

LUNA

YOGA Art of

IYENGAR YOGA
TEACHER TRAINING

With Vivienne O'Brien

Two Year Program Feb 2024 – Dec 2025

Overview

The Luna Yoga Iyengar Yoga Teacher Training Program with Vivienne O'Brien has been running for six years. It is a comprehensive program for students wishing to deepen their personal yoga practice and teach Iyengar Yoga.

The program meets the teacher training requirements of Iyengar Yoga Australia. It is designed to confidently prepare you to be assessed by Iyengar Yoga Australia.

The program has three main components:

- the development of your personal yoga practice
- studying the elements of teaching
- 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. The program is also appropriate for students who only wish to participate in order to develop their personal practice.

The two-year program will take new trainees in February of each year.

Contact time will include:

- Teacher Training Sessions around every third Friday
- Wednesday Led Practice
- Friday Trainee Group Practice
- Thursday Meditation and Pranayama Zoom
- Early Morning Intensives
- Observing and Assisting.

Students non-contact time will include:

- Daily personal practice – one to two hours plus keeping a practice diary
- Homework and assignments – will be given at each Teacher Training session to be submitted before the next Teacher Training session
- Reading – you will be given a suggested book list.

Undertaking the program will require trainees to be whole-heartedly committed to the compulsory contact time and to take 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

CLASS ATTENDANCE

Attending one Level 2 class with Vivienne per week is paramount. Attending two or more is favourable but optional. The class fees are not included in your teacher training fees, they are paid at the beginning of each block. They are kept separate as some trainees will only attend one class per week while others may attend more. Also there will be times when you may be away or on holidays.

TEACHER TRAINING SESSIONS

30 X Friday Sessions over the two-year period

The sessions occur around every third Friday

Format: Class 6:00 – 8:30 AM

Breakfast 8:30 – 9:30 AM

Discussion and Feedback 9:30 AM – 12:00 NOON

EARLY MORNING INTENSIVES

16 X Four Day Early Morning Intensives over the two-year period

Around every fourth week of each block: Monday to Thursday 6:00 – 8:00 AM

LED PRACTICE

Every Wednesday 6:00 – 8:00 AM

Trainees participate in the led practice in the first year of the program and may take a turn to lead in the second.

TRAINEE GROUP PRACTICE

Occurs on the Fridays between the TT sessions 6:00 – 8:00 AM.

Trainees and Luna teachers practice together independent of Vivienne.

MEDITATION & PRANAYAMA

Every Thursday on Zoom 6:30- 7:30 AM

PERSONAL PRACTICE

A daily personal practice will be fostered and encouraged. You will be given keys to the studio if you wish to use the space.

OBSERVING & ASSISTING

Assisting Vivienne in the Wednesday Introductory class will commence in the second year of the program.

Program 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

Fees

FEBRUARY – DECEMBER 2024

\$426 X 10 payments due on the first of each month from Feb to Nov	\$4,260
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FEBRUARY – DECEMBER 2025

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TOTAL two-year program \$8,520

Each trainee's readiness for assessment will vary. Additional teacher training sessions will be necessary between the end of the program and before sitting assessment. Assessments are held biannually.

“Confidence, clarity and compassion are essential qualities of a teacher.” BKS Iyengar

Vivienne O’Brien

For over thirty years Vivienne has dedicated her yoga practice 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 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.

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.

Prerequisite

Students who have a love for yoga and have been practising Iyengar Yoga regularly for a minimum of three years are eligible to apply. You are also required to become a member of Iyengar Yoga Australia.

Application

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

Please note there are a limited number of places available in the program.

To confirm your commitment to the two-year program a deposit of \$426 is required.

Level 1 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 four levels of certification, which reflect the teacher's understanding, commitment and responsibilities.

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