

**RULES OF THE  
IYENGAR YOGA NEW ZEALAND INC.**

**1) TITLE AND NATURE OF THE ASSOCIATION**

- a) The Association shall be called the Iyengar Yoga New Zealand Inc. hereinafter referred to as the Association.
- b) The President of the Association shall be Yogacharya Sri B.K.S. Iyengar or his designated successor.
- c) The Association shall be affiliated to the Ramamani Iyengar Memorial Yoga Institute, situated in Pune, India, hereinafter referred to as the RIMYI.
- d) The Association shall be a not-for-profit organisation.

**2) AIMS AND OBJECTS**

- a) To spread the teaching of Yogacharya Sri B.K.S. Iyengar and to maintain the teaching standard set by him.
- b) To provide facilities for the instruction and training of the public in the principles of Yoga established by Yogacharya Sri B.K.S. Iyengar.
- c) To advance public education in the classical teachings of the science of Yoga based upon the principles of the highest standards of personal conduct and service to others.
- d) To arrange and provide for the holding of Yoga demonstrations, meetings, conventions, lectures and classes.
- e) To support the aims and objects of the RIMYI (as set out in Appendix A.).
- f) To encourage communication, harmony and unity among Iyengar Yoga practitioners in New Zealand and in other parts of the world.
- g) To be solely responsible in New Zealand for training and assessing applicants for teaching certificates and to issue those certificates as set out in Appendix C. The certificates are those of the RIMYI and shall remain the property of the Association.
- h) To maintain a national register of approved teachers of Iyengar Yoga.
- i) To maintain a national register of approved teacher trainers of Iyengar Yoga.
- j) To publish a magazine and/or other publications.
- k) To promote and advance the study and the practice of, and research into, the therapeutic effects of, Iyengar Yoga as a means of improving the mental physical and spiritual health of the community, and to publish the useful results of any such research.

- l) To establish and maintain links with Iyengar Institutes and groups in New Zealand and abroad.
- m) To employ staff, own property, borrow money, raise funds by subscription, incur expense or do any other thing in pursuance of these aims and objects.

### **3) MEMBERSHIP**

- a) Membership shall be open to all practitioners of Iyengar Yoga in New Zealand.
- b) Practitioners of Iyengar Yoga may join the Association in either of two ways:
  - i) by becoming a member of an affiliated Institute; or regional association (section 4)
  - ii) by becoming an individual member;
- c) All members who pay to the Association an annual sum (either through an affiliated Institute or directly to the Association) fixed in accordance with the provisions hereof shall be a member of the Association and shall be entitled to attend and vote at general meetings of the Association so long as the current subscription has been paid. (or to vote via postal voting)
- d) Teachers holding the RIMYI"s teaching certificate and the Certification Mark must become teacher members of the Association and pay the teachers" professional subscription.
- e) An application for membership shall be in such form as the "Executive Council" may require and may be in different forms for different categories of membership.
- f) The Executive Council may at its discretion refuse to accept any person as a member of the Association.
- g) The Executive Council may terminate the membership of any person in accordance with the disciplinary procedure in Appendix D.
- h) A member whose subscription is more than three months in arrears shall cease to be a member
- i) The Executive Council shall maintain an up-to-date central record of all members and publish it annually.
- j) A person may resign as a member of the Association at any time by notice in writing to the Executive Council.

### **4) REGIONS**

- a) The Association shall be divided into regions as defined from time to time by the Executive Council.
- b) All individual members of the Association shall be members of a Region.
- c) Individual members living near the border between Regions, or living in one Region and teaching in another shall have the right to make a choice of which Region to join.

d) Any changes made by the Executive Council to the boundaries of the Regions and Regional representation shall be published in the next magazine and brought to the attention of the next Annual General Meeting.

e) The (Regional) Elected Representatives (elected in accordance with clause 6) to the Executive Council shall constitute a Regional Forum. Arrangements may be made for the co-opting of additional Regional Forum members at the discretion of the (Regional) Elected Representatives.

Regional Forums shall act as conduits for information between the Executive Council and the members of their Regions.

## **5) EXECUTIVE COUNCIL: FUNCTION**

a) An Executive Council shall be elected to control and provide for the administration of the affairs of the Association and in particular to determine and give effect to the policies of the Association, in pursuance of the above Aims and Objects.

b) The Executive Council shall authorise the appointment or the dismissal of any staff deemed necessary to the efficient running of its business and shall approve the job description, functions and remuneration of any staff so appointed.

c) The Executive Council shall determine the budget of the Association and shall maintain proper accounting records and arrange for the preparation of annual statements of account for the Association.

d) The Executive Council may appoint and pay such legal and financial advisors as shall from time to time be necessary for carrying out the work of the Association.

## **6) EXECUTIVE COUNCIL: MEMBERSHIP**

a) The Executive Council shall consist of (Regional) Elected Representatives<sup>1</sup> and four Honorary Officers: Chair, Vice Chair, Secretary and Treasurer. The (Regional) Elected Representatives will be elected as follows:

i) One Representative of the individual members will be elected from each Region with between 20 and 50 individual members in the region, or two Representatives from Regions with more than 50 individual members. These representatives, hereinafter referred to as (Regional) Elected Representatives Individual), to be elected by postal ballot of all individual members in the Region organised and funded by the Association.<sup>2</sup>

b) Elections by postal ballot shall be carried out in accordance with procedures decided by the Executive Council.

<sup>1</sup> Where the country does not have "Regional Associations" and the size and/or number of the members make it necessary the representatives on the Executive Council should reflect the spread of membership.

<sup>2</sup> This is the suggested formula for working out the spread of representation from regions

- c) In the case of members being dissatisfied with election procedures in their Region, complaint not may be made to the Executive Council
- d) In order to be eligible to stand for election as a (Regional) Elected Representative, members must be either:
- i) teacher members;
  - ii) non-teaching members who have
    - (1) signed a document affirming commitment in their Yoga practice to the Iyengar method only;
    - (2) practiced for a period of at least 4 years;
    - (3) at the point of nomination, have provided the signature of their regular Iyengar Yoga teacher and listed their Iyengar Yoga teachers over the designated period.
- e) The majority of the members of the Executive Council shall be teacher members of the Association. If this majority is not achieved by the normal election process the Executive Council may co-opt sufficient additional teacher members as full members of the Executive Council to achieve that majority.
- f) A significant minority (as determined by the Executive Council in accordance with paragraph (g) of this clause) of the members of the Executive Council shall be nonteaching members of the Association. If this number is not achieved by the normal election process the Executive Council may co-opt sufficient additional non-teaching members as full members of the Executive Council to achieve that significant minority.
- g) The Executive Council shall, from time to time, determine the number of non-teaching members it deems to be a significant minority.
- h) (Regional) Elected Representatives shall be elected for a period of three years and shall be eligible for re-election for 1x further term, thereafter there must be a gap of three years before they can stand for further election.
- i) If a (Regional) Elected Representative resigns before the end of his/her three year term, the individual (or institute) members, as applicable, shall elect a replacement by postal ballot.
- j) A member of the Executive Council shall cease to hold office if he or she:
- i) becomes incapable by reason of mental disorder, illness or injury of managing and administering his or her own affairs;
  - ii) is absent without permission of the Executive Council for three or more consecutive meetings and the Executive Council resolves that his or her office should be vacated;
  - iii) notifies the Executive Council of his or her wish to resign.
- k) The Executive Council shall maintain an up-to-date list of (Regional) Elected

Representatives and publish it annually.

l) If a (Regional) Elected Representative is unable to attend a meeting of the Executive Council, the Regional Forum may appoint another Regional Forum member as a substitute.

This substitute will not have the right to vote in meetings of the Executive Council

m) It shall be the responsibility of the (Regional) Elected Representatives to report back to the members (of the Regions) on the discussions and decisions of the Executive Council and in return to convey local opinions to the Executive Council.

## **7) HONORARY OFFICERS**

a) The Honorary Officers of the Association shall be the Chair, the Vice-Chair, the Secretary and the Treasurer.

b) The Honorary Officers of the Association shall be nominated by any member of the Executive Council from within their own membership. Where more than one nomination is made for any position, the election shall be by postal ballot of all members of the Association.

c) When a (Regional) Elected Representative is elected as an Honorary Officer, a further (Regional) Representative may be elected to replace them for the period of office of that Honorary Officer.

d) Honorary Officers may hold office for three years but can only hold that office twice.

e) The Executive Council may appoint such other officers as may from time to time be found necessary for carrying out the work of the Association.

## **8) MANAGEMENT COMMITTEE**

a) The Management Committee of the Association shall comprise the Honorary Officers of the Association and the Chairs of the Ethics & Certification Standing Committee and the Assessment & Teacher Training Standing Committee.

b) The Management Committee shall manage the Association on a day-to-day basis in accordance with the policies and budget set by the Executive Council and report to each meeting of the Executive Council.

c) Other Standing Committee Chairs may be co-opted as necessary by the Executive Council to be members of the Management Committee.

## **9) STANDING COMMITTEES**

a) There will be Standing Committees as determined from time to time by the Executive Council each with a designated task (see Appendix B).

- b) These Standing Committees will be made up of members of the Executive Council and of co-opted members, subject to approval by the Executive Council.
- c) The members of the Ethics & Certification Standing Committee and Assessment & Teacher Training Standing Committee shall all be teacher members of the Association.
- d) All members of the Standing Committees shall have equal voting rights within their committees.
- e) Chairs of Standing Committees shall be members of the Executive Council.
- f) Policy proposals by the Standing Committees shall be subject to ratification by the Executive Council.
- g) All members shall have tenure of 3 years except the Ethics & Certification Committee and the Assessment & Teacher Training Committee, whose members shall have a tenure of 5 years. Members may stand for a second consecutive term, but there must then be a gap of 1x term before anyone can occupy the same position.
- h) All Standing Committees to meet as necessary but at least twice per year.
- i) Any proposals by a Standing Committee to commit expenditure on behalf of the Association shall be referred to the Treasurer for approval before implementation.

## **10) GENERAL MEETINGS**

- a) In each year there shall be an Annual General Meeting of the Association which shall be held not later than one month after the end of the financial year of the Association and such other General Meetings as the Association may determine.
- b) The Annual General Meeting will be held in Auckland every second year and alternately in Christchurch and Wellington in between.
- c) All members of the Association shall be entitled to attend and vote (or vote by postal ballot with a return by date of those votes set by the Executive Council) at all general meetings of the Association so long as the current subscription has been paid.
- d) Every Member shall have one vote.
- e) The normal business of an Annual General Meeting shall be:
  - i) to approve the minutes of the previous Annual General Meeting;
  - ii) to receive reports from Executive Council, Officers and Standing Committees;
  - iii) to receive and approve the accounts of the Association;
  - iv) to appoint a reputable firm of accountants to verify the accounts of the Association in accordance with New Zealand law for the following year.

