

# Iyengar Yoga

## Teacher Training Course

*The Gold Standard in Teaching*



This 187-hour Iyengar Yoga Teacher Training Course (TTC) is suitable for everyone: new students of yoga who are interested in becoming teachers, as well as experienced teachers who wish to polish their teaching skills and improve their knowledge of yoga practice.

It is a two-year course approved by the Iyengar Yoga National Association of the United States (IYNAUS). Upon completion of the TTC, the trainee will meet the study and training requirements needed to apply for the national assessment to become a Certified Iyengar Yoga Teacher at the Introductory level.

The TTC is based on the teaching method developed by BKS Iyengar, through 70+ years of his own practice and instruction of students from around the world. Mr. Iyengar revolutionized the practice of yoga, making it accessible to people of all ages and conditions, while encompassing the yogic philosophy. His teaching method is now used globally and, arguably, the Iyengar teaching credential is synonymous with the highest level of excellence in teaching and refined depth of knowledge.



*BKS Iyengar teaching 1,200 students in China at age 93 in 2011*

## CURRICULUM

You will gain competency and knowledge of the practice and teaching of all aspects of yoga.

The TTC is based on the Introductory syllabus outlined in the IYNAUS certification manual. Consisting of 11 modules, the Course will be held over a Saturday and Sunday for a total of 17 hours each weekend module.

**Morning sessions** will mainly consist of *pranayama* and *asana* classes taught by Ray Madigan and Shelley Choy of Iyengar Yoga Honolulu. These classes will cover the *asanas* and *pranayamas* on the Introductory syllabus for Iyengar certification.

**Afternoon sessions** will largely focus on teaching skills, emphasizing the teaching method conceived by BKS Iyengar.

Curriculum will also include:

- relevant basic anatomy
- yoga philosophy
- how to modify the *asana* for people with common injuries or ailments
- class sequencing
- reading and study to do as homework

Trainees will be expected to develop a home practice based on the syllabus. They should also, if possible, form study groups to practice teaching skills.

Upon completion of all 11 modules, the trainee will receive a *Certificate of Completion* from Iyengar Yoga Honolulu. **Trainees wishing to apply for assessment for Iyengar Certification must complete the entire Course.**



## TEACHERS

Ray Madigan and Shelley Choy co-founded Iyengar Yoga Honolulu in 2004. Cumulatively, they have passed a total of 12 Iyengar certification assessments over several years. Their first-hand knowledge of the certification process and teaching method is extensive, making them two of the foremost exponents of the Iyengar teaching method in Hawaii. They have trained teachers who have gone on to pass the Introductory and Intermediate certification assessments conducted by IYNAUS, and are eager to shepherd other aspiring students and teachers through the learning process.



Ray holds a Senior Intermediate 3 certificate from BKS Iyengar and has passed seven assessments conducted by IYNAUS. For over 20 years, he has consistently attended classes taught by the Iyengars in Pune, India. He is also an IYNAUS assessor tasked with evaluating candidates for Iyengar Yoga certification. Ray's teaching is clear and precise and reflects years of dedication and study of the Iyengar method of teaching and practice.



Shelley is Iyengar-certified at the Junior Intermediate 3 level. She has studied with the Iyengar family in India, as well as with advanced-level Iyengar teachers, for over 20 years. Beginning in 2017, she will be an Assessor in Training for IYNAUS certification assessments. Shelley teaches with directness and clarity, and looks forward to nurturing the next generation of Iyengar teachers.

## WHERE

All classes held at:

### **Manoa Innovation Center**

2800 Woodlawn Drive, Room 173

Honolulu, Hawaii, USA



*Manoa Valley*

## WHEN

There will be four modules in 2016 and six more in 2017, spread evenly over each year. The last module will be held in 2018. Supplementary modules may also be offered.

