



B.K.S. Iyengar Yoga Institute Amsterdam

3 -YEAR B.K.S. IYENGAR YOGA TEACHERS TRAINING PROGRAM

Asana's and pranayama

The B.K.S. Iyengar Yoga Teacher Training Program is a 3-year long yoga training, focused on the self practicing of yoga asana's and pranayama and next the art of teaching yoga.

It is the intention, that the 3 years prepare for the by B.K.S. Iyengar recognized 'Introductory Certificate I and II' by means of an exam.

Examination will be according to a list of ca 60 asana's and some panorama's (see *Yoga Dipika of Light on Yoga* by B.K.S. Iyengar), that have to be executed by the candidate. Besides, there will be an assessment on the teaching to a little group of beginners altogether ca. 45 minutes. Focused exclusively on the yoga system of B.K.S. Iyengar: constantly trying to capture and studying the essence of this system.

The assessment will be taken in two parts. De first one – **Introductory I** – in November of the 3rd year. The second one – **Introductory II** – by the end of June in the 3rd year.

Apart from the yoga/pranayama syllabus and the teaching there will be separate exams in philosophy, anatomy and a written exam that will test the candidate's knowledge of yoga in relation to her/his own practice/experience.

The internationally recognized teacher certificate/diploma makes it possible to teach Iyengar Yoga anywhere in the world.

Contents of the yoga lessons

Learning by doing; the self-practising of yoga is the cornerstone of the training:

During the lessons, insight will be acquired in a direct and active way in the technique of the asana's;

- by perfecting the technique, the superfluous physical tension disappears and the body becomes fitter and more energetic.
- During yoga-practising, no distinction will be made between the physical and the mental; the body is awareness and this also explains the strong effect of the Iyengar approach
- regarding relaxation. By the energetic style of practise the body becomes well circulated, stronger and healthier.
- Yoga teaching; by helping the other, the own limitation will be uplifted:
As yoga-practising is essentially tuned 'inwards', teaching to others is of crucial importance in order to advance with yoga-practising. In a teaching-situation, a teacher is forced to think of a 1001 solutions; and so the yoga-practising gains from the teacher in debt; and the trap, to get stuck into patterns, lies less in waiting. Students will teach each other and this will be corrected and added to.

Theory of pose and movement

A very practical-minded living anatomy, that gives a good insight into the building and function of the locomotion-apparatus. With the aid of a course-manual it will be completely clear to the student what is to be expected of him/her. Besides the theoretical part, the training will consist of study-assignments, anatomy and vivo; and yoga poses will be analysed.

At the end of the study-year there will be a test, that has to be passed with a sufficient mark, in order to pass the final exam.

Yoga-philosophy

The philosophy-courses are mainly focused on the philosophy of the yoga. However, this is hard to understand without having an insight into the 'Indian thinking'.

In the second and third year the attention will be focused on the Yoga sutra's by Patanjali and later developments in yoga and Vedanta.

Every year will be concluded by a test, that has to be passed with a sufficient mark, in order to pass the final exam.

Requirements of admittance

One has to be well motivated and to possess of enough yoga experience, preferably according to the Iyengar yoga method. The training is built up by very spicy and active yoga lessons, that demand a great dedication from the student. In an introductory conversation and a yoga-lesson, will be assessed if the future student is 'ripe' to participate in the training. The training-staff reserves the right of rejecting candidates, without disclosing the reasons.

Appointments for an introductory conversation can be made with Clé Souren, 020 – 627 65 23 or with Charles Hond 010 – 404 79 62/06 – 482 77 319.

Examen requirements

The training-staff and a committee from the Iyengar Yoga Vereniging Netherlands have to agree unanimously about the study-achievements of the examined candidate in order to obtain the Iyengar Yoga Introductory Certificate I and II. This means that students only are accepted for assessment if they are recommended (in writing) by the programs staff.

The examination committee will assess the candidates in good conscience, but reserves the right of rejecting candidates, without disclosing the reasons.

Program

The teachers-training is built up by 14 week-ends (28 study-days) per study-year.

It is also possible to indicate before the start of the study-year to want to participate according to the 'slowprogram'. This means that one study-year will be done in two years plus the half program (8 week-ends).

The Saturday and the Sunday are built up by the following day-parts:

10:00 - 13.00 h. asana's and pranayama

13:00 - 14:00 h break

14:00 - 16:00 h. theory-subjects

16.00 - 18.00 h. asana's and pranayama's

Language

The training will be mainly in English; this due to the large number of foreign students. Of course Dutch will be spoken as well, as well as translated where necessary.

