

LUNA

YOGA Art of Teaching

IYENGAR YOGA Teacher Training Program

with Vivienne O'Brien

Two Year Program Feb 2026 – Nov 2027

Overview

The Luna Yoga Iyengar Yoga Teacher Training Program has been running since June 2017. 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 and 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
- Yoga philosophy

The development of your personal practice is central, as it is from your own experiential knowledge that you will draw the confidence and conviction to teach. Students who wish to participate in the program for practice development only will also find it appropriate.

The two-year program begins each February.

Contact time includes:

- Teacher Training Sessions around every third Friday 6:00 AM – 12:00 PM
- Wednesday Led Practice 6:00 – 8:00 AM
- Thursday Meditation and Pranayama via Zoom 6:30 – 7:30 AM
- Friday Trainee Group Practice 6:00 – 8:00 AM
- Early Morning Intensives
- Observing and assisting in class.

Students non-contact time includes:

- Daily personal practice – one to two hours
- Homework and assignments – set at each Teacher Training session, due at the next
- Reading – suggested book list provided.

Undertaking the program requires wholehearted commitment to the compulsory contact hours and a dedicated, disciplined approach to personal practice.

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

Schedule

The two-year program runs from February 2026 to November 2027. Exact dates for the Friday Teacher Training Sessions and Early Morning Intensives will be available closer to the time.

FRIDAY TEACHER TRAINING SESSIONS

The Friday teacher training sessions are held approximately every three weeks, with 28 sessions over the two years. Each session includes class 6:00–8:00 AM, group breakfast 8:00–9:00 AM, and lecture, discussion, feedback, and teaching practice 9:00–12:00 PM.

EARLY MORNING INTENSIVES

One intensive per six-week block, totalling approximately 16 across the program. Each runs Monday to Thursday, 6:00–8:00 AM.

LED PRACTISE

Wednesday mornings, 6:00–8:00 AM. Trainees and teachers take turns to lead. New trainees typically begin leading in the second year.

PRANAYAMA & MEDITATION

Thursday mornings, 6:30–7:30 AM via Zoom during the Luna six-week blocks.

OBSERVING & ASSISTING IN CLASS

Trainees regularly observe and assist Vivienne in the Wednesday Introductory class. This is an invaluable part of the program, offering direct insight into teaching, student response, and the art of adjustment.

GROUP PRACTICE

Trainees are given keys to the studio for personal practice. Group practice is encouraged on Friday mornings.

Fees

The total fee for the two-year program is **\$8,988**. This covers the Friday sessions, Early Morning Intensives, Led Practices, Pranayama and Meditation class, Observing and Assisting and Friday group practices and extensive written material to support your study and practice. Your weekly classes are not included in this fee.

Payment is made in 10 monthly instalments each year (February–November), for a total of 20 payments over two years. A deposit of \$428 is required before the end of this year to confirm your place. Each instalment is also **\$428**.

Course Outline

WHAT IS IYENGAR YOGA

- Defining Iyengar Yoga
- Iyengar Lineage

DEVELOPMENT OF PERSONAL PRACTICE

- Creating optimum conditions to support a dedicated and committed practice
- Energetic action versus movement and form
- Balance – establishing 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 - developing 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
- Use of voice - tone, inflection, projection
- Language and vocabulary in teaching
- Effective demonstration
- Observation and correction of students
- Safe and appropriate application of adjustments
- Sequencing, linking and timing
- Class organisation and teaching presence
- Appropriate use of props
- Modifications and Adaptations
 - 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 more than thirty-five years to the practice of Iyengar Yoga. She is the director of Luna Yoga Studio, which she founded in 2000. Certified as an Iyengar Yoga teacher in 1998, she has successfully completed several rigorous assessments to achieve Level III, making her a senior Iyengar Yoga teacher.

She travelled regularly to Pune, India, to study directly with Mr. Iyengar and the Iyengar family. Her ongoing mentorship with senior teacher Peter Thomson remains central to her life and continues to fuel both her practice and teaching.

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 practicing Iyengar Yoga for three years are eligible to apply. No advanced experience is required — trainees need only a general level of competency to participate and grow in the program.

Application

To apply, please email Vivienne. If you have any questions or concerns, you are welcome to email or speak with her after class.

Please note that places in the program are limited.

To secure your place in the two-year program, a deposit of \$428 is required.

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

Certification

To become a certified Iyengar Yoga teacher, trainees must complete an assessment and 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

Additional requirements, which may incur extra fees, include:

- Completion of a 36-hour anatomy and physiology course
- A current cardiopulmonary resuscitation (CPR) certificate
- Professional liability insurance

Levels of Certification

The certification process ensures the rigor, integrity, and vitality of the Iyengar Yoga community, providing a clear professional pathway. It is developmental, consisting of four levels that reflect a teacher's understanding, commitment, and responsibilities.

Each level has a specific syllabus of asanas and pranayamas. To pass assessment, teachers must demonstrate practice and teaching skills appropriate to their level and complete 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