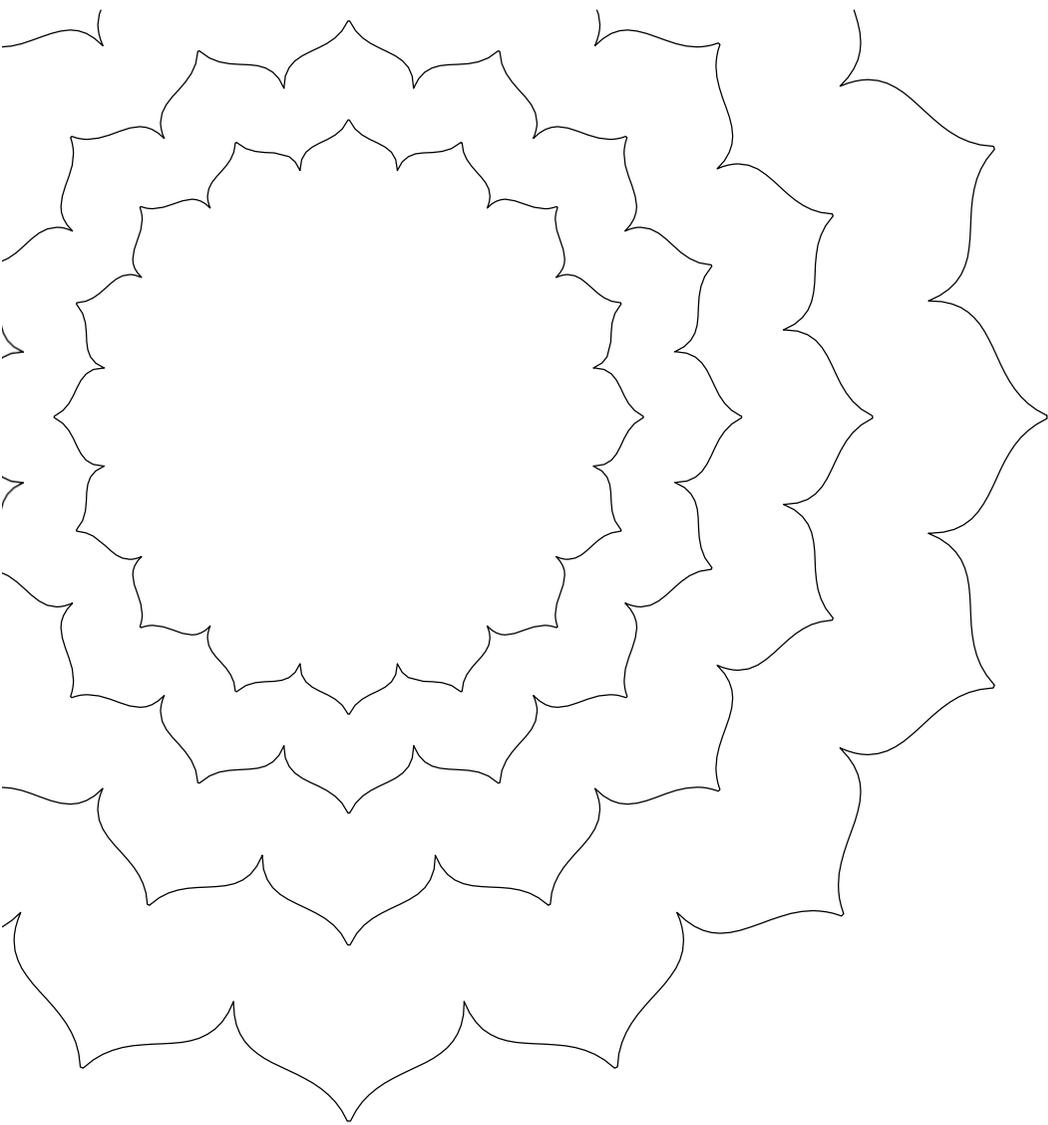




Intermediate Junior Teacher Training Program

B.K.S. Iyengar yoga Center Copenhagen

2015-2016



*“Teaching is a difficult art,
but it is the best service you
can do to humanity”*

B.K.S. Iyengar

Welcome

We warmly welcome you to join our ongoing Intermediate Junior Teacher Training program at B.K.S. Iyengar Yoga Center Copenhagen. In this brochure you will find important information about our Intermediate Junior teacher-training program, the syllabi for each Intermediate Junior level as well as practical information.