The training staff

Clé Souren, , Annemieke van Kooten and Charles Hond are the training-staff.

Theory pose and movement: Floris Mentzel and Anja de Bruijne.

Philosophy: Sumati Nair.

What is Iyengar Yoga

Iyengar Yoga is Hatha Yoga according to the system developed by B.K.S. Iyengar:

- Iyengar yoga is a challenging athletic yoga-style, this in contrast to the passive relaxation-yoga.
- It is a physical training, that makes the body strong and energetic, brings the attention inwards and gives a feeling of relaxation.
- Iyengar yoga is an interplay of suppleness, strength and endurance.
- In the various yoga-poses muscles are put under stretch and this way they get 'longer'. This 'stretching' is done by one's own efforts and this way the muscles get stronger. This makes the nerve-system stronger and more resistant to stress.
- By practising yoga the 'day to day stress' disappears in a natural way.

About B.K.S. Iyengar

B.K.S. Iyengar has done pioneering work in the yoga domain. His masterpiece 'Light on yoga' made him the undisputed authority in the Hatha Yoga domain. He has dismantled the classical yoga-poses of their Indian mystique and made suitable for the western human, who wants to understand exactly what happens in a yoga-pose. Iyengar has received tenfold of titles and decorations, both in India and in the west. His books are translated in more than twenty languages. Throughout the whole world there are 'Iyengar yoga centres' or otherwise Iyengar yoga teachers.

B.K.S. Iyengar is teacher and source of inspiration for our teachers. He has, together with his daughter Geeta and his son Prashant, a yoga institute in Poona, India.

The B.K.S. Iyengar Yoga Institute Amsterdam

The Iyengar yoga institute offers, apart from the yoga teachers-training, lessons on all levels in order to achieve a careful build up in the difficulty-grade. Further, lessons are offered for various target-groups: Children, women, pregnant women, 50+ and people with specific problems (medical). Also there are lessons with a specific goal: For example focused on breathing or recuperation of the energy-balance (restorative). Students from the teachers-training are stimulated to also weekly take part in these lessons. Students that live too far away can do so at an Iyengar yoga teacher in their own vicinity.

Some facts

The B.K.S.Iyengar Yoga Teacher Training Program as offered by the Amsterdam institute has been founded in 1987 by Clé Souren and was inaugurated in September of that year by Yogacharya B.K.S.Iyengar in Amsterdam where Guruji taught 4 master classes.

In 2007 the program celebrate its 20th anniversary being among the oldest Iyengar Yoga Teacher Training programs in the world.

Over the years ca 260 students from more than 20 different countries have been graduated from the program. There is an average of between 60 and 80 students, divided over 3 study years, in the program, more than half of them from countries other than Holland.

Cost and subscription

- The costs for the teachers-training are € 1650,00 per study-year, to be paid at registration. Or in three equal terms of € 577,50; one at subscription, one before December 1 and one before March 1.
- The costs for the 'slow-program' are € 1.100,00 per study-year, to be paid at registration. Or to be paid in two equal terms of € 575,00; one at subscription and one before February 1.

Barring the syllabus about 'theory pose and movement' other study materials are not included in the costs. The final exam costs are € 150,00.

Subscription takes place by sending in the subscription-forms.

Participants enter into a written agreement with Iyengar Yoga Institute for one year. After this year the agreement is dissolved and no rights can be founded for further continuation or testimonials. This way, also the student can decide every new study-year not to continue and therefore has no further financial obligations to the Iyengar Yoga Institute Amsterdam.

After subscription, cancellation is no longer possible. Stopping prematurely with the training, for whatever reason, does not relieve the participant of the obligation of complete payment for the study-year.

B.K.S. Iyengar Yoga Institute Amsterdam

Nieuwe Achtergracht 138,
1018 VW Amsterdam
Tel.: 0031 (0)20-6276523

Mail: clesouren@iyengaryogaamsterdam.com
Site: www.iyengaryogaamsterdam.com

Secretariat B.K.S.Iyengar Yoga Lerarenopleiding Amsterdam

Vasteland 27
3011 BJ Rotterdam
Tel.: 0031 (0)10-404 79 62
Fax: 0031 (0)10-411 61 76

Mail: charleshond@vogastudio.nl

SNS Bank rek. nummer: 93.00.36..425 t.n.v. IYLO te Amsterdam
International Bank Account Number: NL66 SNSB 0930 036425
Bank Identifier Code: SNSBNL2A