- f) Any other business at an Annual General Meeting and all business at an Extraordinary General Meeting shall be deemed to be special, and notification of it shall be circulated to members in the notice of the meeting which must be received by post at least 28 days before the date of the meeting, providing that accidental failure to notify any member shall not invalidate the meeting.
- g) Every matter shall be determined by a majority of votes of the members of the Association present and voting on the question but in the case of equality of votes the Chair of the meeting shall have a second or casting vote.
- h) Every matter shall be decided in the first place on a show of hands but the Chair may order a poll and must do so if requested by more than 15 members.
- i) 28 days notice of any General Meeting shall be given to each member by post, providing that the accidental failure to notify any member shall not invalidate the meeting.
- j) Motions submitted by members for consideration at a General Meeting shall be proposed and seconded and must be received in writing by the Secretary not less than 40 days before the meeting.
- k) An Extraordinary General Meeting may be called by the Executive Council or shall be called at the request, in writing, of not less than 10 percent of the membership of the Association. The proposals, in full, shall be placed before the Executive Council and sent to the members in the notice of the meeting.
- l) The quorum for any General Meeting shall be 12 members, including not less than 4 members of the Executive Council (ratified at the 2013 AGM).
- m) The Secretary or other person appointed by the Executive Council shall keep a full record of proceedings at any General Meeting.

## **11) FINANCE**

- a) Members shall pay a subscription at such rate or rates as the Executive Council shall decide and the Executive Council may determine different rates of subscription for different categories of membership.
- b) The financial year of the Association shall be determined by the Executive Council.
- c) The Executive Council shall nominate a firm of reputable accountants to verify the accounts in accordance with New Zealand law before they are presented to the Annual General Meeting.
- d) The Executive Council shall cause proper books of accounts to be kept with respect to:
- i) all sums of money received and expended by the Association and the matters in respect of which such receipts and expenditure take place.
  - ii) the assets and liabilities of the Association.
- e) The books of accounts shall give a true and fair view of the affairs of the Association.

f) The books of accounts shall be kept at such place and shall be available for inspection by any member at such time as the Executive Council shall decide.

g) The Executive Council shall maintain such banking account or accounts in the name of the Association as it thinks fit into such of which as may be appropriate shall be paid all sums of cash for the time being belonging to the Association (other than petty cash not exceeding a sum to be agreed by the Executive Council). Cheques shall be signed by two members of the Executive Council who shall be office bearers.

h) All sums of cash at any time standing to the credit of the said banking accounts and not required for immediate working purposes shall be invested by the Executive Council in securities for the time being authorised by law for the investment of trust funds or in such other investments (including the purchase of freehold or leasehold land) as the Executive Council shall on the advice of its financial advisors given at the time of the investment select

PROVIDED as follows

1) Subject as hereinafter provided an investment shall be so made that of the total funds of the Association then invested not less than half in value shall be invested in securities for the time being authorised by law for the investment of funds.

2) Subject to the aforesaid limitations investments may be transposed as the Executive Committee acting on the advice of its financial advisors sees fit.

i) The Executive Council, with the consent of the members at a General Meeting, may borrow money for any purpose of the Association and give security in any form for the monies so borrowed.

## **12) RULES AND STANDING ORDERS**

a) The Executive Council shall have power from time to time to make, repeal or alter rules, regulations and standing orders for the management of the Association and its affairs (including Teacher Training, Assessments and Certificates), for the division of the Association into Regions and the conduct of elections, for the conduct of business by the Executive Council or any Standing Committee and for any of the matters or things within the power or under the control of the Executive Council provided that the same shall not be inconsistent with these Rules.

b) A copy of any such rules, regulations or standing orders shall be appended to the Rules and made available to the Association President Yogacharya BKS Iyengar and notice shall be made to all its members.

## **13) ALTERATIONS TO THE RULES**

a) The Rules shall be amended, either in whole or in part, only at an Annual General Meeting or at an Extraordinary General Meeting called for that purpose.

- b) Any alteration to the Rules must receive the assent of not less than three-quarters of the members present and voting in person at the General Meeting.
- c) Notification and provision for postal voting must be made available to the members giving 28 days notification.
- d) Any decided alteration to the Rules shall be presented for approval to Yogacharya BKS Iyengar.

#### **14) DISSOLUTION**

- a) The Association shall be dissolved, following a proposal by the Executive Council, by either:
  - i) a resolution approved by three-quarters of members present and voting in person at an Extraordinary General Meeting called to dissolve the Association; or
  - ii) a resolution approved by three-quarters of members voting in a postal ballot.
  - iii) Or, at the insistence of the President of the Association, Yogacharya BKS Iyengar
- b) Any disposable assets remaining upon dissolution of the Association after satisfaction of any outstanding liabilities shall be given or transferred to the Light on Yoga Research Trust (Mumbai) or such other non-profit making Iyengar Yoga body as the membership may decide.

#### **15) COMMON SEAL**

- a) The Executive Council shall provide for the secure custody of the Common Seal of the Association which shall not be affixed to any document except pursuant to a resolution of the Executive Council. Every instrument to which the Common Seal is affixed shall be signed by two members of the Executive Council and countersigned by the Secretary or some other person appointed by the Executive Council for that purpose.

## STANDING ORDERS OF IYENGAR YOGA NEW ZEALAND INC.

### 1) FUNCTIONS OF OFFICERS

- a) The Chair has the responsibility for chairing the meetings of the Association and of the Executive Council, the Management Committee and the Planning Committee. The Chair has the responsibility for representing the work of the Association to outside bodies. The Chair has the overall responsibility for co-ordinating the work of the officers and facilitating communication between the Standing Committees. The Chair shall sign the minutes when they have been agreed as a correct record.
- b) The Secretary has the responsibility for the administration of the Executive Council and the Management Committee and for calling meetings of the Association, Executive Council or Management Committee on agreed dates. The Secretary shall be responsible for keeping an accurate record of business conducted at any meeting of the Executive Council or any committee of the Association.
- c) The Treasurer has the responsibility for the administration of the finances of the Association in accordance with the instructions of the Executive Council. The duties include preparation of the annual budget in liaison with the Standing Committees, controlling expenditure to budget, chairing the Finance Committee, for proper keeping of the accounts of the Association and for having annual accounts reviewed and approved by accountants in accordance with New Zealand law and accounting procedures. The Treasurer shall have the power to give receipts for monies received by the Association.
- d) The Vice-Chair shall work closely with the Chair and shall help the Chair with the performance of his or her office. In the absence or disability of the Chair, the Vice-Chair shall assume all the duties and powers of the Chair. The Vice-Chair shall assume other duties and powers for the Association as may from time to time be assigned to him/her by the Executive Council.
- e) There will be a 3 year cycle of elections for Honorary Officers (Year 1: Chair and ViceChair; Year 2: Treasurer; Year 3: Secretary).<sup>3</sup>

### 2) MEETINGS AND PROCEEDINGS OF THE EXECUTIVE COUNCIL AND THE STANDING COMMITTEES

- a) The Executive Council shall hold a minimum of three meetings per year and not more than five months shall elapse between such meetings.
- b) A special meeting may be called at any time by the Chair or by any two other members of the Executive Council together with an Officer upon not less than 14 days notice being given to the other members of the Executive Council of the matters to be discussed but if the matters include the appointment of a co-opted member then not less than 21 days notice must be given.
- c) There shall be a quorum when at least one third of the number of members of the Executive Council for the time being are present at a meeting provided at least one half of the regions are represented.

<sup>3</sup> This is the suggested formula.

- d) Every matter shall be determined by a majority of votes of the members of the Executive Council present and voting on the question but in the case of equality of votes the Chair of the meeting shall have a second or casting vote.
- e) Every matter shall be decided in the first place on a show of hands but the Chair may order a poll and must do so if requested by more than five members.
- f) If the matter is the election of a representative to the Executive Council, or a change in the Rules of the Association then there must be provision made for a postal ballot.
- g) The Executive Council shall keep minutes, in books kept for the purpose, of the proceedings at meetings of the Executive Council and any Standing Committee.
- h) The Executive Council may from time to time make and alter rules for the conduct of their business, the summoning and conduct of their meetings and the custody of documents. No rule may be made which is inconsistent with these Rules.
- i) One third of the (Regional) Elected Representatives shall be elected each year for a three year term.
  - a) The Executive Council shall determine which (Regional) Elected Representatives shall be elected in each year, taking account of the need to ensure that, in those Regions where there are two or more Representatives, their terms of office should not be concurrent.
- j) Standing Committee minutes will be circulated to the Management Committee and all Standing Committee Chairs, and the administrator, by the relevant Standing Committee Chair. They will be posted on the web site after approval by the Executive Council.
- k) The Chair of the Executive Council will be responsible for overseeing communication between Standing Committees, in particular ensuring the consistency and harmonisation of their recommendations.
- l) (Regional) Elected Representatives shall communicate concerns and feedback from the general membership to the relevant Standing Committee. If the members are not satisfied with the response of the Standing Committee, the (Regional) Elected Representative may ask the Chair or Secretary of the Association to place the item on the agenda of the next meeting of the Executive Council.
- m) Members of the Executive Council and Standing Committees shall be indemnified by the Association whilst carrying out their duties for the Association.

### **3) REGIONS**

- a) Individual members of the Association shall indicate on their membership renewal form to which Region they wish to belong for that year.

#### **4) FINANCE**

a) The (Regional) Elected Representatives to the Executive Council constituting a Regional Forum shall maintain such banking account or accounts in the name of the Region as it thinks fit into such of which as may be appropriate shall be paid all sums of cash for the time being belonging to the Region. Cheques shall be signed by two members of the Regional Forum, at least one of whom shall be a member of the Executive Council.

b) The (Regional) Elected Representatives constituting a Regional Forum shall cause proper books of account to be kept with respect to all sums of money received and expended by the Forum and the matters in respect of which such receipts and expenditure take place.

c) The books of account shall be kept at such place and shall be available for inspection by any member at such time as the Executive Council shall decide.

d) The books of account shall be made available for inspection by the Finance committee at such time as the Executive Council shall decide.

**APPENDIX A:  
THE AIMS AND OBJECTIVES OF THE RAMAMAN1 IYENGAR MEMORIAL YOGA  
INSTITUTE (RIMYI)**

1. To promote yogic education and impart yogic instruction for the development of and integration of human personality in all its aspects, physical, mental and spiritual, in accordance with the techniques evolved and developed by the Director, Yogacharya B. K. S. Iyengar, and as followed by Associate Directors Dr Geeta S Iyengar and Sri Prashant Iyengar.
2. To make proper arrangements for the teaching of Yoga and Yoga science.
3. To initiate aspiring individuals in Yoga irrespective of caste, colour, sex, religion and nationality.
4. To propagate the value of the yogic order of living to the intelligentsia and the masses in all forms of media without detracting from the dignity and value of the subject.
5. To initiate, encourage and guide in the works of methodology and techniques.
6. To print and aid in the writing of publications, books, articles, magazines and journals connected with the subject of Yoga.
7. To do all acts and things necessary to achieve the objects mentioned above either alone or in conjunction with any other person or institution.
8. To establish a library of Yogic literature.
9. To render Yogic advice and organise Yoga clinics where physical, nervous, and psychic disorders and diseases can be treated according to Yogic methods.
10. To arrange cultural and social programmes and/or Yoga performances on behalf of the Institute.
11. To make films either in black & white/or colour on Yoga Asanas, Pranayama and Meditation, with or without sound, and distribute the same for exhibition in schools and colleges, educational institutions and elsewhere and/or making television films for the education and propagation of Yoga.
12. To train teachers and instructors in the science and art of Yoga, conduct tests, and award Certificates of merit to successful candidates.
13. To revive interest in the teachings of the ethical and spiritual philosophy of India.
14. To invite scholars, philosophers and others to give talks on Yoga.
15. To grant scholarships, or give monetary and/or other assistance, feeships, to students studying Yoga.

