

## **SUMMARY OF MINUTES**

**CYAI Meeting - June 21, 2013  
Hosted by Portuguese Yoga Confederation  
in its Headquarters, Lisboa, Portugal**

**Meeting from 2:15 pm to 5:50 pm**

### **1. SECRETARY'S REPORT**

The Secretary presented financials from the inception of the organization. He also gave the update on membership, membership dues and new membership applications being processed, and the prospect of expanding membership through the help all the current members.

The web site was also reviewed and some suggestions were noted to enhance the search features in the list of certified individuals from each institution.

### **2. STATUS OF ACTION ITEMS PROPOSED IN DECEMBER 2012**

#### **(i) Mutual Audits for Charter members and AHYMSIN**

Group 2 consisting of AHYMSIN, Portuguese Confederation, Yoga Institute, Amrit Yoga, Life in Yoga & ICYER having reviewed the submission of Kaivalyadhama and SVYASA from Group 1 made their recommendations and the following resolution was approved.

***RESOLUTION 1 - SVYASA and Kaivalyadhama are unanimously approved as having completed the mutual audit process.***

Other Group 1 members had not made their submissions.

Group 1 consisting of SVYASA, Kaivalyadhama, Yoga Life, KHYF, DSVV that was being coordinated by Dr. Nagendra had received submission from many Group 2 members, but had not had an opportunity to distribute, discuss and provide their final recommendations.

#### **(ii) Certificates**

It was suggested that besides certificates for individuals who are certified by a member institution, the institutions should also be issued a certificate. There was a suggestion that we needed a better logo as well. Certificate templates and logos are to be presented soon to the membership for approval.

#### **(iii) Certified List Submission**

Only the Portuguese Yoga Confederation has submitted their list to date.

### **(iii) Certification Renewal**

We went back once again to agreeing that CYAI will be responsible for certification renewal after the first certification is processed for CYAI listing by the Institution.

***RESOLUTION 2 – CYAI will be responsible for all renewals of certification, once the initial certification is recorded with CYAI – passed unanimously.***

### **(iv) Certification Levels and Standards – Clarity on some issues**

PRACTICUM - While all certifications are based on competency and while there is adequate guidelines on content in our by-laws, the degree of actual practice (teaching practicum or therapy practicum) was not noted. Based on standards of Kaivalyadhama and SVYASA, the following standards for practice at the three levels were agreed as generally applicable to all:

(a) AYI – 20 hours; (b) AYT – 200 hours; (c) Therapist – 1,000 hours (may correspond to about 50 to 100 patients successfully healed). Integrity of Institution to monitor and validate quality is important.

***RESOLUTION 3 – The practicum requirement for AYI, AYT and the Therapist levels are unanimously passed as 20 hours, 200 hours and 1,000 hours respectively and may be translated into number of sessions or patients treated as reasonably appropriate.***

MASTERS AT PORTUGUESE CONFEDERATION - In December 2012 meeting, it was apparently agreed that Masters level from 14 years of work and exams at Portuguese Yoga Confederation would qualify for an application for Masters of CYAI. This was missed out in Minutes and has been noted in these minutes.

***RESOLUTION 4 – It was unanimously agreed that those in Masters level of Portuguese Yoga Confederation having undergone 14 years of high level training would qualify to apply for Master recognition of CYAI.***

### **(v) Masters and Fellows – Process and Moving Forward**

It was agreed that it was not practical that any yogi would forward an application for these and therefore it had to be a nominated process. Therefore there was a resolution to immediately appoint four Fellows who will take the responsibility of moving forward the inclusion of additional Fellows and Masters.

It was noted that we are establishing the first body of Fellows consisting of Dr. Nagendra, Swamiji, Yogacharya Amritji, and Shri OP Tiwari, with Dr. Nagendra as the coordinator/chair to bring a list of people with a descriptive paragraph with recommendation for Masters or Fellows.

***RESOLUTION 5 – Yogacharya Amrit Desai, Swami AmrtaSuryananda, Dr. HR Nagendra and Shri OP Tiwari are unanimously recognized as Fellows of CYAI having a track record of enormous contribution to yoga and awakening of their Prajnaya.***

***Yogacharya Amrit Desai is the founder of Kripalu and Amrit Yoga in the United States and has trained over a 1,000 teachers of yoga. His spiritual experience of yoga ended up in the concept expressed by him as meditation in motion, and his awakened intuitive abilities have helped in deeper understanding that has had therapeutic impact for many of his students. With the wide recognition by many, he is deemed a Fellow of the Council for Yoga Accreditation International.***

***Swami Amrta Suryananda is the founder and head of the Portuguese Confederation of Yoga, and over the last 42 years has helped set up 36 centers in Portugal while evolving the highest quality yoga training program in the world. His spiritual elevation has not only found the presence of MahaShakti in the Lady of Fatima, but has also proven to give guidance for therapeutic use of yoga. His spiritual standing is best conveyed by the quality of his students and his influence in Europe. Thus he is deemed a Fellow of the Council for Yoga Accreditation International.***

***Dr. HR Nagendra, the key architect of Swami Vivekananda Yoga Anusandhana Samsthana in Bengaluru, India, has created a research and educational institution of yoga focused on yoga therapy research, while awarding a wide range of degrees from certifications to PhD degrees. Several of his students have experienced his ability to sense people and their blockages by holding their hands, and recommend suitable ways to address their problems. Through his insights and knowledge of the shastras, he developed Cyclic Meditation (and SMET) based on the Mandukya Karika, Advanced techniques based on PYS and other texts of yoga- PET, MSRT, MEMT, MIRT, VISAK and ANAMS to take the participants to deeper realms of mind ( consciousness or Prajna) to use the inherent power in those layers to be brought forth to strengthen the immune system to deal with dreaded diseases as Cancer on one hand and to promote positive health.***

***His contribution to the world of yoga noted above along with several affiliated groups all over the world qualifies him as a Fellow of the Council for Yoga Accreditation International.***

***Shri OP Tiwari is recognized as the virtual successor of Swami Kuvalyananda. While he is known worldwide, one area of great contribution has been his leadership is to bring yoga into the health and education system of India, working through the Government of India. Even from the very beginning he was attached to the Nature Cure Hospital in Kaivalyadhama until he became the Secretary of Kaivalyadhama in 1966. His depth of yoga is personified in his humility. Given the contribution to the world of yoga through Kaivalyadhama and his personal qualities and abilities, qualifies him as a Fellow of the Council for Yoga Accreditation International.***