The Intermediate Junior teacher-training program is intended to help you prepare and successfully pass assessments at Intermediate Junior levels in Copenhagen or elsewhere. Jette Berring and Claus Bendson Wittig, both experienced Junior Level III teachers, are running the program in association with highly competent senior visiting instructors teaching at B.K.S Iyengar Yoga Center Copenhagen.

We look forward to meeting you and sharing with you what has been shared with us.

*Best wishes
Claus & Jette*

Requirements and Apprenticeship

Teachers at all levels should, throughout their careers, study weekly with a certified Iyengar teacher (if possible) and also attend classes at RIMYI in India (insofar possible). When a teacher cannot study at RIMYI that teacher should maintain their studies with another teacher (or teachers) at the Intermediate junior II level or above who themselves does study regularly at the RIMYI Institute in Pune.

Apprenticeship with a more senior teacher is an excellent way to learn. Typically, an apprentice will be present in classes taught by the more senior teacher and, under the teacher's direction, assists students in the class. Thus the apprentice has the opportunity to both observe the teacher's method of teaching and the students' response to it. Under certain circumstances, a period of apprenticeship can replace the required teaching experience for candidates applying for assessment.

It is important to understand that each candidate will prepare his or her assessment not only within the setting and support of this program and group but must also be willing to work on his or her own on a day by day basis.

It is recommended by Geeta Iyengar that all candidates practice two levels above their assessment level.



An Iyengar Teacher is a certified teacher who:

- Teaches in the method set forth by B.K.S. Iyengar, without mixing in other styles of yoga or other disciplines
- Receives continuing instruction from the Ramayana Iyengar Memorial Yoga Institute (RIMYI) in Pune, India, or from an Intermediate or Advanced Iyengar teacher (Requirements vary, depending on certification level)
- Acknowledges the governing influence of the teachings of B.K.S. Iyengar on his or her practice and teaching of yoga
- Maintains a steady regular personal practice
- Is mindful of Iyengar Yoga Ethical Guidelines
- Remains current in his or her membership and payment of fees as required by the Iyengar Yoga Association in his or her home country including maintaining one's Certification Mark.

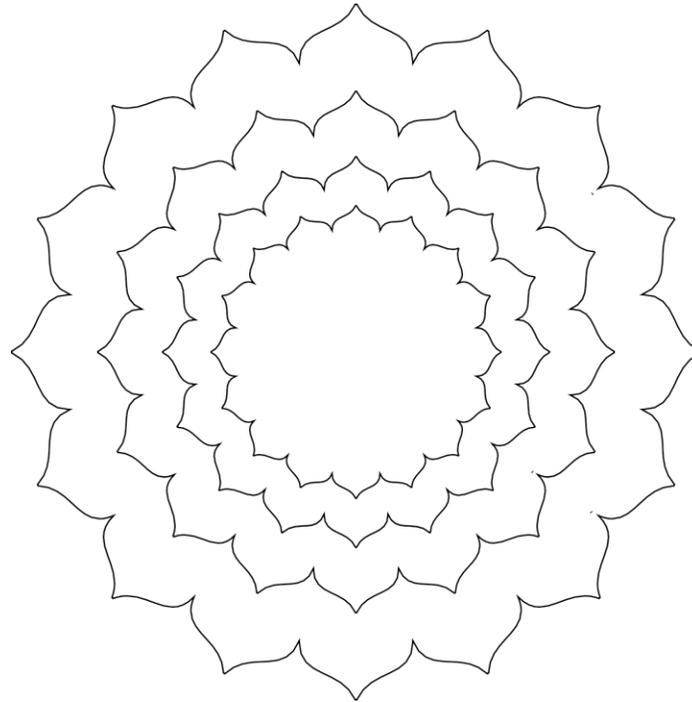


Certification Mark

The certification mark is a logo that pictures B.K.S. Iyengar in Natarajasana. It is his wish that this Certification Mark be used by all certified teachers throughout the world as an international symbol of the highest standards of excellence in training and continuing education in the Iyengar method.