16. To give donations or contribute to any other public charitable institution.
17. To foster and develop correct meditative practice, and to make comparative studies in the meditative practices of East and West. In this way the Institute will contribute positively to the dialogue between different schools of philosophy.
18. To enter into agreements with other public charitable institutions or Trusts for running and conducting Yoga classes in conjunction with others and for the spread and propagation of the aims and objects of the Institute.

## ETHICS & CERTIFICATION COMMITTEE

The Chair of the Ethics & Certification Committee shall be a member of the Management Committee.

Duties:

1) To oversee the licensing of the Certification Mark to individual teachers in New Zealand.

2) To see that 60% of the income from the Certification Mark is sent to Yogacharya Sri BKS Iyengar or whoever else he nominates and the remaining 40% is used in whatever way the Association decides will spread the art, science and philosophy of yoga according to the teachings of Yogacharya Sri BKS Iyengar, subject to the approval of Yogacharya Sri BKS Iyengar or his nominee.

3) To undertake the administration

of the Certification Mark and advise the Executive Council on infringements of persons or organisations unqualified to use it so that the Association can seek legal redress if necessary.

NB: Until further notice: All Certified Teachers living in a country in which there is no Iyengar Yoga Association MUST acquire and pay the Certification Mark fee through Gloria Goldberg (His Attorney in Fact) ([yogagold2@gmail.com](mailto:yogagold2@gmail.com)). Although, said teacher must also belong to an Iyengar Yoga Association of their choice they still must pay their CM fees through Gloria. The teacher will initially be required to provide proof of certification. Then the teacher will be asked to fill out the Teacher Information Form and sign the CM Agreement and send both to Gloria with a check for US\$50 annually

4) Arrange for the Service Mark for the association, and see that the fee is sent to Yogacharya BKS Iyengar.

5) To administer application for classes at the RIMYI in Pune.

6) To oversee the maintenance of high ethical and teaching standards for teachers and recommend to the Executive Council any action to be taken in accordance with the disciplinary procedures already in place.

7) To provide a forum for any complaints from within or outside the Association about any yogarelated conduct by members or the Association and implement a structured complaints procedure.

8) To provide a forum for any complaints related to the assessment or certification process and implement a structured grievance process with the approval of the Executive Council.

Membership:

- 4 (minimum 1 from the Executive Council, preferably more, only Senior teachers („Senior“ defined as a minimum of Junior Intermediate Level II Certificate holder, and been to the RIMYI at least four times and one of those in the past 3 years, and has been successfully involved in assessment and teacher training). At least 1 member must have a full Senior Intermediate certificate.
- Tenure 5 years

## **ASSESSMENT & TEACHER TRAINING COMMITTEE**

The Chair of the Assessment & Teacher Training Committee shall be a member of the Management Committee.

Duties:

- 1) To have responsibility for the organisation of all assessments for each level as approved by Yogacharya Sri BKS Iyengar ( Appendix C).
- 2) To appoint a Moderator to be the Assessment Co-ordinator, who will act as a collator of all information regarding all areas of assessment procedures (Appendix C). This appointment to be ratified by the Executive Council.
- 3) To propose the appointment of Moderators, which shall be ratified by the Executive Council.
- 4) To adjust the number of Moderators from time to time to cope with increases or decreases in numbers taking assessments.
- 5) To set a time limit on consecutive years of service of the Moderators
- 6) To require the Moderators to hold a minimum of two meetings a year to agree practical matters about the running of assessments.
- 7) To oversee the appointment and training of approved Assessors from a list of suitably qualified candidates (see appendix C, clause 3).
- 8) To approve teacher applicants with the correct qualifications to run approved courses or to train teachers for certification.
- 9) To review teacher training procedures to bring them into line with the requirements of RIMYI and/or the requirements of national regulating bodies so long as these in no way contradict the requirements of RIMYI.
- 10) To organise in-service training for currently serving Assessors, Moderators and teacher trainers.
- 11) To from time to time, in accordance with rules laid down by RIMYI, review the requirements for candidates for teacher training.
- 12) To oversee the applications for teacher training courses throughout New Zealand to ensure that requirements for entering such a course are met.
- 13) To have the power to withdraw permission for individuals to train or assess teachers when standards are consistently not met.

14) To prepare teacher training programmes (to include requirements of the New Zealand regulating authorities insofar as they are compatible with Iyengar Yoga teaching systems).

15) To liaise closely, and agree costs, with finance committee before cost of assessments is published.

16) To regularly seek feedback on assessment and teacher training from teachers at all levels of qualification.

Membership:

5 teacher members, with a minimum of 3 years Iyengar Yoga teaching experience (minimum 1 from Executive Council, preferably more; this Standing Committee to include at least 1 Moderator, 1 Assessor and 1 teacher trainer)

Tenure 5 years

#### **ARCHIVES/RESEARCH COMMITTEE**

This work should be done as a normal function of Executive Council operations:

1) To record, store and manage data from the Chair, Treasurer, and any other relevant Executive Council member/standing Committee. Also to collect, record and catalogue any information about Yogacharya Sri BKS Iyengar, Dr Geeta Iyengar and Sri Prashant Iyengar and the RIMYI that the Executive Council finds necessary or as requested by the RIMYI.

2) Foster medical and psychological research and exchange research findings on yoga-related issues.

3) Work with the Finance Committee to secure funds and/or grants whenever possible.

4) To canvas the membership for ideas.

#### **COMMUNICATIONS COMMITTEE**

Duties

1) To oversee production of 4 magazines a year that will constitute the official journal of the Association or distribution to every member, as well as copies to the Association President and other Associations.

2) Draft any other leaflets, circulars, brochures, as required by the Executive Council.

3) Maintain the Association website.

4) Liaise closely with the PR Standing Committee.

5) Ensure that any articles, letters, publications etc. do not undermine the aims and objectives of the Association.

Membership:

· 2 members from the Executive Council and another 2, co-opted as necessary. The Executive Council members constitute the Editorial board of the magazine and the website. Any conflict on editorial decisions shall be referred to the full Executive Council

### **FINANCE COMMITTEE**

The surplus and loss of conventions, and all fiscal responsibility shall be borne by the Association and be included in the functions of the Finance Committee.

Duties:

- 1) Financial fact-finding to advise the Executive Council of all matters relating to the financing of the Association's activities.
- 2) Preparation of the annual budget for presentation to the Executive Council and membership.
- 3) Research grants and other fund raising activities (in liaison with Archives/Research Committee).

Treasurer's Specific Duties:

- 1) Handle financial proposals & planning.
- 2) Chair committee.
- 3) In addition shall attend to those duties laid out under Rules and Standing Orders of Iyengar Yoga New Zealand Functions of Officers, paragraph c).

Administrator's Specific Duties:

- 1) Handle accounts.
- 2) Attend all meetings of this Standing Committee.

Membership:

· Treasurer, 1 other Executive Council member, and co-opted members.

### **EVENTS COMMITTEE**

The organisation of Association events will be determined by the Executive Council and will rely on the Regional members and Forums for support.

### **PUBLIC RELATIONS/PRESS COMMITTEE**

PR will be a major activity for the Association and will be on the agenda of each Executive Council meeting.

#### Duties

- 1) Proactively to communicate the benefits of Iyengar Yoga to the public and the press etc.
- 2) Prepare a database of „responses to specific questions“ to be used as its source data. This database to be approved by the Management Committee. Editorial guidance to be provided by the Management Committee.
- 3) Liaise closely with the Communications Standing Committee.

#### Membership:

- 3 Executive Council and one co-opted.

### **PLANNING COMMITTEE**

While this is a function of the Executive Council, the formation of a separate Committee is not precluded.

The Chair of the Executive Council shall Chair the Planning Committee.

#### Duties

- 1) To keep the Association abreast of legislation and regulation regarding yoga in New Zealand.
- 2) To be the centre for creative thinking.
- 3) To be responsible for forward planning and policy by preparing 5-year plans for approval by the Executive Council.
- 4) To canvass membership for ideas.

#### Membership

- 3 Executive Council including an officer and co-opted members as necessary.

## **APPENDIX C PROCEDURES FOR TEACHER TRAINING, ASSESSMENTS AND CERTIFICATES**

**of IYENGAR YOGA NEW ZEALAND Inc.**

**1) Certificates of the Ramamani Iyengar Memorial Yoga Institute**

a) The following are the grades of Certificate:-

- i) Introductory Certificate Level II.
- ii) Intermediate Junior Certificate, Levels I, II and III.
- iii) Intermediate Senior Certificate Levels I, II and III.
- iv) Advanced Junior Certificate Levels I, II, and III.
- v) Advanced Senior Certificate Levels I and II.

b) Each certificate has a separate syllabus and Members are expected to adhere to the syllabus appropriate to their certificate.

c) Certificates are gained by:-  
Either,

(1) Demonstrating an adequate standard of practice, teaching and theory at an approved and authorised assessment of the Association.

d) Or,

- (1) Recommendation of
  - (a) the Ramamani Iyengar Memorial Yoga Institute;
  - (b) the Executive Council of the Association.

**2) Grades and Levels of Certificates**

a) Introductory Certificate:-

- i) The Introductory Certificate is graded into two parts, Level I and Level II.
- ii) A minimum of six months to a year must pass before a candidate who has passed a Level 1 Assessment may take a Level II Assessment.
- iii) The Association's Provisional Introductory Certificate (Level I) is awarded only upon attaining a Level I pass in an assessment so that they are then eligible to train to appear for Level II, which is a Ramamani Iyengar Memorial Yoga Institute (RIMIY) Certificate.
- iv) Introductory Level I trainee teachers must complete Introductory Level II within two years of completing Introductory Level I or they must retake the Level I Assessment.
- v) The Introductory Certificate is intended for teaching generalised and public classes.

vi) Before the teaching of individual pupils, specialised classes, or the training of teachers is undertaken, higher Certificates are required.

A minimum of eighteen months must pass before an Introductory Level II Certificate holder may apply for Intermediate Junior Level I.

b) The Intermediate Junior Certificate:-

i) The Intermediate Junior Certificate is graded into three parts, Level I, Level II, and Level III.

ii) Each part has its own syllabus and is separately assessed.

iii) Upgrading from Level I to Level II, or from Level II to Level III, will take place not less than six months after gaining the previous Level.

iv) Teachers may teach the level of Intermediate Junior syllabus belonging to each Intermediate Junior Level I, II or III assessment they have passed.

