

Training to Teach Iyengar Yoga at Introductory Level

IY(UK) administers teacher training by mentorship, runs assessments and awards certificates to successful candidates on behalf of RIMYI, India.

Pre-requisites for Registration as a Trainee Teacher:

- Attendance at weekly classes with a recognised Teacher Member of IY(UK) for a minimum of three years prior to application
- Written recommendation from regular teacher(s) to confirm the above
- Membership of IY(UK)
- Regular practice of the Introductory Syllabus both Level 1 and 2
- Dedication to Iyengar Yoga
- Written recommendation by an IY(UK) Mentor to confirm good standard of yogasanas, balanced attitude, patience and maturity and clean and tidy physical appearance

Requirements of Trainees during Training Period

- Regular attendance at classes as a student with a teacher qualified at Intermediate Junior Level 1 or higher.
- Regular practice of the Introductory and Intermediate Junior level 1 syllabi, progressing to practice of the Intermediate Junior Level 2 syllabus.
- Regular shadowing of beginners/general classes with the Mentor (or other collaborating teacher see “Mentor Qualifications”) and at tutorials/debriefing sessions with them
- Attendance at any special lectures, tutorials, peer-group sessions and workshops required to cover the syllabus as indicated by the Mentor.
- Minimum 500 contact hours of being mentored over a minimum of three years. Contact hours predominantly comprise regular class attendance (at least 30%) and shadowing (at least 30%) but can also include tutorials and peer group sessions.
- Membership of IY(UK) throughout the training period. Trainees must uphold the standards of IY(UK) Limited and keep to the rules of the Association.
- The teacher being shadowed bears responsibility for insurance. Trainees may informally teach a small group of friends or family members in the third and subsequent years of mentorship and may take out insurance via IY(UK) for this purpose.

Assessment:

- During the mentoring period, candidates will complete four formal assignments marked by the Mentor(s). One of these will be assessment of the candidate's pranayama teaching.
- Prior to the assessment, candidates will complete a personal/medical questionnaire
- Prior to the assessment, candidates will complete, and pass, a test paper covering basic anatomy, yoga philosophy and theoretical knowledge on the syllabus.
- Candidates will need a current First Aid certificate to apply for assessment.
- The practical assessment is taken when the Mentor(s) and second signatory agree the student is ready, and after a minimum of three years and completion of a minimum of 500 contact hours.
- It is strongly recommended that, other than in exceptional circumstances, the Mentorship period be continuous however many years may be needed to take and pass the assessment.
- A student who becomes pregnant should suspend training until a suitable time after the birth.
- Assessments are overseen by the Moderators whose responsibility it is to see that the required standards are reached.

Introductory Teaching Certificate

Introductory teachers may teach the Introductory syllabus to beginners and general group classes.

They may not teach therapy classes, new students who are pregnant or one-to-one classes.

Teacher membership of IY(UK) carries the understanding that no other form of yoga will be taught and that teachers must teach in line with the requirements and syllabus of their certificate.