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## IYENGAR® YOGA (UK)

Honorary President: Yogacharya Sri B. K. S. Iyengar

### TRAINING TO TEACH IYENGAR YOGA AT INTRODUCTORY LEVEL

IY(UK) authorises teacher training and assessments and it awards certificates to successful candidates.

#### PRE-REQUISITES:

- Attendance at weekly classes with a recognised Teacher Member of IY(UK) for a minimum of three years
- Written recommendation from regular teacher to confirm the above
- Practice of the Introductory Syllabus both Level 1 and 2
- Dedication to Iyengar Yoga
- Pre-assessment by a Senior Intermediate or Junior Intermediate Teacher assessing:
  - Good standard of yoga asanas
  - Balanced attitude
  - Patience and maturity. Good health
  - Clean and tidy physical appearance

#### REQUIREMENTS:

- Regular attendance on the training course, special lectures and workshops (Continuation on the course is at the discretion of the Teacher Trainer)
- Payment may be required a term at a time in advance
- Minimum 140 hours of training classes over two years
- Attendance at a weekly class, preferably with a teacher of Junior Intermediate or above
- Membership of IY(UK) throughout the training period
- Note that IY(UK) does not insure trainee teachers to teach, and a trainee should *not* formally teach Iyengar Yoga until s/he has gained the teaching certificate

#### RECOMMENDATIONS:

- Assisting a qualified teacher in a beginners' class

#### ASSESSMENT:

- Entry will be on the advice of your Teacher Trainer
- Candidates will complete a personal and medical questionnaire and a test paper, covering basic anatomy, yoga philosophy and theoretical knowledge on the syllabus asanas, prior to the assessment
- Candidates will complete two course work assignments during each year. In the second year, one of these will be assessment of the candidate's pranayama teaching
- The assessment is taken in June after two years and completion of a minimum of 140 hours' training
- It is strongly recommended that, other than in exceptional circumstances, the Introductory Teacher Training period be continuous, however many years may be needed to take and pass the assessment
- A student who becomes pregnant during the training course should suspend training until a suitable period of time has elapsed after the birth
- All assessments are overseen by the Panel of Moderators whose responsibility it is to see that the required standards are reached

**In training as an Iyengar Yoga Teacher you must uphold the standards of IY(UK) Limited and keep to the rules of the Association. Please note that teacher membership of IY(UK) carries the understanding that no other form of yoga will be taught.**

**If a trainee applicant already teaches yoga through another school, then they must comply with IY(UK) regulations and stop teaching so that they may be accepted onto Iyengar Yoga Teacher Training. Once qualified, they must teach in line with the requirements for an Introductory Iyengar Yoga Teacher (Please speak to the teacher trainer to whom you are applying OR seek information from the Assessments Administrator).**