

## Training Dates 2010 – 2011

**Saturdays 12.00 pm – 6.30 pm**

4 September

5 September (Sunday 9.00 am - 3.30 pm)

9 October

13 November

15 January

16 January (Sunday 9.00 am - 3.30 pm)

5 February

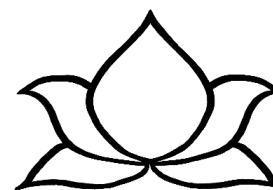
5 March

2 April

7 May

11 June

16 July



Bath  
Iyengar Yoga  
Centre

Introductory  
Teacher Training

With

Kirsten Agar Ward

Richard Agar Ward

## Reading List

*Light on Yoga* BKS Iyengar

*Light on Pranayama* BKS Iyengar

*Light on the Yoga Sutras of Patanjali* BKS Iyengar

*Light on Astanga Yoga* BKS Iyengar

*Yoga: the path to holistic health* BKS Iyengar

*Astadala Yogamala Vols I, II, III, IV, V, VI, VII, VIII* BKS Iyengar

*Light on Life* BKS Iyengar

*Iyengar his life and work*

*Yoga: Gem for women* Geeta S. Iyengar

*Yoga: A preliminary course* Geeta S. Iyengar

*Alpha and Omega of Trikonasana* Prashant Iyengar

*Yoga Rahasya (Journal of RIMYI)*

*Hatha Yoga Pradipika* Svamimarama

*Bhagavad Gita*

*Understanding Yoga Through Body Knowledge* Dr SD Telang

Any good anatomy book

Partners:  
Richard Agar Ward  
Kirsten Agar Ward



Certified Iyengar  
Yoga Teachers

3 The Foundry, Beehive Yard, Walcot Street, Bath BA1 5BT  
01225 319699 [www.bath-iyengar-yoga.com](http://www.bath-iyengar-yoga.com)



### About Richard & Kirsten Agar Ward

Richard is a senior pupil of BKS Iyengar. He has been practising IYENGAR Yoga since 1975 and teaching for over 30 years. He has attended classes at RIMYI in Pune on 17 visits and is qualified at Senior Intermediate level 3. He began training Introductory Iyengar Yoga teachers in 1990 and also conducts Intermediate Junior and Senior teacher training in Bath and Junior Intermediate training at IYI Maida Vale, London. He is a Moderator for IYAUUK

Kirsten Agar Ward is a Senior Level 2 certificate holder. She has attended classes in Pune on 8 visits and is an Assessor for IYA(UK.)

### About Bath Iyengar Yoga Centre

A fully equipped yoga studio in a pleasant riverside setting in the heart of Bath. We are a few minutes walk from the mainline railway station and there are car parks and street parking nearby. You can also use the Park & Ride and take the short walk from the bus station. There is no need to bring any equipment.

### Qualifications Required For IYENGAR Yoga Teacher Training

You must have regularly attended IYENGAR Yoga classes for a minimum of three years with a certified Iyengar Yoga Teacher who is a member of the IYAUUK, and have a letter of recommendation from them.

### About Assessments and Certificates

The introductory certificate is graded into two levels. Level 2 is required in order to teach general and public classes, along with annual purchase of the Certification Mark and membership of the IYAUUK. Higher certificates are required before teaching individuals or specialised classes. NB IYENGAR Yoga teachers must teach solely IYENGAR method.

Level 1 assessments usually take place in June/July and Level 2 in October. Candidates are assessed on both their practice and teaching. There are also written papers.

Level 1 candidates must train with an approved teacher trainer for a minimum of 1 year and complete at least 50 hours of study. Those for Level 2 must complete a further minimum 70 hours of training.

### Training with Bath Iyengar Yoga Centre

Our training course offers you more than the minimum requirements of IYAUUK in order that we can better prepare you for teaching as well as assessments. You will receive personalised instruction and guidance in a small group and will be expected to implement this in your practice.

The course will be mostly practical, focussing on learning to teach Iyengar yoga and including regular teaching practice of other trainees and pupils. Also included will be basic elements of anatomy, Sanskrit, yoga philosophy, common ailments which you are likely to come across in pupils in general classes, lesson planning and how to start up classes. There is a significant element of self-study involved in teacher training and also self-motivated study (theoretical and practical).



### Requirements of BIYC Trainees

Training to become an IYENGAR Yoga teacher is a big commitment. As well as attending the entire training course you will be expected to:

- attend at least one weekly intermediate level IYENGAR Yoga class (preferably more)
- attend other Iyengar yoga workshops, conventions and yoga days
- attend at least one of our intensives or annual retreats
- practise daily on your own, IYENGAR method only
- observe, and later assist in, an IYENGAR Yoga beginners' class
- read recommended texts & complete on time written and practical assignments
- cease teaching any yoga as soon as your training starts (IYAUUK requirement)
- be a member of the national association (IYAUUK requirement)

Failure to observe any of these requirements satisfactorily may lead to your not being put forward for assessment or even to your being asked to leave the course.

### Fees

*Pre-training Selection Day:* £27.00

*Training course 2010 – 11:*

£100.00 deposit payable by Thursday 15 July to secure your place.

2<sup>nd</sup> instalment of £350.00 payable by 31 August. £210.00. Final instalment of £210.00 payable by 30 November

Alternatively you may pay by eight standing orders each for £75.00 (in addition to deposit) on 1<sup>st</sup> of each month (August – March inc.) each.

If payments are late you may forfeit your place.

### Applications

To apply for new entry onto our training course you must attend our pre-training selection day on 10 July. During this day your practice and interest in the subject will be assessed. Places will be offered after this.

Complete the enclosed form and return it with:

- a letter of recommendation from your teacher
- your own supporting letter
- the fees for our Selection Day
- completed IYAUUK form A2. With fees payable to IYAUUK
- stamped self-addressed envelope

### Please note:

- Please do call us if you would have any questions.
- Places are limited. You are advised to apply early to ensure a place.
- You must advise us of any medical conditions or injuries before booking.
- All the fees for the year are payable even if you drop out of the course or do not attend all sessions.
- All fees are non-refundable