### **2017 Modules:**

**Module 7: May 20-21**

**Module 8: August 19-20**

**Module 9: September 16-17**

**Module 10: November 4-5**

**2018 to be announced**

## **Schedule for Modules**

### **Saturday Morning**

**7:30 AM – 8 AM: Orientation meeting**

**8 AM – 9 AM: The Basics of *Pranayama*** Trainees will learn the fundamentals of beginning *pranayama*.

**9 AM - 9:15 AM: Break**

**9:15 AM – 12 PM: The Basics of *Asana*** Detailed explanation and discussion of position and actions involved in specific *asana*. Students will begin to learn the Iyengar method of teaching.

**12 PM – 1 PM: Lunch Break**

### **Saturday Afternoon**

**1:00 PM – 5 PM: The Basics of Teaching** This session will focus on the theory of teaching in the Iyengar method and practice of these skills.

### **Sunday Morning**

**8 AM – 9 AM: The Basics of *Pranayama***

**9 AM - 9:15 AM: Break**

**9:15 AM – 12 PM: The Basics of *Asana*** Continuation of Saturday's program

**12 PM – 1 PM: Lunch Break**

### **Sunday Afternoon**

**1:00 PM – 6 PM: The Basics of Teaching** Continuation of Saturday's program

## **Fees**

\$290 per Module

**Fees due** two weeks before start of each module. Additional fee of \$50 after that.

## **Required text books**

**Available from Amazon.com:**

*Light on Yoga*. BKS Iyengar

*Light on Pranayama*. BKS Iyengar

*Light on the Yoga Sutras of Patanjali*. BKS Iyengar

*Yoga in Action: Preliminary Course*. Geeta S. Iyengar

*Yoga in Action: Intermediate Course*. Geeta S. Iyengar (Required after Module 1)

**Available from Iyengar Yoga Honolulu:**

*Basic Guidelines for Teachers of Yoga.* BKS Iyengar and Geeta S. Iyengar

*IYNAUS Certification Manual*

**REQUIRED EQUIPMENT**

- 1 sticky mat
- 3-4 blankets
- 1 belt
- 2 blocks (4" width)
- 1 yoga chair (Available for purchase from Iyengar Yoga Honolulu)

**JOIN IYNAUS**

It is highly recommended that all trainees join IYNAUS (visit [www.IYNAUS.org](http://www.IYNAUS.org)). Trainees wishing to apply for Iyengar certification assessment must be members of IYNAUS.

# REGISTRATION FORM



*BKS Iyengar at 70+ years*

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

**Register for Module:** \_\_\_\_\_

**Date of Module:** \_\_\_\_\_

**Fee:** Fee due 2 weeks before module start date: **\$290.00**

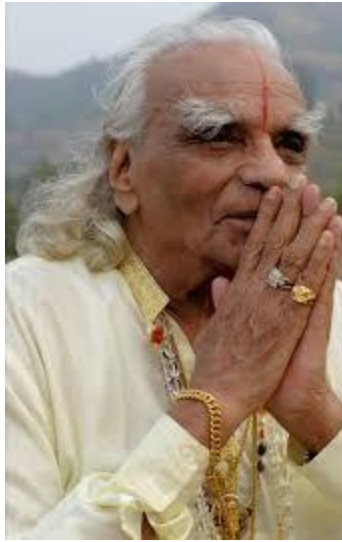
**Late fee: \$50**

**Pre-order Equipment:**

Yoga Chair \$40 each x quantity needed \_\_\_\_ = \$\_\_\_\_\_

**TOTAL ENCLOSED: \$** \_\_\_\_\_

Please make check payable to Iyengar Yoga Honolulu and send to: Iyengar Yoga Honolulu, 2752 Woodlawn Drive, Suite 5-203, Honolulu, Hawaii 9682. More information: Call Ray (808)386-9374 or email ray@honoluluyoga.com



*“Teaching is a difficult art, but it is the best service you can do to humanity.”*

*“The art of teaching is tolerance. Humbleness is the art of learning.”*

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

~ BKS Iyengar



IYENGAR YOGA  
HONOLULU

*For the Practice of a Lifetime*