

## 2 YEAR IYENGAR YOGA INTRODUCTORY TEACHER TRAINING 2017-2019

*“The teaching of yoga is different from any other endeavour such as the teaching of music, art or academics ... The study of yoga is an “adhyatma sadhana” (the study of one’s own self). You are supposed to explore your own self, your mind, awareness, consciousness and conscience, your whole being.”*

*Prashant Iyengar*

The Introductory Iyengar teacher training course at Lismore Yoga Studio is a two year program.

The course is designed to meet the teacher training requirements of Iyengar Yoga Australia. These requirements are specified in the Iyengar Yoga Australia 2017 Teacher Certification Handbook (<http://iyengaryoga.asn.au/wp-content/uploads/2010/07/BKSIYAA-Teachers-Certification-Handbook-2017-4.pdf>).

The information provided below is a broad outline of the teacher training course and the commitment required of participants in terms of time, energy and cost. It is not a detailed course guide.

### **About the Course**

The focus of the teacher training course is to give participants an overall understanding of the methods of teaching *asana* and *pranayama* in accordance with the method developed by B.K.S. Iyengar. The course is designed to equip students with the necessary skills to teach in the Iyengar yoga method.

The course will also benefit students who do not intend to teach, but who wish to further their yoga study and personal practice.

The course incorporates 6 interrelated areas of study.

#### **1. Develop your personal yoga practice**

Building and maintaining a strong personal yoga practice, is the most important element of successful teaching. It is essential you develop and deepen your own personal practice in order to understand and teach the subject matter.

As part of the course, you are required to attend either two *asana* classes each week or one *asana* class and one led practice, in addition to your own regular home practice (or equivalent home practice if not living close to Lismore Yoga Studio). In your own home practice, you should aim to practice four days per week for approximately one and a half hours each day.

#### **2. Learn the fundamentals of yoga asanas and pranayamas**

This area will include developing knowledge and understanding of the following:

- theory and practice of yoga asana and pranayama;
- alignment in the asanas; and
- physiological and psychological effects of asana and pranayama.

#### **3. Practice and principles of teaching asanas and pranayamas**

This area will focus on basic Iyengar yoga teaching skills and techniques, including:

- sequencing and timings of postures;
- effective delivery – clear, precise and concise instructions;
- effective demonstration of *asanas*;
- observing and correcting students;
- establishing a teaching presence;
- class control and pacing the class;
- teaching introductory pranayama;
- the use of props;
- accommodating the different needs of individuals, with an emphasis upon the appropriate use of props; and
- hands on assisting and adjusting of class participants.

#### **4. Understand yoga theory and knowledge concerning use of props, common problems in a class, class design for beginners, asanas for menstruation**

This area will include developing an understanding of:

- yoga asanas and practices for some common injuries and medical conditions, and accommodating the needs of individuals in class;
- specific *asanas* for women, such as during menstruation, pregnancy and menopause;
- the appropriate use of active, supportive and restorative postures;
- common problems and related safety issues in teaching a general class; and
- how to design and implement a 10 week beginners course.

#### **5. Knowledge of the history of yoga and yogic philosophy and Iyengar Yoga Australia's ethical guidelines for teachers**

Yoga is a discipline that requires a broad theoretical understanding of its subject.

Readings will include the standard Iyengar yoga texts, and other readings which examine the history of yoga and yoga philosophy. More specifically, students will gain an understanding of the following:

- BKS Iyengar's *Light on Yoga*;
- the Invocation to Patanjali;
- the basic concepts of yoga philosophy as described in Patanjali's Yoga Sutras;
- how the terms and concepts of Patanjali's Yoga Sutras relate to Iyengar yoga and one's own practice and teaching; and
- professional ethics, particularly as prescribed by Iyengar Yoga Australia.

This component of the course will be based mainly on assigned readings and homework set for discussion during each teacher training weekend.

#### **6. Yoga Anatomy and Physiology**

During the yoga asana theory classes, students will gain an understanding of the alignment of the body in each of the *asanas*, and become familiar with Iyengar yoga terms for various parts of the body and where they are located.

The 2017 Teacher Certification Handbook requires that to qualify for Introductory Level assessment, a student teacher must have completed 36 hours of anatomy and

physiology study in a formal recognised course that is appropriate for the teaching of yoga.

This teacher training course does not include the formal anatomy and physiology study and it is not included in the price of the course. We may be able to assist you to organise a short course locally, or you may enrol in an (approved) anatomy course elsewhere.

### **Course Duration and Time Commitment**

The teacher training course requires a serious commitment to the practice of Iyengar yoga.

The teacher training course will be taught over thirteen (13) weekend sessions beginning in September 2017 and concluding in September 2019. Attendance is also required at a 7 day retreat.

More specific details are provided below.

### **Personal Practice**

You are expected to maintain your own personal practice (approximately 1.5 hours per day, four days a week) either at home or at the yoga studio.

### **Homework**

You will be required to read a range of yoga books and prepare for class discussion about yogic philosophy for each weekend. You will also be required to submit short assignments, concerning teaching, practice, common medical conditions of students, and philosophy.

