

# Teacher Training Information

Course commences 1<sup>st</sup> February 2010

The information listed below is intended to provide a broad outline of what you can expect to get from the course and the commitment required in time, energy and cost. It is not intended to be a course guide.

## ABOUT THE COURSE

The focus of the teacher-training course will be to give an overall understanding of the methods of teaching Asana and Pranayama in accordance with the method developed by B.K.S Iyengar.

The course involves 3 distinct aspects

- Deepening your own personal practice
- Learning the basic techniques of teaching yoga
- Theoretical study of human anatomy & physiology and yogic philosophy

## Learning the basic techniques of teaching yoga

The course will comprehensively cover the basic yoga teaching skills as outlined in the B.K.S. Iyengar Yoga Association of Australia (BKSIYAA) Teaching Handbook.

The skills include, but are not limited to:

- Linking and sequencing of postures
- Clarity and precision in giving instructions
- Observing and correction of students in general and individually.
- Effective demonstration of the asana
- How to use your voice clearly and effectively
- How to teach basic Pranayama

These skills will be taught in a weekly 2.5 hour teacher training class, and 4-5 weekend workshops per year.

## Theoretical study

You will be required to read several books written by B.K.S. Iyengar and his daughter Geeta Iyengar, including the study of yoga philosophy. During each term you will be required to submit short assignments, which will range from questions around teaching and practice, common medical conditions of students and yogic philosophy.

The BKSIYAA also stipulate that in order to sit for assessment you must complete at least 36 hours of study of human anatomy and physiology, which will be part of the weekend workshops.

## ABOUT THE TEACHER

Marina Jung has been practising Iyengar Yoga for more than 25 years and teaching for 15 years in the UK, Turkey, US and NZ. Marina trained at the Iyengar Yoga Institute in London where she taught for 10 years before moving to Perth. In Perth, she taught general and senior students and conducted their teacher-training course. Marina moved to Melbourne in 2007 to teach and run

the teacher-training course at Clifton Hill. She has a successful track record of progressing students from participants in a class into teaching, and preparing them for the BKSIYAA teacher assessment procedure – see below.

Marina regularly attends intensives and conventions with the Iyengar family in India. She holds a Senior Intermediate certificate.

### **TIME AND COMMITMENT**

The duration of the training to qualify for the BKSIYAA Introductory Level 2 teacher certificate (the first certificate level) must be a minimum of 300 hours of teacher training, which usually takes 3 years to complete. Approximately halfway through the training program (depending upon progress) you will be required to sit for the Level 1 Assessment of the Introductory Certificate. Note that no teaching certificate will be issued at this level (this level is for providing guidance and feedback on your progress). The cost of assessments is not included on the course fee (currently around \$200 per assessment).

You must be a member of the Iyengar Yoga Association in Australia for at least 18 months, take out insurance and have a valid CPR certificate prior to applying for assessment.

As a trainee you are also required to do at least 100 additional hours of assisting the training teacher in a regular class, helping the teacher with organising props, and learn how students are verbally or physically adjusted while performing the asana.

Once in a while, you will be asked to demonstrate your new skills by teaching an asana to the whole class in the presence of your teacher trainer who will provide you with feedback after the class.

In order to deepen your own personal practice you must attend a minimum of 2 classes per week, practise daily either at home or at the studio, for which we will provide you with a key. You will also be expected to participate in the two advanced 5 day intensives taken by Marina each year.

### **ACCEPTANCE INTO THE COURSE**

It is ideal that students have studied with a certified Iyengar Yoga teacher for a minimum of three years or have attended a minimum of 300 hours of classes. It is also expected that you have begun to establish your own personal practice. Those students who are unknown to Marina must present a letter of recommendation from their previous Iyengar certified teacher, with whom they have studied, indicating your level of practise and understanding of the asana.

Students who have not attended classes at the school must attend classes with Marina until the beginning of the course. You can then discuss your suitability with Marina. We do not accept students to the course who have not been practicing in the Iyengar method. Acceptance is at the sole discretion of Marina.

## **PRICE**

The expected price of the course will be \$1,000 per term (inc. GST). This has not been finalised as yet, but you can expect it to be close to this.

The price includes:

- 2.5 hour weekly teacher training session
  - 2 classes per week (preferrably the Level 3 classes)
  - Weekend teacher training workshops
  - Two 5 day intensives per year with Marina
  - A key to the studio for use in your personal practice
  - Access to borrowing the studio's books
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The training provided by the Clifton Hill Yoga Studio follows the international guidelines formulated by B.K.S. Iyengar and the B.K.S. Iyengar Yoga Association of Australia.

The Introductory certificates will be issued by the BKSIYAA and will carry the seal of the institute in Pune. Therefore, your teaching certificate will be recognised globally. A certified teacher must teach in the method set forth by B.K.S. Iyengar without mixing in other styles, and must maintain a regular practice.

The teacher-training course requires a serious commitment to yourself, the Iyengar method and to your teacher trainers. It does not guarantee successful participation in either of the assessments. We are committed to teach you everything you need to know to become a certified Iyengar Yoga teacher and will guide you through the whole process as best as we can. However your determination, enthusiasm about yoga as a complete subject, your commitment to practice together with a huge amount of discipline will determine where and how far your journey as a practitioner of yoga and teacher of Iyengar Yoga will take you. It's an endless and incredible process, which does not end with the successful accreditation as an Iyengar Yoga Teacher. It's the journey of a lifetime!

For further information, please contact the front desk or speak directly to Marina on 0420987671 or email [marina\\_jung@yahoo.co.uk](mailto:marina_jung@yahoo.co.uk)

For further information about the certification process log onto - (<http://www.iyengaryoga.asn.au/>)