A minimum of eighteen months to two years must pass before an Intermediate Junior III Certificate holder may apply for Intermediate Senior Level I.

c) The Intermediate Senior Certificate:-

i) The Intermediate Senior Certificate is graded into three parts, Level I, Level II, and Level III. Each part has its own syllabus and is separately assessed.

ii) Only holders of Intermediate Senior I and higher certificates may conduct therapeutic yoga classes provided they have attended classes in Pune to see how the art or adjusting is applied in therapy classes for therapy cases.

iii) Upgrading from Level I to Level II, or from Level II to Level III will take place no less than six months after gaining the previous Level.

iv) Teachers may teach the level of Intermediate Senior syllabus belonging to each Intermediate Senior Level I, II or III assessment they have passed.

v) Level III is also done by the governing body like all the other levels and not the Ramamani Iyengar Memorial Yoga Institute (RIMYI) in Pune.

vi) Regarding Intermediate Senior Level III, the Association can assess and revalidate at this level. Where the assessor is not available for Senior Intermediate Level III then Yogacharya B.K.S. Iyengar will assess that person, seeing their practice directly in Pune or they will send photos to Pune showing their

practice and teaching of asanas from that level syllabus. The theory examination can be done in their country.

d) The Advanced Certificate

i) This Certificate is only awarded on the recommendation of the RIMYI

### 3) Teacher Trainers and Teacher Training Courses

Members of the Association may apply to the Executive Council or to the Assessment & Teacher Training Committee to run approved courses or to train teachers for the Association and B.K.S. Iyengar Yoga Teaching Certificates.

a) Requirements for teacher trainers:

i) An Iyengar Yoga certified teacher qualified to train teachers must:

- (1) Teach Yoga according to the methods set forth by Yogacharya Sri B.K.S. Iyengar.
- (2) Not mix contradictory or incompatible elements from other disciplines in his/her teaching.
- (3) Clearly distinguish Iyengar work from any related/associated/compatible disciplines he/she may draw upon, such as anatomy, physiology, philosophy.
- (4) Acknowledge the governing influence of Yogacharya Sri B.K.S. Iyengar on his or her own yoga practice and teaching.
- (5) Have attended classes at the Ramamani Iyengar Memorial Yoga Institute (RIMYI) at least three times and one of those in the past three years.
- (6) Maintain a regular and consistent personal practice of Asana and Pranayama
- (7) Be certified at Intermediate Junior Level III for at least two years or be certified at a higher level so there is a minimum of one level gap between their certificate and those they are training.
- (8) Supply information about themselves and their proposed scheme of training.
- (9) Have attended regularly to observe an existing teacher training class for 2 years and be approved by the class tutor.

Permission will normally be given by the Executive Council on the recommendation of the Assessment & Teacher Training Committee.

b) The general criteria required to run courses to train teachers for the Introductory Certificate or to train teachers who wish to upgrade their certificate are any of the following: -

i) Introductory Certificate training courses

- (1) An Advanced Certificate.
- (2) An Intermediate Senior Certificate.
- (3) An Intermediate Junior Certificate Level III which has been held for 2 years.
- (4) Courses may also be conducted by any such members of long-standing and maturity as may from time to time be named by the Executive Council, in conjunction with the Assessment & Teacher Training Committee.

c) The criteria for training teachers who wish to upgrade their certificate are any of the following:-

i) Intermediate Junior Certificate Training:

- (1) An Advanced Certificate.
- (2) An Intermediate Senior Certificate.
- (3) An Intermediate Junior Certificate which has been held for 4 years.

ii) Intermediate Senior Certificate Training:

- (1) An Advanced Certificate.
- (2) Intermediate Senior Certificate holders who have been training teachers for 3 years, or who have held their Intermediate Senior certificate for 5 years.

NB If there is an area requiring a teacher training course and no qualified and authorised teacher is available then the senior-most teacher in that area should apply to the Assessment & Teacher Training Committee for assistance

#### **4) Organisation and Running of Assessments**

a) The Assessment & Teacher Training Committee shall appoint from among its number an Assessment Co-ordinator to act as a collator of information regarding all areas of assessment procedure.

b) Arranging the assessment:-

i) Candidates shall receive a letter notifying them of the date, time, venue, cost and format of the assessment.

c) The Officers on the assessment:-

- i) A Moderator shall be assigned to each assessment, on behalf of the Assessment & Teacher Training Committee, by the Assessment Organiser and on a rota system.
- ii) The Moderator and Assessors shall not have tutored the assessees.
- iii) Their duties shall be outlined to them, and they shall confirm their willingness to fulfil them.
- iv) The Moderator - with the agreement of the Assessors - may modify the programme of the day.

d) The size of the assessment:-

i) Number of Officers:

- (1) There shall be one Moderator and three Assessors at the Introductory Assessments.
- (2) There shall be one Moderator and two Assessors at the Intermediate Junior Assessments.

ii) Number of candidates:

- (1) There shall be a minimum of 6 and a maximum of 8 on the Introductory Assessments.
- (2) There shall be a minimum of 4 and a maximum of 8 on the Intermediate Junior Assessments.

e) Organisation of the assessment.

The Assessment Organiser shall notify the candidates, Moderator, and Assessors of the date and the venue of the assessment and make sure that each group of persons receives the relevant information.

i) Candidates shall:-

- (1) Receive their Theory questionnaires and other papers so that they can be completed and returned in good time.<sup>4</sup>
- (2) Bring any papers or scripts not requiring prior submission to the assessment, making sure that they have been checked by the training course tutors.
- (3) Be made aware what the Assessors are looking for when assessing.

ii) Moderator and Assessors.

The Assessment Organiser shall:-

- (1) Ensure that Moderator and Assessors receive letters requesting their presence in good time.
- (2) Receive copies of the candidates' submitted completed questionnaires in good time.

<sup>4</sup>

The theory part of the assessment may be conducted at the time of the practice and teaching modules or completed before and submitted to the assessors at a date set by the Assessors.

- (3) Receive details and guidelines of the current format of assessments in good time.
- (4) Be provided with details regarding the officiating Moderator, other Assessors, the Assessment Organiser et cetera.
- (5) Ensure that the Moderator sends the names and addresses of the candidates, the results, and details of the Moderator, Assessors and Trainee Assessors to the assessment to the Assessment Co-ordinator.

iii) For the Assessment Day, the Assessment Organiser shall arrange for the following to be provided;

- (1) A suitable hall for the practice and teaching sessions;
- (2) Relevant marking forms and sheets for Moderator and Assessors;
- (3) Where required, a volunteer to call the poses for the practice session and to help keep the programme to time;
- (4) Arrangements for refreshments, which should be made completely clear in all correspondence to candidates, Assessors, and Moderator;
- (5) Suitable students to act as “guinea-pigs” for the teaching sessions;
- (6) A room for the Moderator and Assessors to discuss the assessment in private.

NB. During assessments, where candidates are found to be mixing methods of teaching, or where standards are found to be substantially below those expected by the Association, the Assessment & Teacher Training Committee shall be informed so that it can take appropriate action.

## 5) Officers responsible for overseeing assessments

a) Moderators.

i) The Executive Council shall appoint, or cause to be appointed on the recommendation of the Assessment & Teacher Training Committee, Moderators to oversee the Assessments for Certificates.

b) Criteria for Selection of Moderators.

i) The recommendations of the current Moderators shall by the Executive Council be sought when selecting future Moderators.

ii) A potential Moderator shall be mature, responsible and sincerely devoted to Iyengar Yoga .

iii) A potential Moderator shall hold the Advanced / Intermediate Senior Certificate.

iv) A potential Moderator shall be both actively involved in the Iyengar movement and the assessing of teachers.

v) A potential Moderator shall have had successful teacher training experience.

c) At each approved and authorised assessment of the Association a member of the Panel of Moderators shall be present. The Moderators’ duties are:-

i) to represent the Association and the Assessment & Teacher Training Committee,

ii) to supervise the running of the assessment,

iii) to ensure fairness, that is to ensure the declared standards of the Assessment & Teacher Training

Committee are applied properly and impartially,

iv) to ensure that standards across the country are uniform,

v) to guide and assess Trainee Assessors and provide a record of their performance as an assessor to the Trainee Assessor and to the Assessment Co-ordinator.

d) At each approved and authorised assessment of the Association, approved Assessors of the Association shall also be present. The Assessors are responsible for marking candidates according to agreed guidelines, and for recommending successful applicants for the Association's Certificates. If there is no agreement amongst the Assessors, the Moderator will discuss the disagreement with the Assessors and endeavour to reach agreement. In the event of no agreement being reached the Moderator's decision is final.

e) Requirements for Assessors and Trainee Assessors

i) A Trainee Assessors for the Introductory Certificate shall:-

(1) Have held an Intermediate Junior Level III Certificate for a minimum of two years and be currently teaching.

(2) Obtain a signature from a teacher trainer or senior teacher before attending an Assessment as a Trainee. They shall be confirmed in this status by the Assessment & Teacher Training Committee.

(3) Attend four Introductory Assessments over two years, two at Level I and two at Level II, where their practice marks are not included in the final result.

(4) For assessing higher level certificates the trainee assessor must attend two assessments at each level as a practice assessment.

(5) Obtain signatures of approval from at least two separate Moderators before their name can be submitted to the Assessment & Teacher Training Committee for instatement as a full Assessor.

(6) At the discretion of the Assessment & Teacher Training Committee teachers who have tremendous maturity after teaching 10, 12 years or more are eligible to assess Introductory Certificates and train teachers for the certificate even if their own certificate level does not qualify.

ii) For all other levels the Assessor shall be at least a gap of one certificate level above the level being assessed i.e. to assess at a Junior Intermediate Level II Certificate the assessor must be a Senior Intermediate Level I or above.

(1) All Assessors shall have attended classes at RIMYI four (4) times and one of those within the past three years.

## **6) Format of Assessment Day**

a) General details for guidance.

- i) Candidates will be separately assessed on their practice, teaching and theory, to ascertain the competence of each.
- ii) Assessments consist of a theory, a practice and a teaching session. Though the theory section may be taken at a separate time.
- iii) The asana practice will take approximately one-and-a-half to two hours.
- iv) The teaching session will be conducted and assessed in two parts -
  - 1)The teaching of Sirsasana and Sarvangasanaas as required by the Moderator and Assessors.
  - 2)The teaching of other postures.
- v) Candidates will be given postures to teach, chosen by the Moderator and Assessors, and their teaching competence assessed.

After the practice session there will be a short break for light refreshments. During this break discussion and marking of the asana session by the Moderator and Assessors will take place. The postures to be taught by the candidates will be chosen during this break.

b) At the conclusion of the Assessment,

- i) Introductory candidates will be sent their results by post;
- ii) Intermediate candidates will be given their results after each Level I, II or III Assessment along with helpful remarks from the Moderator and Assessors about their performance;
- iii) ALL candidates will later be informed in writing of the result of their Assessment, and a record kept by the Assessment Co-ordinator on behalf of the Assessment &Teacher Training Committee.

c) Particular details

i) The Introductory Assessment

A Level I or Level II pass is separately awarded for each of the asana and teaching sessions.

ii) The Intermediate Junior Assessment

Each Level of the Assessment will be separately assessed, and has a separate syllabus.

iii) The Intermediate Senior Assessment

Each Level of the Assessment will be separately assessed and has a separate syllabus.

