoga for the modern world, emphasising that Yoga must always be adapted to the individual.

His son and student, T.K.V. Desikachar, continued this work — shaping what is now globally known as the **Viniyoga® tradition**.

Distinctive features of this lineage include:

- Intelligent adaptation to the individual
- Integration of multiple Yoga tools
- Breath-centred movement
- Strong emphasis on classical texts
- Personal mentoring
- Ongoing continuing education

The tools used in this tradition include: Āsana, Prāṇāyāma, Dhyānam, Mantra, Nyāsa, Mudrā, Bhāvanā, Svādhyāya, Āhāra (dietary guidance), and Vihāra (lifestyle refinement).

III. THE TRAINING PROGRAM | UK 2026-2029

This comprehensive 500-hour program is designed for those who:

- Wish to become accredited Viniyoga® teachers
- Seek structured, classical study
- Want to deepen personal practice
- Are interested in one-to-one and group teaching
- Value mentorship and lineage integrity

Graduates will be certified to teach Yoga in group and non-therapeutic one-to-one settings.

IV. COURSE STRUCTURE

The training spans **three years (April 2026 – April 2029)**.

It combines:

- In-person modules
- Regular weekend intensives
- Personal practice development
- Mentor meetings
- Assignments & presentations
- Observed teaching
- Self-study
- Practicum experience

Approximate Classroom Hours: 500 Additional Guided Study & Practice: Structured throughout program

V. COURSE OUTLINE

Rooted in the teachings of T. Krishnamacharya and T.K.V. Desikachar, this three-year Viniyoga® Teacher Training offers a structured and immersive study of Yoga as a living tradition.

This programme will:

- Provide in-depth study of the Yogasūtra of Patañjali and key classical foundations
- Train participants in the theory and application of Āsana, Prāṇāyāma and Meditation
- Develop skill in structuring safe, breath-led and intelligently sequenced practices
- Cultivate observation skills and clarity in teaching
- Establish strong professional and ethical standards
- Support personal growth through structured self-inquiry and mentoring

Throughout the training, participants gain experiential and theoretical understanding of The Tools of Yoga: Āsana · Prāṇāyāma · Dhyānam · Mantra · Bhāvanā · Mudrā · Nyāsa · Svādhyāya

These tools are studied as an integrated system, forming the foundation for responsible and adaptive teaching. The training will be conducted in **English**.

VI. TRAINING

The syllabus is developed under the guidance of the Viniyoga Council of Academic Patrons.

Sharon Cox-Button and **Kimberley Burnham** are lead faculty, supported by **Dr. Kausthub Desikachar** and guest faculty. All follow Viniyoga Code of Ethics (see www.viniyoga.com.sg/ethics).

The course spans approx. eight weekends over three years, combining lectures, practice, home study, presentations, teaching evaluations, assignments, personal practice, and practicum. A final VIVA is required for certification.

VII. TRAINING STRUCTURE

The program will be structured in the following manner, with this **approximate** hours allocation.

Foundations & History of Yoga	History of Yoga, Darśanas, Yoga in ancient society, distinction between Yoga, religion & exercise	20 hrs
Yogasūtra Study & Philosophy	Introduction to Yogasūtra; Chapter I (Samādhi Pāda); Chapter II (Sādhana Pāda); Overview of Chapters III & IV (Vibhūti & Kaivalya Pāda)	100 hrs
Āsana Theory & Application	Theory of Āsanas; Śikṣaṇa Krama; Vikrtti (adaptations); Āsana sequencing; breath integration	120 hrs
Prāṇāyāma & Energetics	Foundations of Prāṇa; Prāṇāyāma techniques; Theory of Bandhas; integration with practice	60 hrs
Meditation & Subtle Practices	Meditation (Dhyānam); object and stages of meditation; Mantra theory & chanting; Yogasūtra & Vedic recitation	60 hrs
Observation & Teaching Methodology	Observation skills; body profiling; guru–śiṣya relationship; ethics; communication; group & individual teaching structure	55 hrs
Anatomy & Applied Knowledge	Functional anatomy; overview of body systems; applied relevance to Yoga practice	35 hrs
Integrated Class Practice	Guided group practice; supervised experiential sessions integrating Āsana, Prāṇāyāma & Dhyāna	50 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.

VIII. GROUP SIZE

It is expected that the training batch will have a size of approx. 16 participants. In the event we receive less than 12 confirmed registrations, the training may be postponed to a later date.

IX. PRE-REQUISITES

To ensure the best learning experience for all, applicants should meet the following:

- It is open to anyone who seriously wishes to become a teacher of Yoga.
- Participants must have practiced Yoga for a duration of 6 months, although a year's practice is recommended.
- Graduates from other yoga traditions will be considered if their total training equals 300 hours.
- Participant is mentally and emotionally stable and is willing to embark on a journey of personal transformation involving self-reflection and self-empowerment.
- Participant is an adult of at least 18 years of age.

