

CLASSES at RIMYI

If you wish to attend classes at the Ramamani Iyengar Memorial Yoga Institute, Pune, you must apply through the IY (UK). Individual applications sent directly to the RIMYI will not be accepted (people from some other countries with less well established national associations do apply directly to the Institute using a form that they download from the RIMYI website, but this option is not open to people from the UK, and definitely does not result in getting onto classes earlier). Applications are for individuals only. If you would like to go at the same time as a friend you should indicate this in an email to Jess

The application process is as follows:

1. Ask your teacher to send an email of recommendation to Jess Wallwork at jess@iyengaryoga.org.uk, as follows:

Dear [your teacher's name]

I would like to apply for classes at RIMYI, please could you complete the following recommendation email and send to jess@iyengaryoga.org.uk, copying me in:

I, [FULL NAME]

herewith recommend

[NAME OF STUDENT]

who has studied Yoga with me for [NUMBER] years. She/he has also attended [DETAILS]

course with senior teachers.

As per my knowledge, she/he is a genuine pupil/teacher who follows the Iyengar method.

Yours sincerely

[FULL NAME]

2. On receipt of this email, Jess will send you a link to the application form on the (IY UK) website.

Please note:

- **It is no longer possible to pay by bank draft; payments should be made online**
- For admission, the RIMYI requests that the student's practice of eight years reflects an understanding of the foundation of Iyengar Yoga. This would include the regular practice of inverted poses (8 - 10 mins. in the inverted postures), and the regular practise of pranayama. Women should know what is to be practised during

menstruation. All students should have read, at the minimum, the introductory chapter to *Light on Yoga* and be familiar with the terms and principles covered in that chapter;

- RIMYI offers one or two months admission. No extensions beyond two months under any circumstances;
- The total cost of a month at RIMYI is \$US590. IY (UK) will transfer \$US150 deposit with your application when you complete your form with payment. The advance deposit is part of the fees and is not transferable to other persons. It is non-refundable. The balance of \$US350 is payable on arrival at RIMYI. In addition you will need to present your email confirmation and two copies of your passport and visa;
- Six classes are given per week, each for two hours duration. A schedule will be given on arrival;
- The last week of each month will be pranayama classes;
- Geetaji teaches only the Friday evening Pranayama class. All other evening classes have are Beginner or Intermediate for locals. The women's class continues on a Wednesday with overseas male students being allowed to attend this class, taught by Abhijata.
- Most overseas students will attend Prashantji's early morning classes and students should prepare by reading his book, *The Alpha & Omega of Trikonasana*;
- Only people with a Junior Intermediate level 3 qualification are allowed to assist in the medical class under supervision when this is available;
- Students with injuries who attend the medical classes are not permitted to attend any other classes;
- Morning classes and medical classes are 2 hours and the other classes are 1½ hours;
- On arrival at RIMYI, please present relevant bio-data with any health conditions;
- Certificates will not be issued at the end of the course;
- You will need to make your own arrangements for board and lodging;
- Applications are for individuals only – no groups. However, if you would like to go at the same time as a friend, you should both indicate this clearly on your application form.

3. All application forms are automatically forwarded to Pune and there is absolutely no selection process at this stage.

4. When the administrator at RIMYI, Mr Pandurang Rao, receives your application form he will determine when you can attend classes and send the IY (UK) a confirmation email with the dates of your visit. We will forward this email to you immediately and you must print it out and take it with you to Pune.

Please note:

- The RIMYI receives many applications from all over the world; the waiting list for classes is around two years. You should avoid applying for a date in same year as your application;
- Once you have received your dates, please do not apply to attend classes again until after you return from Pune.
- Please do not ask to change the date you are given unless you have a serious need to do so on compassionate grounds; you will only be able to defer once.

Check the IY (UK) website for more information, travel details, contact numbers for accommodation etc.: <https://iyengaryoga.org.uk>

Updated 6/2/18