## **7) Qualifications required of Candidates for Assessments**

a) The Association's certificates are normally awarded to candidates who have trained with an approved teacher trainer, and passed an approved Assessment.

i) Before enrolling for teacher training the student shall have done a minimum of three years of study with a qualified teacher member of the Association .

ii) Before applying for Level I Introductory Assessment, candidates shall have been trained by a teacher trainer, who is approved by the Association, for at least 1 year and completed at least 60 hours of study. Before applying for Level II Introductory

Assessment, candidates shall have continued on the course and completed a further 60 hours of study. (minimum 120 hours in total). It is not mandatory to have a “course” to get a certificate or to upgrade.  
iii) In exceptional circumstances the Executive Council of the Association may waive part of these requirements.

- b) The candidate requires two recommendation letters, one from their teacher trainer and one from a senior assessor of the association who can see if their confidence is at the level for the examination.

NB. Candidates becoming pregnant during teacher training shall not continue on the training course

## **8) Finances of Assessments**

- a) The assessment fee to be paid by candidates for each assessment shall be set by the Executive Council of the Association. This fee will be collected in advance of each Assessment, from each candidate, by the Assessment Organiser.
- b) The Assessment Organiser with the Treasurer shall reimburse the Moderator and Assessors with their expenses after the Assessment.
- c) Such expenses shall be deducted from the fees taken.
- d) Any monies remaining shall be sent to the Treasurer of the Association.
- e) Where there is a deficit, application may be made to the Executive Council for a refund, which shall be considered on its merits.
- f) Successful candidates shall have free teacher membership of the Association until the ending of the financial year.

## **9) Maintenance of Standards**

- a) The Executive Council undertakes to actively dissuade unqualified persons or non-teaching members of the Association from using the name of Yogacharya Sri B.K.S. Iyengar.
- b) When necessary steps will be taken to inform suitable and relevant bodies.
- c) The Assessment Co-ordinator shall maintain, on behalf of the Association, the Executive Council and the Assessment & Teacher Training Committee, the following;
  - i) A list of authorised teacher trainers and teacher training courses.
  - ii) A list of Moderators.
  - iii) A list of authorised Assessors.
  - iv) A list of Trainee Assessors.

d) The Assessment & Teacher Training Committee, shall be responsible for additions to and deletions from the above lists.

e) All lists are to be freely available to all members, shall be kept under constant review, and updated and printed in the Association magazine yearly.

f) Where the candidates of a teacher trainer consistently fail the Association assessments, guidance shall be given to that trainer. Shall the failures continue, their name should be removed from the list of authorised teacher trainers.

NB An annual day for ALL teachers, teacher trainers, Assessors and Moderators shall be held to keep the Association's procedures under review. All approved teacher trainers, Moderators and Assessors are expected to make their best endeavours to attend.

### **10) Validity of Certificates**

To hold a valid certificate all teacher members must;

a) Be licensed by paying an annual fee for the Certification Mark.

b) Be members of the Association and be up to date with their subscriptions.

c) Undertake continuing education as required for the teaching certificate held, by attending;

i) classes at RIMYI,

or

ii) Yoga conventions and Yoga days organised by the Association,

iii) workshops or classes with senior teachers.

Failure to renew the Certification Mark or membership of the Association will mean that a Certificate becomes invalid. To be entitled to call themselves Iyengar Yoga teachers all teachers must be licensed through the annual purchase of the Certification Mark and be members of the Association.

### **11) Appeals in Assessments**

The following procedure is to be followed in a dispute or grievance in the assessment procedure either by the association or by the candidate.

a) If the Association is not satisfied with the evaluation made at the time of an assessment, it shall so inform the applicant. The applicant may within twenty (21) days thereafter by written notice to the Association request an explanation as to why the assessment panel has concluded that the applicant as not met the standard for certification at the level applied for and ask for a review of that decision by the moderator who oversaw the assessment.

b) On receipt of a notice made under a), the Association shall require the moderator who was present at the applicants assessment, within fourteen (14) days, to discuss the decision with the applicant. Based on the scores of the marking sheets and the assessments panels notes, the moderator will

explain verbally and in writing why the applicant did not pass the assessment.

- c) If the applicant is not satisfied he/she may appeal within fourteen (14) days to the executive committee of the Association, which will upon receipt of such appeal appoint a Certification Appeals Committee consisting of the moderator, an experienced assessor not present at the application's assessment and the president of the Association (the "CAC")
- d) The CAC will be entitled to ask for written reports prepared by the moderator and the assessor, as well as the marking sheets and any written reports from the assessors present at the relevant assessment.
- e) If, after consideration of all such information and after giving the applicant an opportunity to be heard, the CAC decides either that the assessment process was not carried out fairly or that the applicant does conform to the standard for the level applied for, then the Association shall grant a certificate at that level.
- f) If, having carried out the procedure outlined above, the CAC decides that the applicant does not reach the standard for the level for which the applicant has applied, the applicant will be informed that he/she has not passed the assessment. There will be no appeal from the decision of the CAC.
- g) Any applicant who does not pass assessment is entitled to make a future application and, if complying with the application requirements at that time and achieving the standard for the level for which he/she has applied will then receive a certificate for that level.

## **12) Disciplinary Procedures**

- a) Any complaints and allegations relating to the professional conduct of teacher members of the Association will be investigated and the appropriate action taken in accordance with the Disciplinary Procedures set out in Appendix D

## APPENDIX D:

### **DISCIPLINARY PROCEDURES**

#### **Complaints**

1) Any person may make a complaint in writing to the Chairman of the Executive Council concerning the conduct of a member.

#### **Grounds for disciplinary action**

2) It shall be a ground for disciplinary action if a member is deemed to have acted in an unprofessional manner. This is defined as a member:

- a) having taught in a poor or dangerous manner;
- b) having exceeded the teaching syllabus for which the member has been certified;
- c) having used a Yoga teaching syllabus other than that of Iyengar Yoga New Zealand Inc;
- d) having mixed Iyengar Yoga New Zealand's teaching syllabus with other methods and/or subjects;
- e) having breached any guideline which may, from time to time, have been issued by the Ramamani Iyengar Memorial Yoga Institute in Pune and be in force;
- f) being guilty of any act or conduct which might bring discredit on the teaching method of BKS Iyengar, the Association or its members.

#### **Appointment of Investigations Panel**

3) Upon receipt of a complaint under paragraph 2, or on becoming aware of any facts or matters which in his/her opinion warrant inquiry upon those grounds, the Chairman of the Executive Council shall appoint any three Moderators (who do not personally have an interest in the matter), to be called the Investigations Panel, to consider the matter further.

#### **Duties and Powers of the Investigations Panel**

4) The Investigations Panel shall cause inquiries to be made to establish the facts and circumstances of the matter by whatever means it considers appropriate including usually raising questions directly with the member: The member shall be informed upon the raising of any question with him/her that such questions are asked in connection with possible disciplinary proceedings.

5) The identity of the complainant in any case shall be made known to the member, unless the Investigations Panel determines that there are compelling reasons why the complainant should not be so identified, taking into account, inter alia, the need for the member to fully understand the case against him/her.

6) If, having undertaken appropriate initial inquiries, the Investigations Panel decides that there is no prima facie case for disciplinary action, it will inform the Chairman and the Secretary of the Executive Council and the Secretary will write to the complainant (where applicable) informing him/her of its decision.

7) The Secretary will also, at the same time (in cases where the member concerned was aware that the Investigations Panel was considering a matter relating to him/her) write to the member advising him/her of its decision.

8) If, on the other hand, having undertaken appropriate initial enquiries, the Investigations Panel decides that there is a prima facie case for disciplinary action, it will propose a course(s) of disciplinary action, will inform the Chairman and the Secretary of the Executive Council and the Secretary will write to the member setting out the following:

- a) The conduct complained of;
- b) The fact that, having undertaken appropriate inquiries, the Investigations Panel has decided that there is a prima facie case for disciplinary action;
- c) Identifying the relevant ground(s) for disciplinary action in accordance with paragraph 2 above;
- d) Proposing one or more courses of disciplinary action as set out at paragraph 9 below;
- e) Inviting the member to reply, in writing, within 21 days from the date of the letter indicating whether or not he/she consents to the proposed course(s) of disciplinary action;
- f) Advising the member that if he/she does not consent to the proposed course(s) of disciplinary action, the matter will be referred to the Disciplinary Tribunal;
- g) Inviting the member (if he/she does not consent to the proposed course(s) of disciplinary action) to enclose with his/her response his/her written representations, indicating if he/she would prefer the matter to be dealt with on paper or at a hearing.
- h) Advising the member that if he/she does not respond within the time permitted the Investigations Panel's proposal will stand as the decision of the Association.

### **Disciplinary Action**

9) Any one or more of the following courses of disciplinary action may be proposed by the Investigations Panel (or ordered by the Disciplinary Tribunal in accordance with paragraph 24 below) as is considered appropriate having regard to the nature and seriousness of the matter, the member's character and past record and to any other circumstances considered to be relevant:

- a) That a written warning or reprimand be given;
- b) That the member be required to give a written undertaking to refrain from continuing or repeating the conduct in question;
- c) That membership be suspended for such period as is considered appropriate, membership to be

automatically restored at the end of such period: and

d) Expulsion from membership for such period as is considered appropriate, the expelled member being able to re-apply for membership at the end of such period.

In the case of (c) and (d) above, any teaching certificates in force must also be withdrawn for the period of suspension/expulsion.

10) Neither the member, nor the Association, may be ordered to pay the legal or other costs of the other party incurred in connection with these disciplinary procedures.

### **Member's Response**

11) If, within the time permitted, the member consents to the proposed disciplinary action, or if he/she does not respond within that time, the Investigations Panel's proposal shall stand as the decision of the Association

### **Referral to Disciplinary Tribunal**

12) If, within the time permitted, the member refuses consent, the Chairman of the Executive Council shall appoint a Disciplinary Tribunal to consider the matter either on paper (if requested by the member) or at a hearing.

### **Composition of the Disciplinary Tribunal**

13) The Disciplinary Tribunal shall consist of three persons as follows:-

a) One independent person who is not, and who has never been, a member of the Association ("the Independent Member").

b) The Chairman of the Executive Council, or another member of the Council appointed by the Chairman;

c) One Moderator who was not on the Investigations Panel considering the matter; ((b) and (c) together being 'the Assistant Members')

14) No member of the Disciplinary Tribunal shall have or have had any personal involvement in the case.

### **Decisions of the Disciplinary Tribunal**

15) All decisions of the Disciplinary Tribunal shall be made by the Independent Member, who shall be advised and assisted by the Assistant Members.