### **Weekend Program**

The timetable for each weekend is outlined below. Attendance is required at all sessions for each weekend.

<b>Time and Day</b>	<b>Subject</b>	<b>Comment</b>
Friday 5pm – 7.30 pm	Asana Class	Asanas from the Introductory syllabus and from the syllabus from higher certification levels.
Saturday 6 – 8 am	Led Practice	Asanas from the Introductory syllabus.
Saturday 9.15-11.30am (not at Studio)	Discussion	History, philosophy discussion or presentation.
Saturday 1 – 4 pm	Theory and practice	Theory of teaching and practising based on the asanas.
Sunday	Led Practice	Asanas from the

6-8 am		Introductory syllabus including the assessment sequence.
Sunday 9.15 – 11am (not at Studio)	Discussion: Remedial yoga, common questions about teaching	
Sunday 11.30 am – 1.30pm	Theory, demonstration and teaching	
Sunday 3 -5 pm	Inversions, restorative asanas, pranayama, savasana	

### **Proposed Teacher Training Dates and Retreat Dates**

The proposed dates for teacher training weekends and the 7 day retreat are

#### **2017**

8-10 September                      17-19 November

#### **2018**

26-28 January                      16-18 March                      4-6 May                      27-29 July  
31 Aug -2 Sept                      16-18 November

#### **2019**

25-27 January                      15-17 March                      3-5 May                      26-28 July  
6-8 September

The trainee is expected to attend all of the training weekends. If in exceptional circumstances a trainee is unable to attend a given module, they will discuss alternative arrangements with Julie Hodges. This discussion will be held well in advance of the module they are unable to attend.

The above dates may be changed as required (for example to accommodate assessments or other events in the national yoga calendar or to better suit the group).

### **Teacher Training Prerequisites**

A student must have studied with a certified Iyengar yoga teacher for a minimum of three years or have attended a minimum of 300 hours of Iyengar yoga classes. It is also expected that you have begun to establish your own home practice.

To commence teacher training you must be a member of the Iyengar Yoga Australia and register as a teacher trainee.

### **Assisting in Classes**

If you choose to prepare for assessment (outlined below), you will also be required to complete at least 100 additional hours of assisting the training teacher in a regular class and teaching classes under supervision. This time is not part of the teacher training course. As the course progresses and student teachers develop some assisting knowledge, some students may begin assisting in appropriate level classes

at Lismore Yoga Studio. Preference will be given to those contemplating assessment at Introductory level.

### **Assessment Requirements**

At the completion of the course, you may be eligible to sit for the Introductory level assessment. Completion of the teacher training course does not guarantee success at assessment. Eligibility to go for assessment requires approval from your teacher training teacher (see below).

To qualify for Introductory Level assessment, the Iyengar Yoga Australia 2017 Teacher Certification Manual states that a student teacher must have:

1. Completed a teacher training course that includes a minimum of 300 hours of teacher training;
2. Completed 100 hours of assisting and practical training under the supervision of their training teacher;
3. Completed 36 hours of anatomy and physiology study;
4. Been a member of the Iyengar Yoga Australia for at least 18 months;
5. Hold a current cardiopulmonary resuscitation (CPR) certificate;
6. Have professional liability insurance; and
7. Have endorsement from your teacher trainer for referral to apply for assessment. It is important to note, however, that time spent on the Teacher training course does not automatically guarantee that a student will be ready for Introductory Level assessment. The hours attended criteria is a **minimum** standard. The decision regarding readiness for assessment will be taken by Julie Hodges in consultation with each student and in accordance with the guidelines for practice and teaching set out in the 2017 Teachers Certification Handbook.

### **Costs**

COURSE COST (does not include the cost of the 7 day retreat).

There are three payment options:

1. \$3,900 for the 13 weekends. A non-refundable deposit of \$500 is required by the 1<sup>st</sup> September 2017 of your attendance. Balance of \$3400 required by the first weekend.

### **OR**

2. Payment Plan \$4290 (@ \$330 per weekend)

X3 payments as outlined below:

First payment of \$1430 by first weekend

Second payment of \$1430 by fourth weekend

Final payment of \$1430 by eighth weekend

### **OR**

3. Pay per weekend, \$360 per weekend (Total = \$4680). Payment is also possible on a weekend basis. Full payment must be made four weeks before the weekend start date.

It is anticipated that a 7 day retreat at Sine Cera will cost between \$1300 - \$1400 and be held in September 2018.

## **Terms and Conditions**

### **Attendance**

Enrolment in the course is full time. Trainees commit to attending all weekends and all days in each module. In exceptional circumstances where a trainee can't attend a module, or part of a module, they must notify and consult with Julie well in advance.

### **Credit and Refunds**

There are no refunds. In exceptional circumstances, such as a family crisis or serious injury/illness, then please contact Julie.

### **How to apply**

Applicants must provide details of their yoga history, any physical problems or disabilities, age, work and home situation. They must also state why they would like to do this training.

Applications should be sent to [julie@lismoreyogastudio.com.au](mailto:julie@lismoreyogastudio.com.au)

Please do not hesitate to contact Julie if you have any further questions about the teacher training on 0417 464 308