

LUNA

YOGA *Art of Teaching*

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IYENGAR YOGA Teacher Training Program

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Two Year Course, June 2017 - May 2019

## Overview

Luna Yoga is pleased to introduce an Iyengar Yoga Teacher Training Program. It is a comprehensive course for students wishing to deepen their personal yoga practice and teach Iyengar Yoga.

The course meets the teacher training requirements of the BKS Iyengar Yoga Association of Australia. It is designed to confidently prepare you for Iyengar Yoga Certification Assessment.

### **The program has three main components:**

- the development of your personal yoga practice;
- studying the elements of teaching; and
- yoga philosophy.

The development of your personal practice is extremely important, as it is from your experiential knowledge that you will draw the confidence and conviction needed to teach. If students are wishing to participate in the program for the development of their practice only the course is also appropriate.

The two year program will commence Friday 9 June 2017.

### **Contact time will include:**

- Workshops 6:00 AM – 12:30 PM every third Friday;
- Trainee Group Practice Friday mornings 6:00 – 8:00 AM;
- Early Morning Intensives; and
- Observing and assisting in class.

### **Students non-contact time will include:**

- Daily personal practice – one to two hours plus keeping a practice diary,
- Reading in preparation for workshops;
- Reports on workshops and practice process; and
- Assignments.

Undertaking the program will require from trainees a whole-hearted commitment to both the compulsory contact time and a dedicated, well-disciplined approach to their personal practice.

*"The best way to find yourself is to lose yourself in the service of others."* Mahatma Gandhi

## Schedule, June – Dec 2017

The dates for the program are scheduled around five Luna terms: Jun – Dec 2017 includes three terms, Jan – Feb 2018 includes two terms.

### FRIDAY WORKSHOPS

Friday 9 June

Friday 7 July & 28 July

Friday 18 August

Friday 8 September & 29 September

Friday 20 October

Friday 10 November

Friday 1 December

FORMAT: Class 6:00 – 8:00 AM

Discussion and feedback 8:30 -10:30 AM

Lecture 11:00 AM – 12:30 PM

### EARLY MORNING INTENSIVES

Tuesday 13 June to Friday 16 June

Monday 21 August to Friday 25 August

TIME: 6:00 – 8:00 AM

### TRAINEE GROUP PRACTICE

Friday mornings

TIME: 6:00 – 8:00 AM

The group practice will develop into a Led Practice with trainees taking turns to lead.

### PERSONAL PRACTICE

Trainees will be given keys to access Luna Yoga Studio to practise on Monday, Tuesday and Thursday mornings if they wish.

The times provided above may be flexible e.g. Trainee Group Practice times may be negotiated within the group and with Vivienne.

Dates for 2018 will be confirmed towards the end of the year.

## Fees

### JUNE – DEC 2017

9 x Friday Workshops @ \$240 \$2,160

2 x Early Morning Intensives @ \$130 \$260

16 x Friday Trainees Group Practices

(10 with Vivienne's participation, no charge)

Observing and assisting in class, no charge

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To be paid in six payments of \$403 over 6 months \$2,420 Total

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### JAN – MAY 2018

6 x Friday Workshops @ \$240 \$1,440

2 x Early Morning Intensives @ \$130 \$260

18 x Friday Trainee Group Practices

(7 with Vivienne's participation, no charge)

Observing and assisting in class, no charge

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To be paid in four payments of \$425 over 4 months \$1,700 Total

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\$4,120 TOTAL first 12 months

### TOTAL for the two year program \$8,240

Class time is not included in the fees. It is highly recommended that trainees attend the Saturday and/or Monday Level 2 classes every week.

Each trainee's readiness for assessment will vary. Additional workshops may be helpful between the end of the Teacher Training Program and before sitting an assessment which are held biannually.