X. SUPERVISED TEACHING

As part of your training, you will complete at least 25 hours of supervised teaching in an approved setting—such as a clinic, classroom, community venue, or other agreed location—under the guidance of your Trainer or assigned Mentor. Supervision can be face-to-face, online, or by phone and may include both observation and discussion of your Yoga Teaching. All supervised sessions must be documented appropriately. These records form a key part of your final evaluation.

XI. WORKING WITH A MENTOR

Mentoring is at the heart of this program, following the traditional one-to-one teaching method. Your mentor will:

- Adapt your learning to your evolving skills and needs
- Support your personal Yoga practice
- Help you develop your unique strengths as a teacher
- Provide a safe space to address questions and challenges in your training or professional work

If you already have a Viniyoga-recognised mentor, you are encouraged to continue with them. If not, we will help you connect with a suitable mentor.

You should plan for around 18 hours of mentor contact over the full training—mostly in person, with some meetings conducted online.

Mentors may also meet with you more frequently if needed and will stay in touch with your Trainer to ensure your progress is well supported.

XII. ATTENDANCE

Full attendance is expected (minimum 80% attendance required and missed sessions must be made up as advised).

Professional conduct and punctuality are always expected.

XIII. EVALUATION & CERTIFICATION

Evaluation is based on: Relationship with mentor, Personal evolution and Teaching competency

Upon successful completion, trainees receive:

Accredited Viniyoga® Teacher Certification - Certification Fee: £100 (on completion)

Valid for five years, renewable through Continuing Education. Certification structure aligns with traditional Viniyoga® standards

As certified Yoga Teachers, graduates are expected to uphold the Viniyoga® Code of Ethics in all professional work. The full Code of Ethics can be read at: www.viniyoga.com.sg/ethics

XIV. 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:

Module	Overview
History of Yoga	Context of Yoga evolution in India, general review of Indian literature, Darśanas, history and definitions of Yoga, the role of Yoga in ancient society, and the distinction between Yoga, religion, and exercise.
Introduction & Yoga Sutras Chapter I	Introduction to Yogasūtra, study of Chapter One – the foundations of Yoga and the nature of mind (Samādhi Pāda).
Yoga Sutras Chapter II	In-depth study of Chapter Two – practice and discipline (Sādhana Pāda).
Yoga Sutras Chapter III	Overview of Chapter Three – the process of transformation and higher states of awareness (Vibhūti Pāda).
Yoga Sutras Chapter IV	Overview of Chapter Four – the nature of liberation (Kaivalya Pāda).
Theory of Āsanas: Introduction	Definition and benefits of Āsana practice, classification of postures, and the role of breath in practice.
Śikṣana Krama and vikṛtti of each āsana	Classical techniques of key Āsanas (Śikṣaṇa Krama) and adaptations for individual needs (Vikṛtti).
Āsana Course Planning	Principles of Āsana sequencing and structuring practices for different effects and functions.
Foundation of Prāṇāyāma Practice	Concept of Prāṇa, definitions and purposes of Prāṇāyāma, prerequisites and components, and practical application of Bandhas and Mudrās.
Theory of Bandhas	Understanding the role and principles of Bandhas in breath and energy management.
Observation Skill	Developing observation of different body profiles and making effective adaptations in group and individual settings.
Teaching Methodology	Exploration of the teacher–student relationship (guru–śiṣya), ethics, class structure, communication, and presentation skills.
Meditation (Dhyānam)	Definition, process, and stages of meditation in Yoga; types and purposes of meditative practice.
Mantra and Chanting	Purpose, benefits, and techniques of chanting; understanding Mantra, Vedic and Yogasūtra chanting, and their application.
Anatomy	Overview of key human body systems and functional anatomy relevant to Yoga practice.
Class Practice	Guided and supervised group and individual practices integrating Āsana, Prāṇāyāma, and Dhyāna techniques.

Kindly note, the curriculum may be upgraded from time-to-time 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.

XV. DATES FOR THE TRAINING

This UK batch of the Yoga Teacher training will begin in the Spring of 2026. The following are the approximate dates of the training weekends in the first year. The exact dates will be communicated with the acceptance letter.

YEAR	MODULE	DATES
2026	Weekend 1	3 to 6 April 2026
2026	Weekend 2	9 to 10 May 2026
2026	Weekend 3	11 to 12 July 2026
2026	Weekend 4	5 to 6 September 2026
2026	Weekend 5	9 to 12 October 2026
2026	Weekend 6	21 to 22 November 2026
2027	Weekend 7	Early February 2027 TBC
2027	Weekend 8	6 to 7 March 2027

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

XVI. INVESTMENT

The schedule of payment is presented as follows.

Description of Fee	Fee	Due date
Registration Fee (on acceptance)	£ 100	Following acceptance
Yearly (3 instalments)	£ 1200	1 April - 2026, 2027, 2028
Quarterly (12 instalments)	£ 300	1 April, 1 July, 1 October, 1 Jan – 2026, 2027, 2028
Monthly (36 instalments)	£ 100	1 April and every 1 st of month thereafter until 1 March 2028
Certification fee	£ 100	Prior to certification
Total fee	£ 3800	

The costs mentioned above covers tuition and Viniyoga certification only. Does not include mentoring, travel, lodging, books or make-up sessions costs.

