

THE
YOGA
CENTRE
EAST REDFERN
AN IYENGAR
INSTITUTE

Teacher Training Program
2018-2019



Program Overview

1. Why do teacher training?

'What are you doing now?' This is a question BKS Iyengar asked a student as he left the Institute one day after class. This was a student who regularly attended class, but in his own words: "I was going nowhere." Why did he ask him? He was inviting him to look and see where he was going, asking him if he knew where he was going. The question was not framed in the future, but was an immediate, jarring question bringing the 'now' into the student's mind. Now is not tomorrow. Now, what are you doing? Interestingly enough it is also the first word in the Yoga sutras. 'Now'. This gives the idea of what Yoga training is. It is an internal stepping up, a responding to the now. It is not future tense, becoming something, but present tense 'being'. It is learning how to practice. It is the beginning of the formation of a commitment. It is taking on a learning that will shape and direct your life, and the learning will start NOW.

To be a teacher means that you have learnt how to practice. Not everyone who does this course will want to be a teacher - that is up to the individual, but the process will be the same. So, firstly some fire in you wants to learn how to practice, wants to get more involved, no longer content to be on the side lines waiting to be taught. There is a desire for more understanding, to feel confident to work with the difficulties that may assail you, on any level. Some part of you wants to take on the journey yourself.

Once this decision is made, then comes the need to learn how to practice, which includes: what to do in your practice; how to sequence; how to balance; how to develop your understanding of the asanas; how to quieten and how to enliven; how to breathe; how to put a timer to your minds and a mat to your turbulent and willful psyches. The mat is our foundation, our silence, and our prayer, it is what we come back to each day to harness and restrain and ultimately to free ourselves.

As you become familiar with practice you come to see that the mind and your emotions are urging you, you are either aggressive or lethargic, and the freedom of mind that you want is elusive. To practice requires that you arrive each day, willing to observe and apply yourselves. Maybe you notice you are happy to wait until tomorrow, anything but now!

With practice we learn how to culture ourselves, to observe our thoughts and our disposition and, slowly, how to restrain ourselves. Then for moments we come to see that the point of this practice is not what we do, but our surrender to our God!

2. Lineage and dedication

The teachings of this Program are based on the work of BKS Iyengar. Mr. Iyengar's life was dedicated to the development of a comprehensive and life changing methodology for developing and sustaining a Yoga practice that enriches and deepens our life experience.

I acknowledge and thank Guruji, Geeta and Prashant Iyengar for the profound influence they have had on me in my Yoga journey over the past 35 years.

I dedicate this Teacher Training Program to BKS Iyengar.

3. Program structure and time frames

The BKS Iyengar Yoga Association of Australia (BKSIYAA) requires that you complete a total of at least 300 teacher training hours before you can apply to be assessed at Introductory Level.

The Yoga Centre is offering a two year Introductory Teacher Training Program for the period January 2018 - December 2019. The intention of the program is that within the two year period you can do the minimum number of hours for certification. We have made the program compact, so that your learning and commitment is enabled. In turn, you will benefit from the solidity of the group working beside you. You will make a clear commitment with yourself and with Caroline, understanding what is necessary to embark on the training to become a practitioner and then a teacher. It is not envisaged that you will necessarily be ready to do an assessment at the end of this period, but from the basis of these two years you can proceed at your own pace.

In each of the two years 2018 and 2019, there will be four Sydney-based training modules. These form the core of the Program. In total, these modules provide 108 hours of teacher training per year. Attendance at these modules is necessary for all trainees.

A second key element of the Program is the annual Bali retreat. You are strongly encouraged to attend Bali at least once during the two year period. This retreat consists of 8 days attended by regular students and trainees, and then a further four days of teacher development attended only by trainees and certified teachers. In total, Bali provides a further 56 training hours per year.

You also have the option of attending classes and workshops taught by Caroline, at the Yoga Centre or other locations around Australia. If you are a Sydney resident it is highly recommended that you attend Caroline's Level 3 classes on Tuesday mornings at the Yoga Centre.

The emphasis is on your own willingness to learn, and the training is designed to encourage this. To support you in this you are asked to talk with Caroline at the start of each year to agree your attendance plan for the coming 12 months.

It is important to note that completion of the required minimum training hours does not automatically guarantee you will be ready for Introductory Level assessment. The hours attended criteria is a **minimum** standard. The decision regarding readiness for assessment will be taken by Caroline Coggins in consultation with each student.

4. Module dates in 2018

In 2018 the four Sydney-based modules are as follows:

- Module 1: Friday 2 – Tuesday 6 February
- Module 2: Friday 16 – Tuesday 20 March
- Module 3: Friday 21 – Tuesday 25 September
- Module 4: Friday 2 – Tuesday 6 November

The Bali module in 2018 is on the following dates:

- Retreat: Saturday 23 June (from 6pm evening meal) to Sunday 1 July
- Teacher Development: Tuesday 3 July to Friday 6 July

Detailed dates for 2019 will be provided by end October 2018.