Candidates may proceed with their Intermediate Junior training as follows:

Assessment Level	Period since certification at previous level	Minimum years teaching in the Iyengar method	Required study at RIMYI	Degree valid for
Intermediate Junior I	Minimum of two years, no maximum	Five years	Not required	Teachers in good standing renewed automatically
Intermediate Junior II	Minimum of one year, no maximum	Six years	Not required	Teachers in good standing renewed automatically
Intermediate Junior III	Minimum of one year, no maximum	Seven years	Once	Teachers in good standing renewed automatically



Course outline and methodology

The program is ongoing and new Intermediate Junior teacher candidates are therefore encouraged to seek admittance at their convenience.

The program is divided into two semesters each with 5 weekends over a year. During the course focus will be on the following subjects:

- 1) Practice of the asana and pranayama - see the appendix for the syllabus for each level.
- 2) Teaching skills – coaching and demonstration of what is required to teach at the respective and previous levels **note 1*
- 3) Theory - both in a classroom setting, as well as through reference material, further in depth focus is given to the specific components of the asana and pranayama, as well as the philosophical aspects.
- 4) Self-study - the teacher is required to complement the offering in this program with his/hers own practice, teaching, and learning through additional material, i.e. books, CD's and DVD's **note 2*



We would like to remind the candidates that the methodology of B.K.S. Iyengar's teaching is both straight forward, pragmatic and yet also highly complex. It cannot be learned nor maintained alone by the help of a good memory, a huge stack of notebooks or any written description of the "correct" pose, no matter how detailed such a description might be. Mr. Iyengar sometimes talks about *X-ray vision*: To become an excellent

Intermediate Junior level teacher we need not only to look at the students but also learn to *watch* what goes on in an asana from moment to moment.

We must also develop what Mr. Iyengar describes as, *integration - Samyama*. **note 3* Integration begins with the understanding of linking where by our inquiry into the nature of each asana we learn to recognize what kind of skillful actions need to be maintained from one asana to the next. This way we learn to integrate our knowledge into correct actions. To mature into a competent Intermediate Junior teacher takes time and persistent effort. We have to intensify our personal in depth study of the art of practice and teaching yoga and then learn to reflect upon and discuss our experience with teachers and colleagues. An Intermediate Junior teacher is expected to show understanding of linking and how the philosophy of Patanjali should become part of our practice and teaching.

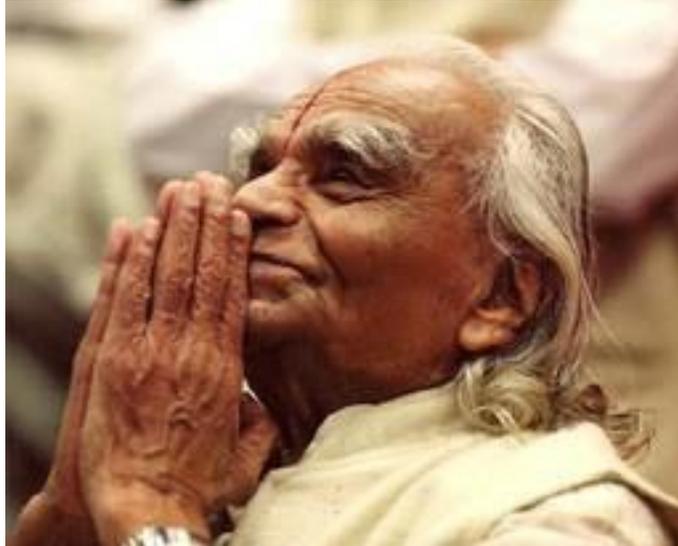
^{1A)} Know how to introduce a new asana from the new syllabus

^{1B)} Know how to "touch" poses quickly from previous syllabi to get to a new asana

^{1C)} Know how to add/link points to create deeper work in poses known from previously syllabi.

^{2 A)} Candidates are expected to have made a so-called "synthesis" for each asana on their syllabi. A synthesis consists of a short written description of few key points on how to enter, work in and exit each asana.

3 Yoga-Sutra (3.4)



Remember the six steps of Iyengar's method for introducing a new asana:

- 1) Introduce the asana by giving its name in Sanskrit and then in English or your language
- 2) Demonstrate the asana in silence, then with verbal explanation.
- 3) Do the asana with the students; simultaneously teach and observe. See what is missing in the students' poses.
- 4) Demonstrate the asana again, giving further direction based on observation.
- 5) Have the students repeat the asana alone to see what is missing in their poses. Give feedback by demonstration rather than just theory.
- 6) Observe whether the students are responding and following the instructions. The teacher should move on to new points only when his or her instructions have been assimilated by most of the class.