16) All decisions of the Disciplinary Tribunal are final and there is no right of appeal under these procedures.

### **Determination on paper**

17) If the member requests that there should not be a hearing but that the matter should be dealt with on paper only, the Disciplinary Tribunal shall determine the matter without a hearing as soon as possible and shall inform the member of its decision and of the disciplinary action ordered.

### **Procedure before the Disciplinary Tribunal**

18) Where the member has requested a hearing, the Secretary shall write to the member giving him/her at least one month's notice of the date, time and place of the hearing. At the same time, the member should be provided with copies of any document that the Association intends to put in evidence at the hearing and a copy of a statement of any witness whom the Association intends to call to give evidence in person at the hearing.

19) The member shall also be notified that he/she likewise must provide the Association at least seven days before the hearing with copies of any document that he/she intends to put in evidence at the hearing and a copy of any statement of any witness he/she intends to call to give evidence in person at the hearing.

20) The procedure for the hearing before the Tribunal, unless the Tribunal otherwise directs, shall be as follows:

a) Submissions by, or on behalf of, the Association, by any person the Committee may appoint, that person not being a member of the Investigations Panel nor one of the Assistant Members of the Disciplinary Tribunal.

b) The hearing of any witnesses called by the Association followed by cross-examination of such witnesses by, or on behalf of, the member.

c) Submissions by, or on behalf of, the member.

d) The hearing of any witnesses called by the member, followed by cross-examination of such witnesses by, or on behalf of, the Association.

e) Closing submission by, or on behalf of, the Association.

f) Closing submissions by, or on behalf of, the member.

21) The member and the Association may be legally represented at the hearing.

22) Civil Rules of Evidence will not apply and the Tribunal may itself ask questions of the witnesses, parties or representatives as they think fit.

### **Absence of a member**

23) If, at the hearing, the member is not present or represented, the Disciplinary Tribunal may proceed to hear the matter in his/her absence if it is satisfied that notice of the hearing had been served upon the member in accordance with paragraph 18 above.

### **Decision**

24) The Disciplinary Tribunal shall make its decision as soon as practicable after the conclusion of the hearing. If it finds grounds for disciplinary action it may order one or more of the courses of disciplinary action in accordance with paragraph 9 above.

### **Notification of Decision**

25) The Secretary of the Committee shall write to the member confirming the decision of the Disciplinary Tribunal as soon as practicable thereafter.

### **Publication of Decision**

26) The Committee may, at its discretion, publish any decision made either by the InvestigationsPanel or by the Disciplinary Tribunal.

APPENDIX E:

THE SYLLABUS FOR THE DIFFERENT LEVELS OF CERTIFICATION  
Introductory Level 1&2

The list is not in sequential order as additional *asanas* and *pranayamas* are added to the upgrading courses.

See

*Light on Yoga* for sequential practice.

The assessors have to choose from the important *asanas* (**bold**) to see if the practice is maintained or not.

LEVEL 1

- *Tadasana*
- *Vrksasana*
- *Utthita Trikonasana*
- *Virabhadrasana II*
- ***Utthita Parsvakonasana***
- ***Virabhadrasana I***
- *Ardha Chandrasana*
- *Parsvottanasana* - (arms down)
- *Prasarita Padottanasana* - (concave back LOY pl. 31)
- ***Parighasana***
- *Padangusthasana*
- *Padahasthasana*
- *Uttanasana* - (concave back)
- *Adho Mukha Svanasana* - (with support)
- *Utkatasana*
- *Dandasana*
- *Gomukhasana* - (arms only)
- *Siddhasana*
- *Virasana*

- *Parvatasana* in *Svastikasana*
- *Triang Mukhaikapada Paschimottanasana*
- *Marichyasana I* - (twist only)
- *Malasana* (a) Just squatting, with or without wall support for back and . .  
(b) with heels on a rolled blanket.

See LOY pl. 317

- ***Salamba Sarvangasana I***
- ***Halasana*** - (legs on stool)
- *Karnapidasana*
- *Supta Konasana*
- *Chatushpadasana* - See LOY pl. 258 and, *Yoga: A Gem for Women* pl. 102. This *asana* is similar in form to *Setubandha Sarvangasana* with the hands holding the ankles.
- *Setubandha Sarvangasana* - (on a brick)
- *Urdhva Prasrita Padasana* - (90°)
- *Bharadvajasana I* - (turning, without holding the upper arm)
- *Savasana* - (on bolster with eye band observing the normal in breath and out breath)

**PRAŒAYAMA :**

*Ujjayi* – stages I & II

*Viloma* – stages I & II

- 4.1 *Garudasana*
- 4.2 *Parivrtta Trikonasana*
- 4.3 ***Parivrtta Parsvakonasana***
- 4.4 *Parivrtta Ardha Chandrasana* - (See Art of Yoga pl. 13)
- 4.5 *Virabhadrasana III*
- 4.6 *Utthita Hasta Padangusthasana I* - (front leg)
- 4.7 ***Adho Mukha Svanasana*** - (support)
- 4.8 ***Parsvottanasana I*** (final)
- 4.9 ***Prasarita Padottanasana I*** - (final)
- 4.10 ***Uttanasana*** - (final)
- 4.11 ***Urdhva Mukha Svanasana***
- 4.12 ***Chaturanga Dandasana***
- 4.13 *Bhujangasana I*
- 4.14 *Dhanurasana*
- 4.15 *Salabhasana & Makarasana*
- 4.16 ***Ustrasana***
- 4.17 *Paripurna Navasana*
- 4.18 *Ardha Navasana*
- 4.19 *Supta Virasana* - (with and without support)
- 4.20 *Baddhakonasana* - (give margin if difficult)
- 4.21 *Supta Baddhakonasana*
- 4.22 *Upavisthakonasana* - (sitting straight)
- 4.23 *Janu Sirsasana*
- 4.24 *Marichyasana I* - (bend forward with hands entwined)
- 4.25 *Paschimottanasana* - (*Ugrasana/Brahmacharyasana*)
- 4.26 ***Salamba Sirsasana*** - (against a wall and rope)

- 4.27 *Salamba Sarvangasana I*
- 4.28 *Halasana - (toes on floor)*
- 4.29 *Eka Pada Sarvangasana*
- 4.30 *Parsvaika Pada Sarvangasana - (as far as possible)*
- 4.31 *Parsva Halasana*
- 4.32 ***Setu Bandha Sarvangasana*** - (*Uttana Mayurasana* with support i.e., feet on wall, **brick** or stool)
- 4.33 *Supta Padangusthasana I & II*
- 4.34 ***Bharadvajasana I*** - (final)
- 4.35 *Bharadvajasana II***
- 4.36 *Malasana - (heels down, facing the wall/column to hold - see also LOY pl. 317)*
- 4.37 *Marichyasana III - (twist - opposite bent-elbow over the bent knee - See LOY pl. 301)*
- 4.38 *Ardha Matsyendrasana I - (preparatory learning to sit on the foot, wall/foot support - See LOY pl. 307-308)*
- 4.39 *Urdhva Dhanurasana I - (from chair or stool)*
- 4.40 *Dwi Pada Viparita Dandasana - (on a chair – legs parallel to the floor)*
- 4.41 *Savasana - (eye band; normal in breath and deep out breath)*

**PRANAYAMA :**

*Ujjayi* – stages III & IV

*Viloma* – stage III

*Bhramari* – stages I A & I B\*, II A & II B\*

**Intermediate Junior Course - levels 1,2&3**

The list is not in sequential order as additional asanas and pranayamas are added to the upgrading courses. See *Light on Yoga* for sequential practice.

The assessors have to choose from the important asanas (**in bold**) of this and previous certificates to see if the practice is maintained or not.

**LEVEL 1**

1. ***Utthita Parsva Hasta Padangusthasana*** - (with and without support)
2. *Urdhva Prasarita Ekapadasana*
3. *Prasarita Padottanasana II*
4. *Gomukasana* - (final)
5. *Parsva Dhanurasana*
6. *Lolasana*
7. *Paryankasana*
8. ***Bhekasana***
9. *Svastikasana* and *Supta Svastikasana* - (for position of legs see *LOP* pl. 5)
10. *Maha Mudra*
11. *Ardha Baddha Padma Paschimottanasana* - (both hands holding foot in front see *Yoga a Gem for Women*)
12. *Ubhaya Padangusthasana*
13. *Purvottanasana*
14. *Sirsasana I* (independent)
15. *Salamba Sarvangasana I*
16. *Salamba Sarvangasana II*
17. *Eka Pada Sarvangasana* (top leg perpendicular to the floor & *Halasana* leg straight & left and right sides of the spine parallel)
18. *Halasana* - (legs on floor)
19. *Parsva Halasana* - (legs on floor)
20. *Setubandha Sarvangasana* - (final - dropping from *Sarvangasana*)
21. *Urdhva Prasarita Padasana*
22. *Ardha Matsyendrasana* - (arms straight, hold foot in Matsyendra shape, the other arm on the back - See *LOY* pl. 313, 314)
23. *Jathara Parivartasana* - (with legs bent)

24. *Eka Hasta Bhujasana*

25. ***Pincha Mayurasana*** - (against wall)

26. *Adho Mukha Vrksasana* - (side palms, against wall)

27. *Urdhva Dhanurasana* - (from a chair)

28. *Dwi Pada Viparita Dandasana*- (supported - with interlock of fingers behind the head)

29. *Savasana*

#### PRANAYAMA

*Ujjayi* – stages V to VIII

*Viloma* – stages IV and V

*Kapalabhati* – stage I

## LEVEL 2

- *Ardha Baddha Padmottanasana* - (both hands on floor)
- *Ardha Baddha Padma Paschimottanasana* - (holding from behind with help of belt)
- ***Padmasana***
- *Parvatasana* in *Padmasana*
- *Tolasana*
- ***Matsyasana***
- ***Akarna Dhanurasana I*** (*LOY* pl. 173)
- ***Parsva Sirsasana***
- *Eka Pada Sirsasana* - (*LOY* 208, 209)
- *Eka Pada Sarvangasana* - (toe touching the floor)
- *Supta Padangustasana* I, II, & III
- ***Utthita Hasta Padangustasana*** - (independent - front I & II hand holding the feet and final head to knee)
- *Dwi Hasta Bhujasana*
- *Adho Mukha Svanasana* - (no support)
- ***Adho Mukha Vrksasana*** - (palms front)
- *Upavisthakonasana* - (final)
- *Malasana* II - (head down between the two legs – *LOY* pl. 322)
- *Kurmasana* (stage I ) - (see *LOY* pl. 361 to 364, arms extended sideways)
- *Marichyasana* III - (final)
- *Urdhva Dhanurasana* - (from 2x bolsters)
- *Dwi Pada Viparita Dandasana* - (legs on the floor, with bent elbows hold the front legs of the chair)
- *Savasana*

PRANAYAMA

*Ujjayi* – stages IX & X

*Viloma* – stage VI

*Bhramari* – stages III A & III B\*

*Kapalabhati* – stage II

*Bhastrika* – stages I & II, 3 or 4 cycles, 5 to 6 strokes at a time followed by *Savasana*. If the sound of the stroke changes in the 3<sup>rd</sup> or 4<sup>th</sup> rounds, wait for a while and then do the 3<sup>rd</sup> or 4<sup>th</sup> rounds.