5. Structure of Modules

Sydney Modules

The table below shows the broad structure of the days. Times are indicative only. Specific times will be notified closer to the date of each module.

| Date | Time | Content | Hours |
|--------------------|------------------|---------------------|-----------|
| Friday | 2.30 - 4.30pm | Teacher development | 2.0 |
| | 5.00 - 7.00pm | Pranayama class* | 2.0 |
| Saturday | 9.00 – 12.00noon | Asana class* | 3.0 |
| | 1.30 - 3.30pm | Asana class* | 2.0 |
| Sunday | 8.00 – 11.00am | Asana class* | 3.0 |
| | 1.00 - 3.00pm | Teacher development | 2.0 |
| Monday | 8.00 - 4.00pm | Teacher development | 7.0 |
| Tuesday | 8.00 - 3.00pm | Teacher development | 6.0 |
| Total Hours | | | 27 |

*The pranayama and asana classes on Friday, Saturday and Sunday morning are part of a weekend intensive open to all Yoga Centre students.

Bali Retreat and Teacher Development Days

| | | |
|---------------------------------------|---|-------------|
| Week One: Sat 23 July – Sun 1 July | 8 day Yoga Centre retreat attended by general students as well as teacher trainees and certified teachers | 36.0 |
| Week Two Tue 3 July – Fri 6 July | 4 day teacher development module attended by certified teachers, teacher trainees and advanced practitioners. | 20.0 |
| Total hours | | 56.0 |

For full details of the 8 day Bali Retreat and Teacher Development days, go to the Yoga Centre website at <http://yogacentre.com.au/2017-annual-bali-yoga-retreat/>.

6. Program content

This training is based on experiential learning principles. It is structured to deliver learning through a number of channels including:

- Attendance at yoga classes as a student on the mat. This gives students input into their own yoga practice as well as the opportunity to observe teaching methods applied during the class
- Participation in teacher development workshops focused on learning teaching and adjustment skills (with other trainees and certified teachers attending the Yoga Centre's Teacher Development Program)
- Assisting and observing in classes run by Caroline Coggins or other agreed teachers

- Strengthening and deepening of the trainee's personal yoga practice supported by maintenance of daily practice logs and a written practice summary each module
- Preparation of assignments as required
- Study of relevant literature to support both self-directed inquiry and discussion within the training group
- Teaching of at least one regular class per week at the Yoga Centre (or elsewhere after consultation with Caroline) once Caroline deems you ready
- Regular informal feedback from Caroline OR, in the case of external students, an interview twice per year to review your work.

The course consists of the following content:

- Detailed understanding of the asanas and pranayamas that make up the Introductory Level syllabus
- Teaching methods and skills
- The Iyengar Yoga methods of technique, timing, repetition and sequence
- Sequencing of asanas for beginners and general classes
- Consideration of some therapeutic conditions
- Sequencing for menstrual and restorative practice
- Adjusting in asanas, knowing what needs to be adjusted, and feeling comfortable doing this
- Use of props
- Observation and correction of students
- Demonstration of asanas in teaching
- Meeting class and individual requirements
- Exposure to relevant yoga literature. Trainees will undertake their own study in the yoga sutras and yoga philosophy to support the maturation of their own practice.

7. Teaching and assisting

Trainees will observe and assist in classes taught by Caroline or other approved teachers. This is in line with the course requirement of the BKSIIYAA that trainees spend 100 hours assisting in class to meet accreditation requirements to Introductory Level. These allocations will start as soon as possible after the course starts. Regular attendance at observing/assisting allocations is expected.

Students will have the opportunity to lead practices and teach as they become ready. When deemed ready by Caroline, trainees will be expected to teach at least one class per week in order to acquire teaching experience and build skills ahead of sitting for assessment. Where these classes are taught at the Yoga Centre, a trainee's first teaching allocation each week will be viewed as an opportunity to build teaching skills and will not be paid. Any additional teaching in a week will be paid in line with the Yoga Centre teacher payment policy.

8. Learning outcomes

At the completion of the Program participants will:

- Demonstrate a competence to practice within the Iyengar yoga methodology
- Have the ability to deal with difficulties in their own practice as they arise
- Demonstrate a competence to teach beginner-level students within the Iyengar yoga methodology
- Have a good working knowledge of yoga philosophy that supports their practice.

9. What's expected of trainees?

The aim of the Program is to prepare trainees for Introductory Level certification. You are expected to apply yourself with energy and intensity to your learning and practice. In particular, you will:

- Agree and commit to your annual attendance plan with Caroline at the start of each year.
- Attend the 4 Sydney-based Program modules on a full time basis
- Have a daily practice and maintain practice logs and practice review sheets. These are to be sent to Caroline ahead of each module and brought to teacher training weeks for reference.
- Carry out assisting and observing allocations as agreed with Caroline
- Undertake self-directed learning through review of relevant literature
- Teach at least one class per week once ready. You will consult with Caroline to develop these teaching opportunities.
- Consult Caroline well in advance in the event of exceptional circumstances that prevent ongoing participation in the program
- Pay fees in line with specified due dates
- Where possible, contribute back to the yoga community by assisting with BKSIYAA assessment weekends held at the Yoga Centre

Caroline reserves the right to terminate your involvement in the Program if these requirements are not met.

