

*East of Scotland Iyengar Yoga Teacher Training*

**TEACHER TRAINING COURSE  
EDINBURGH 2009-2011**

*Applications are invited now from people wishing to  
join the course which, if passed, leads to the  
Introductory Certificate from the  
Iyengar Yoga Association of the United Kingdom.*

**Qualifications for the course**

People interested in joining the course should have a *minimum* of three years' experience of Iyengar Yoga as taught by a qualified Iyengar teacher including, if possible, one year's experience in an intermediate level class. Candidates who meet these requirements will also be asked to take part in a selection class for their work to be seen by the tutors before they are finally accepted on to the course.

On the course candidates must be able to demonstrate a high level of commitment through their own practice and through full and regular attendance at teacher training classes. Attendance at one other weekly class at intermediate or advanced level with an Intermediate Iyengar teacher is also required. Applicants should be in good health. The first term will be a probationary period. In their second year trainees will also normally be required to assist an experienced teacher in a beginners' class. When applicants are accepted onto the training course, they must become members of IYA(UK) before they can be registered as trainees.

**Time Commitment of the Course**

The course lasts for two years. It consists of 78 hours in 3 terms in the first year and 84 hours in 3 terms plus one weekend in the second year. The classes will be held at the weekend at three-weekly intervals on Saturday morning from 9.00 am to 12.00 noon and Sunday afternoon from 12.30 to 3.30. This arrangement has been made so that the classes may be held in the well-equipped studio of the **Edinburgh Iyengar Yoga Centre, 195 Bruntsfield Place, Edinburgh, EH10 4DQ**. All students are required to have a minimum of 50 hours of attendance in the first year and 70 hours in the second.

**Course content**

The main emphasis of the course is on the practical study of the yogasanas on the Introductory syllabus. The trainees' own performance of the asanas and the acquisition of teaching methods and skills will be the core work of the course. The Introductory syllabus is divided into two parts. In the first year students will work on Level 1 poses, in the second year students will study Level 2 asanas.

Course work will be set in each of the first two terms. This must be signed as satisfactorily completed by the course tutor before the Introductory Certificate will be awarded. In each of the third terms a written paper must be completed — basic anatomy in the first year, basic yoga philosophy and theoretical knowledge for teaching asanas and pranayama in the second. These are done in the students' own time, not under examination conditions; but, unlike the coursework, they are marked centrally by national assessors. These test papers must also be passed before the Introductory certificate can be awarded. If necessary, there is an opportunity to redo parts of the papers that are not satisfactory. All candidates must hold an up to date

first aid certificate before being awarded the Introductory teaching certificate. For those who do not already have this, a suitable first aid course will be organised as part of the training, but must be paid for separately.

### **The course tutors**

The course tutors will be **Elaine Pidgeon, Meg Laing and George Glen** all teachers of many years' experience. Meg and Elaine hold Senior Intermediate Level 3 Certificates and George holds an Intermediate Senior Level 1 Certificate from the Iyengar Yoga Association of the United Kingdom.

### **Books**

Trainees will be expected to familiarise themselves with the main concepts of yoga philosophy, using the *Introduction to Light on Yoga* by BKS Iyengar. Other basic textbooks are *Yoga in Action, Preliminary Course* and *Basic Guidelines for Teachers of Yoga* by Dr Geeta S Iyengar, which will both be available for purchase at the EIYC at the beginning of the course.

### **Assessment**

Certification as an Iyengar Teacher will be granted only on the successful completion of the above course and the passing of both levels of the Introductory Assessment, which is divided into two parts.

**Assessment, Level 1** will be taken after the first nine months of training. Permission from the course tutors is required to be entered as a candidate. This will be given only if, in the tutors' judgement, the trainee's work is satisfactory.

At this assessment candidates will be evaluated on their own performance and understanding of the postures on the first level of the Introductory Syllabus. They will also be required to teach a class of beginners one pose from the Level 1 Syllabus taking 5 minutes to do so, and to take one student into Salamba Sarvangasana (Shoulderstand) and Halasana. The Level 1 assessment will usually be held in Scotland in June or July but students may be asked to travel to other centres in England if there are not enough candidates for the assessment here in Scotland. These assessments will take approximately 3 hours and will be organised by the Iyengar Yoga Association of the United Kingdom. Candidates will be examined by a moderator and three assessors appointed by the IYA(UK). The test paper on basic anatomy is, as stated, also a part of the Level 1 assessment and is to be submitted prior to the assessment day.

***Part 2 of the Assessment may only be taken if the candidate passes Level 1.***

**Assessment Level 2** will be taken fifteen months after Level 1 on completion of a minimum of 70 contact hours. Trainees require the course tutors' permission to be entered as a candidate.

At this assessment candidates will be assessed on their performance and understanding of the postures on the second part of the Introductory syllabus. They will be required to teach two postures from this syllabus to a class, taking 6 minutes per posture, and to take up one student in Salamba Sirsasana (Headstand) and in Sarvangasana and Halasana. As stated, candidates are required to complete and pass the test papers on yoga philosophy and theoretical knowledge for teaching asanas and pranayama prior to the assessment.

The Level 2 assessments will take approximately 5-6 hours, including a break, and will be organised by the Iyengar Yoga Association of the United Kingdom. Candidates will be examined by a moderator and three assessors appointed by the IYA(UK). They are held in October in at a central location in England.

***Successful candidates will receive a certificate from the Iyengar Yoga Association of the United Kingdom qualifying them to teach beginners. The certificate will not be handed over or be valid until the Association has evidence that the successful candidate has an up to date first aid certificate.***

*The cost of the course will be £546.00 (£182 per term) for the first year and £588.00 (£196 per term) for the second year. Fees will be payable at the beginning of each term. Other costs for trainees/candidates, payable to the IYA(UK), the examining body, are as follows:- IYA(UK) membership fee: £15.50 per annum; Teacher trainee registration fee: £35; Level 1 assessment fee: £60.00; Level 2 assessment fee: £95.00. (These costs are correct at the time of writing).*

***Application forms should be sent before 1<sup>st</sup> June to Elaine Pidgeon/Meg Laing/George Glen, East of Scotland Iyengar Yoga Teacher Training, c/o Edinburgh Iyengar Yoga Centre, 195 Bruntsfield Place, Edinburgh, EH10 4DQ. Please include a letter of recommendation from your current teacher or a teacher who knows your work well. There will be a selection class for applicants held on 4 July. Any applicant who is not able to come to this class should let the tutors know when they send in their application.***