

## Comments on draft technical document - TCI/IHS/WHO

**Title of the document :** *Draft WHO benchmarks for training in Yoga*

*Draft for comments, June 2020 (1<sup>st</sup> global review)*



### General comment(s) if any :

Written by Narendra Huebner, board member of Yoga Vidya e.V. and BYV (Berufsverband der Yoga Vidya Lehrer/innen) and member of DYV (Deutscher Yoga Dachverband)

The yoga training standards proposed by the WHO seem to be very much in line with what is currently being tried to establish as standards in India. In Germany, Europe and America (especially the USA) there are standards that have been developed and tested over decades, some of which are in international use and from which the WHO's proposals sometimes differ considerably. Therefore I assume that such new WHO standards will not become relevant beyond India.

Although the contents of the WHO proposal according to line 575/Table 4, "Basic Level", correspond to a large extent to the contents of the yoga teacher in training recognized by health insurance companies in Germany, the weighting is different in Germany (also Europe/USA). In the WHO proposal there is no reference to the requirements for Hatha Yoga classes in presence as part of the training, in Germany (also Europe and USA) this is of very high importance and receives a lot of space within the same number of hours.

The "Advanced Level" corresponds in content and scope roughly to a part-time Master's degree (MAS). However, the same applies to the weighting of the contents as for the "Basic Level".

Since by far the most yoga teachers are trained in Europe and the USA, it is not advisable to ignore the standards established there.

The general guidelines of the WHO proposal are too general or vaguely formulated, examples see below (lines 213/ 234/ 240)

The details are too narrow and leave no room for different yoga styles and traditions, example see below (line 410), examples see below (lines 213/ 234/ 240)

The comments apply to large parts of the WHO proposals; I do not consider too many examples to be goal-oriented and therefore limit myself to those mentioned.

See sheet 2

Page number	Section number	Line number	Comment / Rationale	Proposed change / suggested text	Relative Importance L= low M= medium H= high
6		213	<i>"in-depth technical knowledge of <b>all</b> Yoga practices"</i> - - Does this mean e.g. general terms like "asanas"		H

Page number	Section number	Line number	Comment / Rationale	Proposed change / suggested text	Relative Importance L= low M= medium H= high
			or actually e.g. several thousand possible asanas?		
6		234	<p>„<i>understanding systems of philosophies relevant to Yoga; various schools of Yoga which have holistic, universal concept of life, including relations between the universe and the human being</i>”</p> <ul style="list-style-type: none"> <li>- - "understanding": How deep should the understanding be? = It can mean an introductory weekend as well as several years of philosophy studies</li> <li>- - What philosophical systems? Vedanta, Samkhya...?</li> </ul>		H
6		240	<p>“<i>Knowledge of the Yogic anatomical and physiological aspects like Panchakoshas (five sheaths), Kanda</i>“</p> <ul style="list-style-type: none"> <li>- - According to Western understanding the terms anatomical and physiological refer only to the physical body (according to Annamaya Kosha) = terms must be internationally understandable and comprehensible.</li> </ul>		M
10		410 ff	<p>“<i>Conditions of Body and Mind</i>”</p> <ul style="list-style-type: none"> <li>- - The explanations exclude people for whom (possibly adapted) yoga is especially helpful</li> </ul>		H