10. Course pre requisites

In order to join this Program you must have been attending Iyengar yoga classes regularly for a minimum of three years, or have attended a minimum of 300 hours of classes with a certified Iyengar teacher. Prospective trainees will have established a personal practice before commencing training.

If you are not a regular student of Caroline's it is recommended that you attend one of Caroline's intensives before you submit your application.

In order to join this Program you must be a member of the BKS Iyengar Yoga Association of Australia. Once accepted into the Program you must register with the BKSIYAA as a 'teacher in training'.

11. What's not covered?

CPR training is required prior to sitting for Introductory Level assessment. This is to be organized by the student.

A requirement in order to apply for Introductory Level assessment is completion of a 36 hour course of study in anatomy and physiology. An on line modular Anatomy and Physiology course has been designed especially for Yoga Centre trainees. You can contact Peta O'Meagher at petaomeagher@westnet.com.au to arrange receipt of these on-line modules. You are free to choose this or an alternative course. For alternative courses you must obtain Caroline's agreement regarding suitability.

12. Recommendation to BKSIYAA

If you wish to be certified as an Introductory Level Iyengar Yoga Teacher you will need to fulfill the requirements of the course as specified by the BKSIYAA, including 300 training hours and 100 hours of assisting in class. In addition, and most importantly, you will need a referral for assessment from Caroline Coggins. Referral for assessment within the BKSIYAA certification

system is subject to skill level achieved and therefore an individual may require more than the 300 hours of participation in the course to meet this requirement.

13. Course fees

The cost (inclusive of GST) of **the four Sydney-based modules** (the core program) is \$3,240 per year.

You are encouraged to pay this full amount up front at the start of each year. This up-front payment attracts a discount of 5% so the amount due is \$3,078. The due date is Friday 19 January 2018.

Alternatively, you may pay for the core program in three instalments as follows:

| | Amount due | Due date |
|------------------------------|------------|------------------------|
| Payment 1: 50% of yearly fee | \$1620 | Friday 19 January 2018 |
| Payment 2: 25% of yearly fee | \$810 | Friday 17 August 2018 |
| Payment 3: 25% of yearly fee | \$810 | Friday 5 October 2018 |

In exceptional circumstances a trainee may discuss alternative payment arrangements with Caroline Coggins.

Bali costs are as follows:

- Bali Retreat: \$1,792 (includes tuition, food and transfers but not airline costs or accommodation). Early Bird \$1,690.
- Bali Teacher Development days: \$950 (includes tuition and transfers but not airline costs, food or accommodation)

Payments for Bali are to be made in line with due dates specified on the Yoga Centre website. See <http://yogacentre.com.au/2018-annual-bali-yoga-retreat/>

Costs and due dates for **other classes or workshops** that form part of your annual training plan are as specified on the Yoga Centre website.

14. Terms and Conditions

The decision to enter the Teacher Training Program represents a major commitment. The terms and conditions outlined below reflect and reinforce the seriousness of this commitment.

Attendance: The four Sydney-based modules form the core of the Program and full time attendance is mandatory. If due to exceptional circumstances you can't attend one of the modules, or a part of a module, you must notify and consult with Caroline well in advance.

Payment: Full payment for the four Sydney-based modules is encouraged at the start of each year. This attracts a 5% discount. Alternatively you may pay in three instalments by specified due dates throughout the year. In exceptional circumstances you may consult Caroline to negotiate an alternative payment arrangement.

Credit and Refunds: There are no refunds for partial attendance, or non-attendance, at any module. Variation to these payment requirements will be considered only in exceptional

circumstances such as a family crisis or serious injury/illness. See http://yogacentre.com.au/wp-content/uploads/2017/11/Training-Program-Attendance-Payment-and-Credit-Policy-2018_19.pdf for further details.

15. How to apply

Applications open from end October each year. Applicants must submit their written application, on the [Yoga Centre Teacher Training Program application form](#), by Friday 15 December 2017 at the latest. Earlier applications are encouraged.

You must provide details of their yoga history, any physical problems or disabilities, age, work and home situation. You must also state why you would like to do this training. Applications should be sent to: office@yogacentre.com.au with copy to training@yogacentre.com.au.

Candidates will be notified of the outcome of their application by Friday December 22, 2017 at the latest.

If you have any queries prior to submitting your application please send an email to: office@yogacentre.co.au with copy to training@yogacentre.com.au or call 02 96987960. Leave a message if necessary and we will get back to you within a couple of days.

16. Reference materials

Light on Yoga: BKS Iyengar

Light on Life: BKS Iyengar

Tree of Yoga: BKS Iyengar

Preliminary Course Booklet: Geeta S Iyengar

Basic Guidelines for Teachers of Yoga: BKS Iyengar and Geeta S Iyengar