Intermediate Junior assessment candidates must meet standards in three categories in order to pass their assessment – these are:

- 1) A demonstrated practice of asana
- 2) A written exam
- 3) Demonstrated teaching skills in order to be granted a certification ++ credential.

Payment/Terms/Schedule

Terms

One semester is five weekends within six months and costs DKK 7500,-. New candidates are welcome to begin in January or August.

A space is secured by paying the fee a month in advance prior to the first session.
No refunds are given. Assessment fees are to be paid separately.

Name of bank

Sparekassen Sjaelland, Osterbro afd.

Dag Hammerskjolds Alle 13

DK-2100 Copenhagen

IBAN: DK169887 0000 104266 & **BIC/SWIFT:** SWESDK22.

Beneficiary: Laksya Aps, Denmark CVR 31 745837

Schedule

You may find the exact dates on our website www.yoga-cph.dk

Venue address

B.K.S. Iyengar Yoga Center Copenhagen

Peblinge Dossering 6

DK - 2200 København N.

Phone: +45 4075 5502

+45 5334 2025

Mail: info@yoga-cph.dk

Accommodation

Hotel Nora Copenhagen www.hotelnora.dk - Nora is charming and offer a 20% discount to yoga students if you mention the name of the yoga center. Nora is just around the corner less than a 5 min walk and offers triple to DKK 1120,- and four rooms suites to 1760,- DKK plus singles and doubles. **For an inquiry e-mail to:** nora@hotelnora.dk

Hotel Jorgensen www.hoteljoergensen.dk - Cheap with "Family rooms" with bunk beds for a min. of 4 people. Also has a youth hostel as well with Dormitories with bunks for 6-12 persons. Price DKK. 145,00 - 200,00 per person or (€20-€27,50). Prices include a breakfast buffet. **For an inquiry e-mail to:** hoteljorgensen@mail.dk

In case you have any questions at all please don't hesitate to contact us.



Best regards - Claus & Jette

Syllabus for Intermediate Junior I

Includes responsibility for both previous syllabi

Questions on the Written Exam will be drawn from the materials in your Reading List.

Reading

1. Parts I (Samadhi Pada) and II (Sadhana Pada) and III.1 – III.13 (Vibhuti Pada) in Light on the Yoga Sutras of Patanjali.
2. What is written about every asana and its stages and pranayama on this and the previous syllabi in Yoga in Action, Preliminary Course.
3. What is written about every asana and pranayama on this and the previous syllabi in Light on Yoga.
4. What is written about every asana and pranayama on this and the previous syllabi in Yoga, a Gem for Women
5. What is written about every asana and pranayama on this and the previous syllabi in Light on Pranayama.
6. Basic Guidelines for Teachers of Yoga (January 2003 revised edition) by B.K.S. Iyengar and Geeta S. Iyengar. Read the entire book but concentrate on all of Chapter V; Chapter VI especially the material on pp.76, 80, 82-83; and Chapter VIII pp. 105-06.
7. Light on Pranayama, Part One, Section II
8. Yoga, A Gem for Women Ch II; Ch III What is Citta, Five-Faceted Mind and Control of the Fluctuations of the Mind; Ch VIII the first two pages; Ch IX Mental Attitude through Mind
9. Any basic anatomy book

Required Knowledge

1. Required knowledge on previous syllabi.
2. Practical knowledge about the asanas and their stages and pranayamas on your syllabi
3. General knowledge from your reading of the Yoga Sutras. Be prepared to give a short summary of the ideas presented in each of the padas listed in your reading.
4. Components of citta
5. The various ways to still the fluctuations in the citta given in Samadhi Pada of the Yoga Sutras.
6. Sanskrit names for, definition of, and significance of:
 - a) Kriya yoga and its components
 - b) The paths (margas) of self-realization (p.79-80 in Basic Guidelines for Teachers of Yoga)
 - c) The five klesas.
7. The three eternal principles recognized by yoga darsana
8. How to develop a sequence emphasizing specific categories of asanas
9. Pranayama: Sanskrit names and definitions of the 5 vayus
10. The following anatomy:
 - a) Structure (all the parts) and functioning (all possible movements) of the shoulder joints (acromioclavicular, glenohumeral, and sternoclavicular joints)
 - b) Structure (all the parts) and functioning (all possible movements) of the knee joint
 - c) Knowledge of the function of the nervous, circulatory, digestive, lymphatic and endocrine systems, and the names and functions of the major organs in these systems
11. How to link actions within a pose and how to link from pose to pose.