B.K.S. Iyengar Yoga Leraren opleiding Amsterdam (IYLO) B.K.S. Iyengar Yoga Teacher Training Program

B.K.S. Iyengar Yoga Institute Amsterdam

Nieuw Achtergracht 138 1018 DLWV Amsterdam

Tel.: 0031 (0)20-627 65 23 Fax: 0031 (0) 20-330 34 96

Mail: info@iyengaryogaamsterdam.com / <http://www.iyengaryogaamsterdam.com>

Inschrijfformulier / overeenkomst Registration form / agreement

*s.v.p. in BLOKLETTERS invullen
please use CAPITALS

Familienaam / Surname:

Voornaam / First name

Adres / Address

Postcode / Postal code

Country code

Stad/Citty

Land /Country

Tel. / Ph – mobiel/cell phone

E-mail

Geboorte datum / Date of birth

M / V – M / F

Nationaliteit / Nationality

Burgerlijke staat / Marital status

Opleiding / Education -----

Beroep /Profession?



Sinds wanneer beoefen je yoga? / Since when do you practice yoga?

Sinds wanneer beoefen je Iyengar Yoga? / Since when do you practice Iyengar Yoga?

Wie zijn nu je Iyengar Yogaleraren? / Name of your Iyengar Yoga teacher (s)

Hoe regelmatig beoefen je yoga (lessen of zelf oefenen)? / How often do you practice yoga (classes or by yourself)?

Heb je specifieke gezondheid problemen of klachten? Zo ja, welke? Ben je onder doktersbehandeling? Gebruik je medicijnen?
Do you have specific problems or complaints? If so, please specify? Are you being treated medically?

Beoefen je andere vormen van Hatha Yoga of disciplines op het gebied van persoonlijke ontwikkeling? Zo ja, welke?
Do you practice other Hatha Yoga methods or disciplines in the field of body/mind consciousness? If so, specify.

Volg je - of heb je - opleidingen op deze gebieden gevolgd? Welke?
Did - or do you - follow training program (s) in these fields? If so, specify.

Waarom wil je de B.K.S. Iyengar Yoga Lerarenopleiding volgen?
Explain why you want to do the B.K.S. Iyengar Yoga Teacher Training Program?



Inschrijfformulier / overeenkomst Registration form / agreement

Ondergetekende schrijft zich hierbij in voor de B.K.S. Iyengar Yogaleraren opleiding voor één studiejaar.

I, the undersigned enrolls for the BKS Iyengar Yoga Teacher Training Program for one study year.

Selecteer een hokje / Select one:

Programma: complete year program
 half program in 8 weekends

Cursusjaar / level 1^e jaar / 1st year 2^e jaar / 2nd year 3^e jaar / 3rd year

Betaling/Payment

- complete year program € 1650,00 at registration
- half program, 8 weekends, € 1100 at registration
- complete year program , payment in 3 instalments, € 577,50 each (at registration , January, April)
- half program in 8 weekends, payments at 2 installments, € 575,00 (at registration end January)

Secretariat B.K.S.Iyengar Yoga Lerarenopleiding Amsterdam
Vasteland 27, 3011 BJ Rotterdam
Tel.: 0031 (0)10-404 79 62 Fax: 0031 (0)10-411 61 76 Mail: infoyogastudio.nl

SNS Bank rek. nummer: **93.00.36..425** t.n.v. IYLO te Amsterdam
International Bank Account Number: **NL66 SNSB 0930 036425**
Bank Identifier Code: **SNSBNL2A**



Is de leerling na het tekenen van deze overeenkomst eenmaal leerling van de BKS Iyengar Yoga Leraren Opleiding dan verplicht zij/hij zich hierbij tot volledige betaling van het lesgeld, ook wanneer zij/hij om welke reden ook besluit te stoppen vervalt deze verplichting niet. Eenmaal betaalde les gelden worden niet gerestitueerd.

Zou de opleidingsstaf gedurende het studiejaar besluiten dat een leerling de opleiding niet kan voortzetten volgt resitutie van dat deel van het lesgeld waarvoor geen lessen zijn gevolgd.

Once the agreement has been signed and the student is enrolled in the program he/she is at all times obliged to pay the full fee even if she/he decides to quit the program for whatever reason. There will be no refunds on paid fees. Would the Staff decide that a student can no longer continue the program there will be a refund of that part of the fee she/he is entitled to.