*"Confidence, clarity and compassion are essential qualities of a teacher."* BKS Iyengar

# Course Outline

## WHAT IS IYENGAR YOGA

- Defining Iyengar Yoga
- Iyengar Lineage

## DEVELOPMENT OF PERSONAL PRACTICE

- Working towards optimum conditions to support a dedicated and committed practice
- Energetic action versus movement and form
- Balance – the order of energetic action within an asana
- Understanding of order in the sequential nature within asana groups
- Sequencing of the asana groups within the week for a comprehensive practice
- Repetition and consistency – for the development of skill, sensitivity and intuition
- Development of practice to observe, analyse and learn
- Practice for the cultivation of our minds and recognising emotions
- Pranayama

## ELEMENTS OF TEACHING

- Communication - clarity and precision of instruction
- Voice - tone, inflection, projection
- Use of language
- Demonstrating effectively
- Observation and correcting students
- Adjusting - safely and appropriately
- Sequencing, linking and timing
- Class organisation and teaching presence
- Appropriate use of props
- Modifications and Adaptions
  - Yoga for women during menstruation, pregnancy and menopause
  - Working with medical conditions and injuries
- Responsibilities and qualities of a yoga teacher

## YOGA PHILOSOPHY

- Patanjali's Yoga Sutras
- Yoga History
- Invocation to Patanjali

## Vivienne O'Brien

Vivienne has dedicated her yoga practice of twenty-five years to the Iyengar Yoga method. She is the director of Luna Yoga Studio which she founded in 2000. She became a Certified Iyengar Yoga teacher in 1998 and has passed successfully through several more vigorous certification assessments to gain Intermediate Junior Level III.

She regularly travels to Puna in India where she has had the privilege of studying directly under Mr. Iyengar and now with the Iyengar family.

Her ongoing development with her mentoring teacher, Peter Thomson, a senior Iyengar Yoga teacher, is paramount to her life and continues to fuel her teaching. Her contact with Peter involves workshops, teacher development sessions and retreats.

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**Vivienne has combined her extensive yoga experience with creativity and passion to bring you an inspiring Teacher Training Program. It is designed to guide you progressively along a life-changing path towards teaching and to enrich your life-long journey of yoga practice.**

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## Prerequisite

Students who have a love for yoga and have been practising Iyengar Yoga regularly for a minimum of three years (most Luna Yoga students well exceed this criteria) are eligible to apply. You are also required to become a member of the BKS Iyengar Yoga Association of Australia.

## Application

To apply or to seek more information about your eligibility, please email Vivienne to arrange a meeting at Luna Yoga Studio.

In the meeting, you will have the opportunity to discuss the motivation behind your desire to undertake the Teaching Training Program, any concerns you have in regard to your practice, and to ask any questions relating to the course format and fees. We will discuss your previous yoga experience if you are not currently a Luna Yoga student, home practice and whether you are working with any injuries or medical conditions.

Please note there will be limited number of places available in the program.

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**To confirm your commitment to the two year program a deposit of \$403 is required**

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## Introductory Certification Assessment

To become a certified Iyengar Yoga teacher trainees are required to sit the introductory assessment where they will need to meet the following requirements:

- endorsement from their training teacher;
- completion of a minimum of 300 hours of teacher training with their training teacher;
- completion of 100 hours of assisting and practical training under the supervision of their training teacher;

(The following will require additional fees)

- completion of an anatomy and physiology course (36 hours)
- present a current cardiopulmonary resuscitation (CPR) certificate and
- present professional liability insurance certificates.

## Levels of Certification

The certification process maintains the rigour, integrity and vitality of the Iyengar Yoga community and offers teachers a clear professional pathway. It is a developmental process consisting of five levels of certification, which reflect the teacher's understanding, commitment and responsibilities. The five levels are:

- Introductory
- Intermediate Junior (Levels I, II and III)
- Intermediate Senior (Levels I, II and III)
- Advanced Junior (Levels I, II and III)
- Advanced Senior (Levels I, II and III)

Each of these levels has a specific syllabus of asanas and pranayamas. To be successful at assessment, the teacher must meet the standard of practice and teaching appropriate for the level, as well as completing a theory assignment prior to assessment.

*"Yoga is an art, a science and a philosophy.  
It touches the life of man at every level,  
physical, mental, and spiritual. It is a  
practical method for making one's life  
purposeful, useful and noble."* BKS Iyengar