Asanas for Intermediate Junior I

Candidates may also be asked to demonstrate asanas from previous syllabi.

Asanas in bold-face are especially likely to be tested at any higher assessment level.

1. **Utthita Parsva Hasta Padangusthasana** (with and without support)
2. Urdhva Prasarita Ekapadasana
3. Prasarita Padottanasana II
4. Gomukhasana (classicasana)
5. ParsvaDhanurasana
6. Lolasana
7. Paryankasana
8. **Bhekasana**
9. Swastikasana and Supta Swastikasana (for position of legs, see Light on Pranayama, plate 5)
10. Maha Mudra
11. Ardha Baddha Padma Paschimottanasana (both hands holding front foot; see Yoga a Gem for Women, plate 27)
12. Ubhaya Padangusthasana
13. Purvottanasana
14. Sirsasana I (away from wall)
15. Salamba Sarvangasana I
16. Salamba Sarvangasana II
17. Eka Pada Sarvangasana (top leg perpendicular to the floor and Halasana leg straight; left and right sides of the spine (parallel))
18. Halasana (arm position as in plate 241)
19. Parsva Halasana (feet on floor)
20. Setubandha Sarvangasana (classic asana, dropping from Sarvangasana)
21. Urdhva Prasarita Padasana
22. Ardha Matsyendrasana I (arm straight, holding foot in Matsyendra shape, the other arm on the back; see Light on Yoga, plates 313-314)

23. Jathara Parivartanasana (legsbent)
24. Eka Hasta Bhujasana
25. **Pincha Mayurasana** (against wall)
26. Adho Mukha Vrksasana (palms turned outward; against wall)
27. Urdhva Dhanurasana (supported on chair, with hands and feet on floor or blocks, if needed. Candidates at this level should be able to push up into the full asana.)
28. Dwi Pada Viparita Dandasana (supported on chair; with fingers inter-locked behind head on floor or on support, if necessary)
29. Savasana

Pranayamas for Intermediate Junior I

Refer to Light on Pranayama (The use of a wall for support is acceptable)

1. Ujjain V - VIII
2. Viloma IV and V
3. Kapalabhati I

Other important asanas from the Introductory and Teacher in Training levels

- | | |
|-----------------------------|----------------------------|
| 1. Ardha Chandrasana | 8. Baddha Konasana |
| 2. Virabhadrasana III | 9. Janu Sirsasana |
| 3. Parivrtta Trikonasana | 10. Paschimottanasana |
| 4. Parivrtta Parsvakonasana | 11. Malasana |
| 5. Parsvottanasana | 12. Marichyasana III |
| 6. Supta Virasana | 13. Ardha Matsyendrasana I |
| 7. Upavistha Konasana | 14. Supta Padangusthasana |

**Assessors may ask for demonstration or teaching of these asanas to see whether candidates have progressed*

Syllabus for Intermediate Junior II

Includes responsibility for all previous syllabi

Questions on the Written Exam will be drawn from the material in your reading list.

Reading

1. Books I (Samadhi Pada) and II (Sadhana Pada) and III.1 –13 of Vibhuti Pada in Light on the Yoga Sutras of Patanjali
2. Chapters 1 and 6 of the Bhagavad-Gita
3. The Hatha Yoga Pradipika (Candidates at this level of certification should begin to be familiar with this text, although it will not be covered specifically on the Written Exam.)
4. What is written about every asana and its stages and pranayama on this and the previous syllabi in Yoga in Action, Preliminary Course.
5. What is written about every asana and its stages and pranayama on this and the previous syllabi in Light on Yoga.
6. What is written about every asana and pranayama on this and the previous syllabi in Yoga, a Gem for Women
7. What is written about every asana and pranayama on this and the previous syllabi in Light on Pranayama.
8. Section IX 'Asanas and Pranayama: Pregnancy' in Yoga, A Gem for Women,
9. Basic Guidelines for Teachers of Yoga (January 2003 revised edition) by B.K.S. Iyengar and Geeta S. Iyengar Read the entire book but concentrate on Chapter II pp. 24-28; all of Chapter VI, especially pp. 72, 75, 81, 91-3; Chapter VII; and Chapter VIII pp.117-118
10. Light on Pranayama Part II Dhyana
11. Yoga, A Gem for Women Ch XVI Dhyana
12. Any basic anatomy book

