

## Teacher Trainee Enrolment Form

The Iyengar Yoga Association of New Zealand (IVANZ) administers Teacher Certification on behalf of RIMVI. Requirements to sit for assessment are summarised here-in. Upon successfully passing Introductory Level I & II assessment the Teacher is Certified as an Iyengar Yoga Teacher. This is an Internationally recognised qualification that entitles you to advertise yourself as an Iyengar Yoga Teacher and use the Certification Mark (conditions apply).

### Requirements to become an Iyengar Yoga Teacher Trainee

- 1) A minimum **three years** attending regular classes with a Certified Iyengar Yoga Teacher.
- 2) Membership to the IVANZ and adherence to the rules.
- 3) An agreement with an approved Teacher Trainer to train the applicant. (Financial agreements are between the Teacher Trainer and the Trainee).
- 4) A commitment to exclusively practice & teach Iyengar Yoga and to maintain Mr Iyengar's methodology.
- 5) Registration as a Teacher Trainee with the IVANZ (Fee \$40).

### Who is an approved Teacher Trainer?

The Teacher Trainer must be Intermediate Junior III or above and have been approved by the Teacher Training & Assessment Committee and the Executive Committee.

### What does the course include?

- Attending specific Teacher Training sessions
- Studying the syllabus
- Practicing the syllabus
- Studying Yoga philosophy
- Studying the IVANZ constitution
- Supervised teaching practice
- Learning appropriate adjustment techniques
- Assisting in class (including observing & adjusting)
- Assessment preparation.

You are required to keep a log of training hours. Teacher Training is suspended during pregnancy.

### Assessment requirements

Introductory Assessment for certification may be sat after completing minimum 2 ½ years training including:

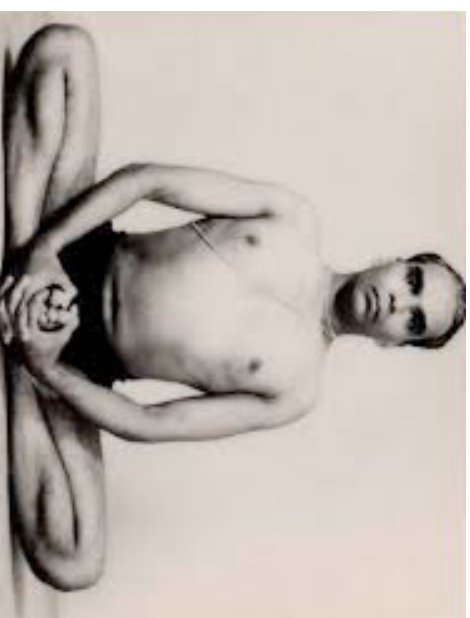
- \* 250 hours specific Teacher Training course
- +50 hrs minimum assisting (observe and adjust) in class
- +36 hrs Anatomy and Physiology course\*
- + A current C.P.R. certificate once begin teaching under supervision in an Iyengar Yoga school
- \* Attending regular weekly classes and workshops recommended by your Teacher Trainer
- \* Having established a regular own home practice.

Completion of a Teacher Training course, as your Teacher Trainer requires.

Teacher Trainer approval is required prior to sitting the assessment.

Assessments are normally held annually (6 monthly if required), over a weekend. A panel of senior Teachers observe you practicing as a group and you teach a 20-30min class. There is also a theory component.

\* The Teacher Training and Assessment Committee can make exceptions when the Trainee already holds suitable proven qualifications.



### Teacher Trainee Enrolment Form

Name.....

Date.....

Address.....

Phone..... Mobile.....

Email.....

Where have you been learning Iyengar Yoga? .....

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What year did you start? .....

What is your experience to date? .....

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Principal Teacher: .....

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Signature of Principal Teacher / Confirmation: .....

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Enrolment Fee: \$40

(A digital copy of Teacher Training and & Certification Manua will be emailed to you).

IVANZ Membership Subs: \$35

Applicant's .....

Signature.....

Internet Banking: BKS Iyengar Yoga Association,  
06-0199-0081273-00

Name in "Particulars"  
Enrolment in "References".

Send this form to: Anna Timms

4 Faraday Rise, Richmond,  
TASMAN 7020