

Considering teacher training as an extension of my interest in Iyengar yoga seemed innocent. Almost two years later and on the eve of introductory level assessment, it still seems innocent. Yet, much has changed, enlivened and extended – including my hamstrings.

Had I calculated the demands of this path of study and application, it would have hardly been a balanced evaluation. A stiff body, a wilful mind and a host of commitments would not necessarily lend itself to what lay ahead.

From the outset, the training schedule was clearly outlined – this I could manage. The scope of developing one's own practice – this I relished. The pedagogical context of the Iyengar tradition and the specific senior teachers directing the training – this I regarded a privilege. Yet this was really just the beginning – a framework, not an experience.

Although the training is about asanas, body, tradition and teaching techniques, the rigour is in the integration of this learning into personal practice and life. Addressing the

needs of loved ones, work responsibilities and general day-to-day matters account for a great proportion of our lives. Furthermore, how to engage in a personal yoga practice within one's life, as well as teacher training, confronts an array of personal issues – time, energy and maturity. This constant aligning of practicalities with priorities raises tensions that demand mindfulness and reflection of purpose.

Hence, it is how all of the above occur simultaneously, at varying degrees of intensity that makes training to be an Iyengar yoga teacher essentially about training to be a yoga practitioner. It is through the practice – experiencing the vast potentiality of asanas and pranayama - that eventually gives way to some insight and breaking through of thresholds. There is little looking back and a greater range of possibilities to look forward to.

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