Required Knowledge

1. Required knowledge on previous syllabi.
2. Practical knowledge about the asanas and their and pranayamas on your syllabi
3. How to design a sequence for an inversion practice with variations
4. How to design a sequence for developing padmasana
5. How to design a sequence for developing arm balances
6. How to work with pregnant women
7. How to link actions within an asana and how to link from asana to asana
8. How to modify asanas, within the context of a class, for a student with a knee problem, low back problem, or one who is menstruating
9. Specific information on the nervous system given on pp. 117-118 in Guidelines
10. Overview of knowledge from your reading of the Yoga Sutras. Be able to give a short summary of the ideas presented in each of the padas listed in your reading
11. The Sanskrit name and definition of the five states of citta
12. The Sanskrit name and definition of five modifications (pancavritti) of citta
13. The Sanskrit name and definition of the obstacles (antarayas)
14. Overview of knowledge from your reading of Bhagavad Gita. Be able to give a short summary of the ideas presented in your reading
15. Overview of knowledge from your reading of Hatha Yoga Pradipika. Be able to give a short summary of the ideas presented in your reading.
16. List in English the 25 components of a human being as given by Samkhya Philosophy (refer to p105-6 in Basic Guidelines for Teachers of Yoga)

Asanas for Intermediate Junior II

Candidates may also be asked to demonstrate asana from previous syllabi.

Asana in **bold-face** are especially likely to be tested at any higher assessment level.

1. Ardha Baddha Padmottanasana (both hands on floor)
2. Ardha Baddha Padma Paschimottanasana (holding from behind, with help of belt)
3. **Padmasana**
4. **Parvatasana in Padmasana**
5. Tolasana
6. **Matsyasana**
7. **Akarna Dhanurasana I** (see Light on Yoga, plate 173)
8. **Parsva Sirsasana**
9. Eka Pada Sirsasana (see Light on Yoga, plates 208-209)
10. Eka Pada Sarvangasana (toe touching the floor)
11. Supta Padangusthasana I, II, and III
12. Parivrtta Supta Padangusthasana
13. **Utthita Hasta Padangusthasana** (without support; to the front, hands holding foot; then classic asana head to knee)
14. Dwi Hasta Bhujasana
15. Adho Mukha Svanasana (without support)
16. **Adho Mukha Vrksasana** (palms forward)
17. Upavistha Konasana (classic asana)
18. Malasana II (head down between the two legs; see Light on Yoga, plate 322)
19. Kurmasana (stage 1, arms extended sideways; see Light on Yoga, plates 361-364)
20. Marichyasana III (classic asana)
21. Urdhva Dhanurasana (from two bolsters)
22. Dwi Pada Viparita Dandasana (supported on chair; feet on floor, with bent elbows holding the front legs of the chair; legs bent or straight)
23. Savasana

Pranayamas for Intermediate Junior II

Refer to Light on Pranayama

1. Ujjain IX and X
2. Viloma VI
3. Bhramari IIIA and IIIB
4. Kapalabhati II
5. Bhastrika I and II, 3 or 4 cycles, 5 to 6 strokes at a time followed by Savasana. If the sound of the stroke changes in the 3rd or 4th rounds, wait for a while and then do the 3rd or 4th rounds.

Note: Better Bhastrika is done first before other Pranayama in all levels.

Syllabus for Intermediate Junior III

Includes responsibility for all previous syllabi

Basic Guidelines for Teachers of Yoga by B.K.S. Iyengar and Geeta S. Iyengar has study material for each of the readings and topics listed below. It is the responsibility of candidates to find the relevant parts of Basic Guidelines and use them as a study guide for this syllabus. Questions on the Written Exam will be drawn primarily from Basic Guidelines. Reading (The written exam will be a take home exam.) Questions on the Written Exam will be drawn from the material in your Reading List.

