



Teacher Trainee Enrolment Form

The Iyengar Yoga Association of New Zealand (IYANZ) administers Teacher Certification on behalf of RIMYI. Requirements to sit for assessment are summarised on this form. Upon successfully passing the Introductory level assessment the teacher is certified as an Iyengar Yoga Teacher. This is an internationally recognised qualification that entitles you to advertise yourself as an Iyengar Yoga Teacher and to use the Iyengar Certification Mark (conditions apply).

Requirements to become an Iyengar Yoga Teacher Trainee

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

Who is an approved Teacher Trainer?

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

What does the course include?

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

Assessment requirements

Introductory Assessment for certification may be sat after completing a minimum of 2 ½ years training including all of the following:

- 250 hours specific Teacher Training course
- 50 hours minimum assisting (observe and adjust) in class
- 36 hours Anatomy and Physiology course *(The Assessment and Teacher Training Committee can make exceptions when the trainee already holds suitable proven qualifications)*
- Holding a current CPR Certificate once teaching commences under supervision
- Attending regular weekly classes and workshops recommended by your Teacher Trainer
- A regular own home practice.

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

Teacher Trainer approval is required prior to sitting the assessment.

Assessments are normally held annually over a weekend. A panel of senior teachers observe you practicing as a group and you teach a 20-30 minute class. There is also a theory component.



Teacher Trainee Enrolment Form

Name:

Date:

Address:

.....

Mobile:

Email:

Where have you been learning Iyengar Yoga?

.....

What year did you start?

.....

What is your experience to date?

.....

Principal Teacher:

.....

Signature of Principal Teacher/Confirmation:

.....

Applicant's Signature:

.....

Enrolment Fee: \$40

IYANZ Membership Subs: \$35

Internet Banking:

BKS Iyengar Yoga Association 06-0199-0081273-00

Name in "Particulars", Enrolment in the "References"

A digital copy of the Teacher Training and Certification Manual will be emailed to you.

Send this form to: Tamar Münch,
293 Henderson Valley Road, Auckland 0612