De leerling die aangenomen is voor de BKS Iyengar Yoga Leraren Opleiding gaat een overeenkomst aan voor één studiejaar. Zijn de studieresultaten aan het einde van het 1^{ste} jaar voldoende of meer en de leerling wil de opleiding voortzetten dan wordt opnieuw een overeenkomst aangegaan voor één (het 2^e) studiejaar. Dezelfde procedure vindt plaats na voltooiing van het 2^e studiejaar.

Tijdens het 3^e jaar vinden er 2 examens plaats: rond oktober/november het Introductory I en eind juni het Introductory II examen. De examens worden afgenomen door de examencommissie van de BKS Iyengar Yoga Vereniging Nederland.

Uitsluitend met een schriftelijke aanbeveling van de opleidingsstaf kunnen leerlingen meedoen aan de examens.

Once a student has been accepted by the BKS Iyengar Yoga Teacher Training Program he/she will sign an agreement for one year. Does the student at the end of the year pass and he wants to continue the program he again will sign an agreement for one (the 2nd) year. The same procedure takes place at the end of the 2nd year.

There will be 2 assessments during the 3rd year: in October / November (Introductory I) and by the end of June (Introductory II) The assessments are hold by the Assessment Committee of the BKS Iyengar Yoga Association Holland.

For each student a written recommendation from the Teacher Training Staff is mandatory for participating in the exams.

Door het tekenen van het Inschrijfformulier/overeenkomst verklaart de deelnemer aan de leraren opleiding op de hoogte te zijn met de “**Ethical Guidelines for Iyengar Yoga teachers**” uit de “**Iyengar Yoga Association Constitution Guide**” en deze te onderschrijven.

By signing the Registration form / agreement the participant in the teacher training program declares to know the “**Ethical Guidelines for Iyengar Yoga teachers**” from the “**Iyengar Yoga Association Guide**” and to acknowledge these.

Datum/Date:

Handtekening/Signature:

Stuur het volledig ingevulde en ondertekende inschrijfformulier naar het onderstaand adres (secretariaat) in Rotterdam. Voeg 3 recente pasfoto's bij. Inschrijving is pas definitief als het cursusgeld (of een derde deel er van) ontvangen is voor aanvang van het studiejaar op het onderstaand rekeningnummer.

Send the completed and signed registration form with three recent passport photo's to the address below in Rotterdam. Enrollment is only final when payment has been received before the start of the training program on the account mentioned below

Secretariat B.K.S.Iyengar Yoga Lerarenopleiding Amsterdam

Vasteland 27, 3011 BJ Rotterdam

Tel.: 0031 (0)10-404 79 62 Fax: 0031 (0)10-411 61 76 Mail: infoyogastudio.nl

SNS Bank rek. nummer: **93.00.36..425** t.n.v. IYLO te Amsterdam

International **Bank Account Number: NL66 SNSB 0930 036425**

Bank Identifier Code: SNSBNL2A



Iyengar Yoga Association Constitution Guide

ETHICAL GUIDELINES

FOR IYENGAR YOGA TEACHERS¹

The Directors of the BKS Iyengar Yoga Association Holland 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 Dutch and EU 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 the BKS Iyengar Yoga Association Holland

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 BKS Iyengar Yoga Association Holland 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*).

¹ Published With Thanks To The B.K.S.Iyengar National Association Of The United States

- c) Iyengar Yoga Teachers endeavor to accurately represent their education, training and experience relevant to their teaching of Iyengar Yoga (*Satya*).
- d) When in an Iyengar classroom situation, Iyengar Yoga Teachers aspire not to mix the teachings of Iyengar Yoga with any other disciplines, e.g. medicine or psychotherapy, unless the teacher is separately qualified and legally licensed so to do (*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. Iyengars 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*).²

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*).

² The Service Mark is owned by and licensed from BKS Iyengar, Pune, and administered by the Iyengar Yoga Vereniging Nederland.

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 THE [name of your association] ETHICAL GUIDELINES

Iyengar Yoga Teachers find these [name of your association] Ethical guidelines binding by virtue of their membership in the [name of your association].

- a) The [name of your association] Ethical guidelines are not exhaustive. The fact that a given conduct is not specifically addressed by the [name of your association] 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 US Law.
- b) Lack of familiarity with or misinterpretation of the [name of your association] Ethical GUIDELINES is not justification for unethical conduct.
- c) Failure to cooperate in an ethics investigation or proceedings is a violation of the [name of your association] Ethical Guidelines.
- d) Iyengar Yoga Teachers who are uncertain as to the meaning or content of the [name of your association] Ethical Guidelines as it relates to a particular situation shall contact the [name of your association] Ethics Committee for clarification before acting.