1. Chapters 1 through 6 of the Bhagavad-Gita
2. The Hatha Yoga Pradipika
3. Book III (Vibhuti Pada) in Light on The Yoga Sutras of Patanjali
4. What is written about every asana and its stages and pranayama on this and the previous syllabi in Yoga in Action, Preliminary Course.
5. What is written about every asana and pranayama on this and the previous syllabi in Light on Yoga.
6. What is written about every asana and pranayama on this and the previous syllabi in Yoga, a Gem for Women
7. What is written about every asana and pranayama on this and the previous syllabi in Light on Pranayama.
8. Basic Guidelines for Teachers of Yoga (January 2003 revised edition) by B.K.S. Iyengar and Geeta S. Iyengar Read the entire book. Concentrate on Chapters VI and VII

Required Knowledge

1. Required knowledge on previous syllabi.
2. Practical knowledge about the asanas and their stages and pranayamas on your syllabi
3. How to bring the teachings of Patanjali into the teaching of asana and pranayama
4. How to show and correct an action on a student in a class
5. How to modify poses, within the context of a class, for a student with a knee problem, back problems, or menstruation
6. Overview of knowledge from your reading of Bhagavad Gita.
7. Overview of knowledge from your reading of Hatha Yoga Pradipika
8. The material in Chapter VI of the Guidelines especially pp. 82-93
9. General knowledge of the vibhutis.

Asanas for Intermediate Junior III

Candidates may also be asked to demonstrate asanas from previous syllabi.

Asanas in **bold-face** are especially likely to be tested at any higher assessment level.

1. Ardha Baddha Padmottanasana (classic asana)
2. Ardha Baddha Padma Paschimottanasana (classic asana)
3. Parsva Upavistha Konasana (see Light on Yoga, plate 152)
4. Parivritta Upavistha Konasana (similar to Parivritta Janu Sirsasana, but the legs are in Upavistha Kona Sana position)
5. **Parivritta Janu Sirsasana**
6. **Parivritta Paschimottanasana**
7. **Akarna Dhanurasana II** (see Light on Yoga, plate 175)
8. Marichyasana II (see Light on Yoga, plates 145-147)
9. Salam Sirsasana II
10. **Parivrittaikapada Sirsasana**
11. Parsvaikapada Sirsasana (classic asana)
12. **Urdhva Padmasana in Sarvangasana** (insofar as possible)
13. **Pindasana in Sarvangasana** (If Padmasana in Sarvangasana does not come in Intermediate Junior III, then it should be learned for assessment at Intermediate Senior I, or Intermediate Senior II at the latest.)*
14. **Setu Bandha Sarvangasana** (coming up to Sarvangasana)
15. **Jathara Parivartanasana** (with legs straight, as far down as possible)
16. Ardha Matsyendrasana I (arm straight and gripping the foot)
17. **Parivritta Utthita Hasta Padangusthasana** (see Yoga a Gem for Women, plate 124)
18. **Bhujapidasana**
19. Adho Mukha Vrksasana (with palms back, as in Mayurasana, but apart and at a distance of one and a half feet from the wall)
20. Pincha Mayurasana (with palms downwards; then with palms upwards insofar as possible)
21. Malasana I (arms around legs and back; see Light on Yoga, plates 319 and 320)
22. **Kurmasana II** (arms extended backwards; see Light on Yoga, plate 365)
23. Eka Pada Sirsasana (see Light on Yoga, plates 369-371)
24. **Urdhva Dhanurasana I** (straight from ground)
25. **Dwi Pada Viparita Dandasana** (without chair)
 - 1st time, with elbows supported against wall, with feet on a one-foot high support (e.g., a Viparita Karani box or a Setubandha bench that does not shake)
 - 2nd time, away from wall with feet on the floor, bent knees)

Pranayamas for Intermediate Junior III

Refer to Light on Pranayama

1. Ujjayi XI and XII (to capacity without strain)
2. Viloma VII & VIII
3. Bhramari IVA and IVB
4. Kapalabhati III
5. Bhastrika III followed by Savasana

**Note: If Padmasana cannot be performed in Intermediate Junior assessments, then the following two asanas must be performed in the Intermediate Senior II assessment: Urdhva Padmasana in Sirsasana and Pindasana in Sirsasana*