(Note: Better *Bhastrika* is done first before other *Pranayama* in all levels)

### LEVEL 3

- (i) *Ardha Baddha Padmottanasana* - (classical *asana*)
- (ii) *Ardha Baddha Padma Paschimottanasana* - (classical *asana*)
- (iii) *Parsva Upavisthakonasana* – (LOY pl. 152)
- (iv) *Parivrtta Upavisthakonasana* – is similar to *Parivrtta Janu Sirsasana*, but the legs are in *Upavisthakonasana* position)
- v) *Parivrtta Janu Sirsasana***
- (vi) *Parivrtta Paschimottanasana***
- (vii) ***Akarna Dhanurasana II*** - (See LOY pl. 175)
- (viii) *Marichyasana II* (LOY pl. 145 - 147)
- (ix) *Salambha Sirsasana II*
- (x) *Parivrttaikapada Sirsasana***
- (xi) *Parsvaikapada Sirsasana* - (final)
- (xii) ***Urdhva Padmasana in Sarvangasana*** - (if possible)
- (xiii) ***Pindasana in Sarvangasana*** - (if *Padmasana* in *Sarvangasana* does not come in Intermediate Jr. 3, then at Intermediate Snr 1 it should be learnt for assessment, but in case it is still not possible then for Intermediate Snr II, it is a must.)
- (xiv) ***Setu Bandha Sarvangasana*** - (and coming up to *Sarvangasana*).
- (xv) ***Jathara Parivartasana*** - (with legs straight, as far down as possible)
- (xvi) *Ardha Matsyendrasana I* - (arm straight and gripping the foot)
- (xvii) ***Parivrtta Utthita Hasta Padangusthasana*** - (See *Yoga: A Gem for Women*, pl. 124)
- (xviii) *Bhujapidasana***
- (xix) *Adho Mukha Vrksasana* - (palms back (like *Mayurasana*) with hands apart and in distance of one and a half feet from the wall)
- (xx) *Pincha Mayurasana* - (palms downwards and then learn with palms upwards)
- (xxi) *Malasana I* - (arms around legs and back, See LOY pl. 319 & 320)

- (xxii) **Kurmasana II** - (arms extended backwards, See LOY pl. 365)
- (xxiii) *Eka Pada Sirsasana* (LOY pl. 208, 209)
- (xxiv) **Urdhva Dhanurasana I** - (straight from ground)
- (xxv) **Dwi Pada Viparita Dandasana** - (elbows supported, feet on 1 ft high support (ie: *viparita karani* box, *setubandha* bench that does not shake) then independently - bent knees, feet on the floor.

## PRANAYAMA

*Ujjayi* – stages XI & XII - to capacity without strain

*Viloma* – stages VII & VIII

*Bhramari* – stages IV A & IV B\*

*Kapalabhati* – stage III

*Bhastrika* – stage III followed by *Savasana*

Note: If *Padmasana* cannot be performed in Junior Intermediate Certificate tests then in Senior Intermediate Certificate level 2 tests it is a must

1. *Urdhva Padmasana* in *Sirsasana*
2. *Pindasana* in *Sirsasana*

### Intermediate Senior Course - Levels 1, 2 & 3

The list is not in sequential order as additional *asanas* and pranayamas are added to the upgrading courses. See *Light on Yoga* for sequential practice.

The assessors have to choose from the important *asanas* (**in bold**) of this and previous certificates to see if the practice is maintained or not.

#### LEVEL 1

- (i) *Nakrasana*
- (ii) ***Krounchasana***

- (iii) *Urdhva Mukha Paschimottanasana I*
- (iv) ***Parsvaika Pada Sirsasana*** - (leg touching the floor)
- (v) ***Niralamba Sarvangasana I***
- (vi) *Uttana Padasana*
- (vii) *Jathara Parivartasana* - (final - both legs straight)
- (viii) *Anantasana*
- (ix) ***Malasana I*** (grip as if you are garlanding your body – LOY pl. 321)
- (x) *Ardha Matseyndrasana I* - (final)
- (xi) *Baddha Hasta Sirsasana*
- (xii) ***Eka Pada Sirsasana*** – (LOY pl. 371)
- (xiii) *Supta Kurmasana*
- (xiv) *Bhujapidasana*
- (xv) ***Bakasana*** – (from the floor)
- (xvi) ***Parsva Bakasana*** - (from the floor)
- (xvii) *Urdhva Dhanurasana I* - (from the floor and with heels on floor)

## **PRANAYAMA**

*Ujjayi* – stages VIII & IX – mastered

*Viloma* – stages VII & VIII

*Bhramari* – consolidate

*Bhastrika* – stage IV

*Kapalabhati* – stage IV

Savasana

## **LEVEL 2**

1. *Simhasana I & II*

2. *Baddha Padmasana* - (if *Padmasana* has been achieved)

3. *Urdhva Mukha Paschimottanasana II*
4. *Urdhva Dandasana*
5. ***Urdhva Padmasana in Sirsasana***
6. ***Pindasana in Sirsasana***
7. ***Niralamba Sarvangasana II***
8. *Eka Pada Setu Bandha Sarvangasana*
9. *Chakrasana*
10. *Pasasana*
11. *Skandasana*
12. ***Parsva Bakasana*** - (from the floor)
13. ***Eka Pada Bakasana II***
14. *Urdhva Dhanurasana II* - (coming up from the floor, legs straight)
15. ***Dwi Pada Viparita Dandasana from Sirsasana***
16. *Eka Pada Viparita Dandasana I*

#### PRANAYAMA

*Ujjayi* – stage VIII - controlled practice

*Viloma* – stage IX

*Sitali* – stage I

*Sitakari* – stage I

Guruji's note: *Sitali* has a better effect than *Sitakari* – being a cooling method; it can be done in a hot climate - as stage one only, no diaphragm exhalation. *Sitakari* – should be known but *Sitali* is effective.

*Anuloma Pranayama* – stages I a & I b

*Sanmukhi Mudra*

*Savasana*

#### LEVEL 3

**8. Vatayanasana**

**9. Baddha Padmasana** - (must be achieved)

**10. Yoga Mudrasana**

**11. Kukutasana & Garbha Pindasana**

**12. Skandasana**

**13. Simhasana II**

**14. Urdhva Kukutasana** - (attempt from *Sirsasana*, learn to place the arms and legs)

**15. Salamba Sirsasana III**

**16. Parivrttaika Pada in Sirsasana**

**17. Parsva Urdhva Padmasana in Sirsasana**

**18. Niralamba SarvaĒgasana II**

**19. Parsva Pindasana in SarvaĒgasana**

**20. Mayurasana**

**21. Astavakrasana**

**22. Tittibhasana**

**23. Urdhva Dhanurasana II** - (from *Tadasana*, see LOY pl. 483 to 486)

**24. Laghuvajrasana**

**25. Kapotasana**

**26. Ardha Matsyendrasana II** - (LOY pl. 330, 331)

**27. Marichyasana IV**

**28. Bhairavasana**

**29. Yoganidrasana**

**30. Eka Pada Raja Kapotasana I**

**PRANAYAMA**

*Ujjayi* – stage VIII (controlled practice)

*Viloma* – stage VII

*Anuloma Pranayama* – stages II a & II b, III a & III b

*Pratiloma Pranayama* – stages I a & I b

*Viloma* – stage II in *Savasana*

**Advanced Junior Course - Level 1, 2 & 3**

The list is not in sequential order as additional *asanas* and *pranayamas* are added to the upgrading courses. See *Light on Yoga* for sequential practice.

The assessors have to choose from the important *asanas* (**in bold**) of this and previous certificates to see if the practice is maintained or not.

**LEVEL 1**

- *Sirsasana* II & III - (LOY pl. 192 & 194,195)
- ***Mukta Hasta Sirsasana***
- *Parsva Sarvangasana*
- ***Setu Bandhasana***
- *Viranchyasana* II
- ***Bakasana* and *Parsva Bakasana* from *Sirsasana***
- ***Vasistasana***
- ***Visvamisrasana***
- ***Eka Pada Bakasana* II** - (from the floor)
- ***Eka Pada Galavasana*** - (from *Sirsasana*)
- ***Galavasana*** - (from *Sirsasana*)
- ***Eka Pada Koundinyasana* I** - (from *Sirsasana*)
- *Urdhva Dhanurasana* II - (from *Tadasana* coming up with no jerks but with rhythm.)
- *Dwi Pada Viparita Dandasana* from *Sirsasana* and back to *Sirsasana*
- ***Eka Pada Viparita Dandasana* II** - (with bent leg. Use a belt to grip the foot and lift the other leg)
- ***Kapotasana***
- ***Eka Pada Rajakapotasana* II**

**PRANAYAMA**

*Anuloma* – stages IV a & IV b –

Guruji's note: stages V a to VIII b, like *Sitakari*, may be occasionally practised, say once a week or once a fortnight.

*Pratiloma* - stages II a & II b

**LEVEL 2**

- *Goraksasana*
- *Viranchyasana I*
- ***Supta Vajrasana***
- *Parsva Urdhva Padmasana in Sarvangasana*
- ***Ardha Matsyendrasana III*** - (See LOY pl. 332, 333)
- ***Padma Mayurasana***
- *Hamsasana*
- *Eka Pada Koundinyasana II* - (from *Visvamitrasana*)
- ***Eka Pada Bakasana II*** - (from *Sirsasana*)
- ***Urdhva Kukkutasana*** - (from *Sirsasana*)
- *Eka Pada Urdhva Dhanurasana*
- ***Eka Pada Galavasana*** - (from *Sirsasana*)
- ***Mandalasana***
- ***Vamadevasana II***
- ***Chakorasana***
- ***Ruchikasana***
- ***Hanumanasana***

**PRANAYAMA**

*Pratiloma* – stages III a & III b

*Surya Bhedana* – stages I & II

***Chandra Bhedana*** – stages I & II

*Nadi Sodhana* – stages I a & I b

### LEVEL 3

1) ***Eka Pada Koundinyasana I & II*** - (from *Sirsasana*)

2) ***Dwi Pada Koundinyasana*** - (from *Sirsasana*)

3) ***Eka Pada Bakasana I*** - (from *Sirsasana*)

4) *Mulabandhasana*

- 5) ***Supta Bhekasana (Uttana)*** (See LOY pl. 457, 458)
- 6) ***Yogadandasana*** - (learn to fix the arms only)
- 7) ***Urdhva Dhanurasana II*** - (drop from *Tadasana*, and straight legs)
- 8) ***Eka Pada Viparita Dandasana II*** - (LOY pl. 523)
- 9) ***Chakra Bandhasana***
- 10) ***Vrschikasana I*** – (feet resting on a low stool)
- 11) ***Eka Pada Rajakapotasana II & III***
- 12) ***Kasyapasana***
- 13) ***Durvasasana***

#### **PRANAYAMA**

*Pratiloma* – stages III a & III b

*Surya Bhedana* – stages II & III

stage IV is occasionally touched i.e. 1x day in a week

*Chandra Bhedana* – stages II & III (same as for *Surya Bhedana*)

*Nadi Sodhana* – stages II a one day II b the other day

Guruji's note: As *Mula Bandha* and *Uddiyana bandha* together are strenuous, do one day

*Mula bandha* and the other day *Uddiyana bandha*.