Payment Commitment & Withdrawal Policy (Year One)

Upon acceptance onto the training, students commit to the full payment of the first year of training, regardless of the chosen payment plan (annual, quarterly, or monthly).

If a student chooses to withdraw from the course within the first 12 months, the full Year One fee remains payable. This reflects the costs already incurred, including course administration, faculty time, venue hire, training materials, and planning commitments made on the student's behalf.

In addition, where the Subtle Anatomy of Yoga seminar (or any other mandatory or included seminar) has been attended, booked, or allocated as part of the training, the full seminar fee will be payable and is non-refundable, even if withdrawal occurs part-way through the year.

Fees already paid are non-refundable and any outstanding balance for Year One and associated seminar costs will remain due following withdrawal.

In exceptional circumstances (such as serious illness or significant life events), requests for review may be submitted in writing and will be considered on a case-by-case basis. Any concessions granted are at the discretion of the course organisers and do not set a precedent.

XVII. VENUE

The training program is scheduled to be conducted at the following venue:

Dorchester Yoga and Therapy Centre

14 Trinity Street
Dorchester
Dorset
DT1 1TU

XVIII. ACCOMMODATION

Participants are expected to arrange their own lodging; many Airbnb and hotel options are nearby.

XIX. APPLICATION PROCEDURE

Participants must complete the enclosed application form and send it on or before **31 March 2026**.

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.

XX. MORE INFORMATION

For any additional enquiries, kindly contact

Trainer: Sharon Cox-Button
Email: scoxbutton@gmail.com
Mobile: +44 7742 821937

Trainer: Kimberley Burnham
Email: kim@km-yoga.com
Mobile: +44 7990 978949

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 - <http://www.km-yoga.com/teacher-training-uk-2026-apply>

Alternately, if you would prefer to handwrite the application, please print pages 8-11 of this brochure and fill it out in a neat handwriting. Then scan it and send it to us by email (info@dorchesteryoga.co.uk) or send it to Sharon or Kim at address mentioned earlier.

Please note: Early application is strongly advised as spaces are limited and the course fills quickly.

APPLICATION FORM

VINIYOGA® TEACHER TRAINING: 2026-2029: UK BATCH

First Name	
Last Name	
Date of Birth	
Gender	
Address	
City	
Post Code	
Phone	
Email	
Name Of Mentor (If Applicable)	
Highest Qualification	
Occupation	

Please answer the following questions as clearly as possible.

1. Please tell us something about your background, in detail.

2. Are you currently engaged in learning or teaching Yoga? If so, kindly provide us some more information about it.

3. What is your understanding of Yoga?

4. Why have you chosen to apply for the Viniyoga® Teacher Training Program?

5. What are your expectations from this course? In what way will completing this course contribute to your life personally and professionally?

6. Have you completed other yoga qualifications or courses? Please list with dates and duration.

7. How will your resources of time, finances and family help you to complete this three-year course? Please explain.

Will any of the above impact your training?

8. Are you engaged in any form of spiritual practice, religious or non-religious? If so, please explain.

9. Can you share an example (or two) of a time in your life when you have faced a difficult situation and how you coped with each situation?

10. Anything you need to disclose that would prevent you from working with individuals in group classes and/or a 1:1 setting?

11. Have you suffered/are you suffering from any other major health problems? Please list them and let us know what treatment(s) you were/are undergoing for the same.

12. Once you have completed this training, would you be able to commit yourself to continuing education to maintain your certification?

DECLARATION

I declare that I have read the prospectus and the application form for the **Viniyoga Teacher Training Program | UK Batch | 2026-2029** carefully, and I agree with its general rules and policies. I also understand and accept that Dorchester Yoga & Therapy Centre, KM-Yoga and Viniyoga sg can change or modify any of its policies without prior notification, during the tenure of the course, and even afterwards.

I 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 the training body as final.

Signed: _____ Date: _____

Recommended Reading List

Essential:

*Truth Unclouded by Dr. Kausthub Desikachar

*Patañjali's yogasūtra-s - Media Garuda

Useful but you do not need your own copy:

*The Haṭhayogapradīpikā | Jyotsnāyuta

*The Yogarahasya of Nāthamuni

*The Heart of Āsana by Dr. Kausthub Desikachar

*Yoga Makaranda by TKV.Desikachar

*The Heart of Yoga by TKV.Desikachar

*Health, Healing, and Beyond: Yoga and the Living Tradition of T.Krishnamacharya by R.H. Cravens and T.K.V. Desikachar

*The Yoga of the Yogi by Dr. Kausthub Desikachar

Subject

Philosophy of Yoga

Chanting

Haṭhayoga

Application of Yoga and Yoga Therapy

Āsana

Background of the Viniyoga Tradition