

Clifton Hill Yoga Studio
129 Queens Pde, Clifton Hill

Teacher Training Information

Course starts 16th July 2012

Becoming an Iyengar Yoga Teacher is a rewarding and ultimately transformational experience. Like anything worthwhile, the training requires hard work and discipline. CHYS has been running TT programs for over 10 years and many of Melbourne's best-known yoga teachers completed their training here. When you do your training at CHYS you are doing more than a course- you are becoming part of a yoga community.

While we offer a two-year structured course to prepare you for the Iyengar teaching certificate, being ready for the assessment process can take up to three years to prepare for. The time it takes depends on the intensity, maturity and willingness of your practice. Marina will refer you for assessment when she sees you are ready to apply. This opportunity comes twice per year in either May or October. The study of yoga is ongoing, Marina will continue to mentor you beyond the two year course. Special fees will apply as you continue to practice and attend regular advanced classes after the teacher training course formally ends. The student-teacher relationship is ongoing.

ABOUT THE COURSE

The course blends the teaching of subjective/experiential knowledge with objective/theoretical knowledge.

"Yoga is an art, a science and a philosophy." - B.K.S. Iyengar

The formal structure of the course involves:

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

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

Deepening your personal practice

The foundation of any sincere teacher is their personal practice. Yoga knowledge comes from experience; to be able to teach, you have to have an understanding of your subject that goes beyond theory and this comes from your practice. The TT includes:

- Weekly āsana/ pranayama classes with Marina Jung
- Access to the studio for your daily practice
- Weekend workshops throughout the year **or a week long intensive**

Learning the basic techniques of teaching yoga

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

Theoretical study

Yoga is a discipline that requires a broad theoretical understanding of its subject. You will be required to read the standard Iyengar yoga texts and yoga sutra philosophy books. A list of recommended reading will be given to you in Term one of the course. Throughout the course, you will submit a series of assignments on topics ranging from teaching, sequencing, practice, dealing with common medical conditions and yogic philosophy. In order to sit for assessment you must complete at least 36 hours study of human anatomy and physiology.

ABOUT THE TEACHER

Marina Jung has been practising Yoga for 30 years and has taught 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 all levels of students and conducted their teacher-training course. Marina moved to Melbourne in 2007 to teach and run our teacher training course here at Clifton Hill. She has a very successful record of progressing students, and preparing them for the BKSIIYAA teacher assessment procedure.

Marina regularly attends intensives and conventions with the Iyengar family in India. She holds a Senior Intermediate Level 2 certificate and is one of the most experienced yoga teachers in Australia.

TIME AND COMMITMENT

The requirements to sit the BKSIIYAA Introductory Level 2 teacher certificate are:

- 300 hours of teacher training. Please note that this usually takes a minimum of 3 years to complete and it is at the sole discretion of Marina to refer trainees for assessment when they are ready.
- Membership of the Iyengar Yoga Association in Australia for at least 12 months prior to the first assessment.
- Personal liability insurance
- A valid CPR certificate prior to applying for assessment

The cost of assessments is not included on the course fee (currently around \$200 per assessment).

TIME AND COMMITMENT cont.

As a trainee you are also required to:

- Do 100 additional hours of assisting the training teacher in a regular class
- Help Marina with organising props in classes
- Learn how students are verbally or physically adjusted in a class
- Demonstrate your new skills by teaching an asana in one of Marina's classes

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
- Participate in the advanced 5 day intensives/weekend workshops taken by Marina throughout the 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. Students who have not attended classes at the school must attend classes with Marina until the beginning of the course. Acceptance is at the sole discretion of Marina.

PRICE

The price of the course is **\$1,250** per term (inc. GST).

When starting the TT course, you are not paying for mere classes, you are committing to a mentorship. The general structure of the course is based upon:

- 2.5 hour weekly teacher training session
- 2 classes per week (preferably the Level 3 classes)
- Weekend teacher training workshops or 5 day intensives with Marina
- A key to the studio for use in your personal practice
- Access to borrowing the studio's books
- Informal and formal discussions with Marina throughout the year about your personal practice.
- Independent practice together as a group of trainees.

BKS Iyengar Association of Australia

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 (BKSIYAA). **If you are considering teacher training, it is recommended that you visit the BKSIYAA website and become a member.**

The Introductory certificates will be issued by the BKSIYAA and will carry the seal of the institute in Pune. Your teaching certificate will be recognized 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. We are committed to teaching 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, and your commitment to practise will determine how far your journey as a practitioner of yoga and teacher of Iyengar Yoga will take you. It's an endless and incredible process that does not end with accreditation as an Iyengar Yoga Teacher. Yoga is a way of life.

Contact details

For further information, please contact the front desk on (03) 9486 8044 or email the studio on info@iyoga.com.au

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

CLIFTON HILL YOGA STUDIO
APPLICATION FOR TEACHER TRAINING

Course starts 16th July 2012

Name: _____

Date of birth: _____

Email: _____

Telephone: _____

Address: _____

Occupation: _____

Are you a member of BKSIYAA ? _____

If so, member since: _____

When did you start Iyengar Yoga? _____

Who has been your main teacher? _____

Do you have any medical conditions? _____