Note: *Pranayama* practice is an individual approach and depth is hard to measure. Touch and a right methodology has to be observed by the assessors.

#### **Advanced Senior Certificate - Level 1 & 2**

The list is not in sequential order as additional *asanas* and *pranayamas* are added to the upgrading courses. See *Light on Yoga* for sequential practice.

The assessors have to choose from the important *asanas* (**in bold**) of this and previous certificates to see if the practice is maintained or not.

#### **LEVEL 1**

- 1. Uttana Padma Mayurasana**
- 2. Sayanasana**
- 3. Viranchyasana II**
- 4. Eka Pada Sirsasana** and possible cycles with *Ruchikasana*
- 5. Kapinjalasana**
- 6. Parsva Kukkutasana**
- 7. Yogadandasana** - (entwine arms)
- 8. Vamadevasana II**
- 9. Samakonasana**
- 10. Viparita Chakrasana** in *Urdhva Dhanurasana*
- 11. Vrschikasana I**
- 12. Eka Pada Rajakapotasana IV**
- 13. Bhujangasana II**
- 14. Natarajasana**

#### PRANAYAMA

*Nadi Sodhana Pranayama* – stages III a & b

#### LEVEL 2

*12.1 Buddhasana*

**12.2 Kapilasana**

**12.3 Kala Bhairavasana**

**12.4 Dwi Pada Sirsasana**

**12.5 *Yogadandasana*** (final)

**12.6 *Paripurna Matsyendrasana***

**12.7 *Kandasana***

**12.8 *Supta Trivikramasana***

**12.9 *Valakhilyasana***

**12.10 *Rajakapotasana***

**12.11 *Padangustha Dhanurasana***

**12.12 *Sirsa Padasana***

**12.13 *Gherandasana I & II***

**12.14 *Ganda Bherundasana***

**12.15 *Viparita Salabhasana***

**12.16 *Triang Mukhottanasana***

## **PRANAYAMA**

*Nadi Sodhana* – stages IV a & IV b

- 1) As these are variations of *Pranayama*, a teacher should keep in touch with all the stages as students may need certain guidance to react to their problems.
- 2) But for regular practise, one can keep up *Ujjayi*, *Anuloma*, *Pratiloma* and *Nadi Sodhana*.  
Sometimes even in a regular practitioner the nostrils, or the lungs or the spine may give way accordingly one has to adjust what *Pranayama* fits that day.
- 3) Similarly, sometimes sitting for *Pranayama* may not be congenial. Instead of sitting one can do *Ujjayi* or *Viloma* in a lying position.
- 4) Since *Bhramari* and *Kapalabhati* are secondary *pranayama*, they can do once a week.
- 5) *Savasana* and *maha mudra* can be done on one's own.
- 6) \*As *Sanmukhi Mudra* needs delicate manipulations of the digitals it has to be learnt on one's own eyes and ears. Often the elbows and shoulders create acute pain, one should try on one's

own and not attempt on others as the pressure of the digits have to be adjusted according to the pressure of each subject. Otherwise it is advisable to use a bandage cloth.

Yet as teachers one has to learn on one's own as confidence in the finger placements have to be built up before attempting on their students. Try each day for 3 to 5 minutes to get stability in the arms.

Intermediate Senior teachers should learn fast doing daily, while others can try and practice once a week or so to acclimatise their fingers forearms, biceps and shoulders but not to teach till they reach

Intermediate Senior level 1 at the least.

*Pranayama* practice is an individual approach and depth is hard to measure, touch and right methodology has to be observed by the assessors.

## **APPENDIX F:**

### **ETHICAL GUIDELINES**

#### **FOR IYENGAR YOGA TEACHERS<sup>5</sup>**

The Directors of Iyengar Yoga New Zealand INC. hereby announce, pursuant to Associations Bylaws, the Ethical GUIDELINES for Iyengar Yoga Teachers. The formulation of these guidelines took into consideration the unique position of Iyengar Yoga Teachers. A position unique in that it was at the

request of our teacher B.K.S. IYENGAR that the Yamas and Niyamas (in particular Ahimsa, Satya, Asteya, Bramacharya, Aparigraha and Sauca), along with current New Zealand Law and social climate, be blended into a set of ethical GUIDELINES that are reasonable and yet set high standards for individual, social and professional conduct binding on all member teachers of Iyengar Yoga New Zealand INC

### **PROFESSIONAL ETHIC OF IYENGAR YOGA TEACHERS**

Iyengar Yoga Teachers are dedicated to maintaining impeccable standards of professional competence and integrity.

a) Iyengar Yoga Teachers dedicate themselves to studying, teaching, disseminating and promoting the art, science and philosophy of Yoga according to the teachings and philosophy of B.K.S.IYENGAR (*Tapas*)

b) Iyengar Yoga Teachers seek to remain abreast of and continue their studies of the methods put forth by B.K.S.IYENGAR and family or indirectly by participation in Iyengar Yoga New Zealand INC activities and study with Iyengar Yoga Teachers certified at a higher level, i.e. the teacher in training should be at least one level below the teacher (*Svadhyaya*).

c) Iyengar Yoga Teachers endeavor to accurately represent their education, training and experience relevant to their teaching of Iyengar Yoga (*Satya*).

5 Published With Thanks To The B.K.S.Iyengar National Association Of The United States

d) When in an Iyengar classroom situation, Iyengar Yoga Teachers aspire not to mix the teachings of Iyengar Yoga with any other disciplines (*Aparigraha*).

e) Iyengar Yoga Teacher strive not to be publicly critical of other Iyengar Yoga Teachers character in their absence or of other systems of Yoga (*Ahimsa*).

f) Iyengar Yoga Teachers refrain from using the figure and temple trademark design registered with the United States Patent and Trade Mark Department in Mr. Iyengar's name. The use of this service mark is reserved for use by non-profit Organizations composed of students and

friends of B.K.S.IYENGAR who meet the criteria of 1(a) and are approved for such usage by the Service Mark Committee ( *Asteya*).<sup>6</sup>

### **RESPONSIBILITY TO STUDENTS AND COMMUNITY- SOCIAL ETHICS**

Iyengar Yoga Teachers are committed to enhancing the general health and welfare of their students and the community in which they live. This includes respecting the rights and opinions of their students and obeying local laws.

- a) Iyengar Yoga Teachers embrace truthfulness in all dealings with their students and the community (*Satya*).
- b) Iyengar Yoga Teachers welcome all students regardless of race, gender, sexual orientation, financial status, national origin, or physical disability (skill level of teacher permitting) (*Asteya*).
- c) Iyengar Yoga Teachers avoid all forms of sexual harassment of students and are honest in their intimate relationships (*Ahimsa* and *Bramacharya*).
- d) Iyengar Yoga Teachers recognize the power differential between student and teacher and avoid exploiting the trust and potential dependency of such students (*Ahimsa* and *Aparigraha*).  
In the light of this power differential, Iyengar Yoga Teachers recognize the potential for dual relationships complicating/ comprising the basic student teacher relationship. A dual relationship exists when a student and teacher interact outside context of the student-teacher relationship. Iyengar yoga Teachers are especially vigilant and sensitive to potential complications when the dual relationship is intimate in nature.
- e) When possible, Iyengar yoga Teachers generously assist students in finding another Iyengar teacher when the basic student-teacher relationship is compromised (*Aparigraha*).
- f) Iyengar Yoga Teachers espouse the importance of being earnest and sincere in their efforts to avoid casual teaching (*Tapas*).

<sup>6</sup> The Service Mark is owned by and licensed from BKS Iyengar, Pune.

### III. **PERSONAL RESPONSIBILITY OF IYENGAR YOGA TEACHERS- INDIVIDUAL ETHICS**

Iyengar Yoga Teachers earnestly cultivate a level of purity in matters of personal habits and lifestyle (*Sauca*).

- a) Iyengar Yoga Teachers maintain a clean and well-groomed appearance (*Sauca*).
- b) Iyengar Yoga Teachers dress in a modest manner in an Iyengar classroom situation (*Sauca* and *Bramacharya*).
- c) Iyengar Yoga Teachers avoid abuse of substance such as drugs and alcohol (*Sauca*).

**IV. RESPONSIBILITY TO IYENGAR YOGA NEW ZEALAND INC ETHICAL GUIDELINES**

Iyengar Yoga Teachers find these Iyengar Yoga New Zealand INC. Ethical guidelines binding by virtue of their membership in Iyengar Yoga New Zealand INC. Iyengar Yoga New Zealand INC Ethical guidelines are not exhaustive. The fact that a given conduct is not specifically addressed by Iyengar Yoga New Zealand INC. Ethical Guidelines does not mean that the conduct is necessarily ethical or unethical.

Classical codes of conduct should be honoured and adhered to as well as NZ Law.

- a) Lack of familiarity with or misinterpretation of Iyengar Yoga New Zealand INC Ethical GUIDELINES is not justification for unethical conduct.
- b) Failure to cooperate in an ethics investigation or proceedings is a violation of Iyengar Yoga New Zealand INC. Ethical Guidelines.
- c) Iyengar Yoga Teachers who are uncertain as to the meaning or content of Iyengar Yoga New Zealand INC. Ethical Guidelines as it relates to a particular situation shall contact Iyengar Yoga New Zealand INC. Ethics Committee for clarification before acting.

## **APPENDIX G:**

### Variations to Requirements.

It is duly acknowledged that at this stage the New Zealand Iyengar Yoga Community is relatively young and inexperienced. While Mr. Iyengar has generously acceded to a lower threshold of attendance at RIMYI for Teacher Trainers, the Association accepts the responsibility of a progressive growth over time to meet the full requirements of these Rules. The following is a variation to the requirements for Teacher Trainers and Assessors. It also provides a timetable or these individuals to meet to ensure that standards are improved.

Teacher Trainers:

- Be of Junior Intermediate level II or above:
  - o In 2005 must have attended classes at the RIMYI once
  - o In 2009 must have attended classes at the RIMYI twice, with the last time being within the last four years
  - o In 2012 must have attended classes at the RIMYI three times, with the last time being within the last three years
  - o In 2015 fully meet the requirements of Section 3, Appendix 2

Assessors:

- Be of Junior Intermediate Level III or above:
  - o In 2005 must have attended classes at the RIMYI twice, with the last time being within the last three years
  - o In 2009 must have attended classes at the RIMYI three times, with the last time being within the last four years
  - o In 2012 fully meet the requirements of Section 5, Appendix 2

These requirements are to be met by anybody taking on these responsibilities without exception.