

BKS Iyengar Teacher Training Program

Bija Yoga is pleased to present a three year comprehensive Yoga Training Program created with direct input and continuous guidance from Sri Yogacharya B.K.S. Iyengar and Geeta Iyengar.

Established in 1992 in Southern California and now extending to San Francisco, this unique program is designed to meet the needs of yoga students who wish to deepen their experience and comprehension of Iyengar Yoga, as well as for those who envision teaching and for those who already teach yoga. Serious students and teachers work together, sharing their experiences and fostering a friendly and inclusive yoga community.

The program offers studies with some of the world's best teachers, along with a complete curriculum encompassing over 500 hours of training. There are over 700 Certified Iyengar Yoga teachers in the U.S.A. who go through years of training before presentation for certification. This program provides the student with a strong base for this process.

Curriculum

- Ongoing personal yoga practice program
- The fundamentals of asanas and pranayamas (posture and breath)
- Anatomy and physiology, including as it pertains to yoga
- Practice and principles of teaching asanas and pranayamas
- Yoga history, yoga sutras, philosophy and ethics
- Basic asana modifications, adjustments and use of props
- Introduction to Ayurveda and yoga

Program Schedule

Over 500 hours of training

- Bija Yoga : 6 weekend sessions a year with Gloria Goldberg
- Annual week long Teacher's Training Intensive with Manouso Manos: July 2010, October 2011, 2012 Dates TBA.
- Yoga retreat with Manouso Manos attended by participants from this program and participants from the Southern California programs.

Facilities

Bija Yoga is a state-of-the-art facility, containing all yoga props for the students' use, while providing a clean and comfortable yoga practice environment.

Admission Requirements

Students should have practiced Iyengar Yoga for at least three years with a Certified Iyengar Yoga teacher. Students with less than three years who feel they are ready for this program should contact the program coordinator. Applicants should have a home practice.

Registration

Registration for the Training Program can be done in person or by mail by November 18, 2009. Acceptance into the program is based on your application information, a two hour group yoga practice session and an interview which is intended to explore your personal and program goals. You can pick up an application and register at:

Bija Yoga
1348 9th avenue
San Francisco, CA 94122
(415) 661-YOGA (9642)

Cost: \$3000

Note: There is a non-refundable application fee of \$25.

If students need assistance in paying, they can pay \$1,500 upon acceptance and pay two additional payments of \$750 each later in the year with a \$25 finance fee per payment.

Iyengar Yoga

Sri Yogacharya B.K.S. Iyengar pioneered the art of teaching yoga through his practice of over sixty years. The most renowned yoga master of our time, he has popularized yoga both in the east and west through his innovative teachings and his definitive classical books, *Light on Yoga*, *Light on Pranayama*, *Light on the Yoga Sutras of Patanjali* and other works. The Iyengar method, an inspired and motivated approach to teaching, is clear and precise, guiding the student on a sure path of practice. Special focus is placed on correcting alignment, developing strength, flexibility, balance, coordination, and stamina. Poses are individualized to each person's body type and special needs through the expert instruction or use of props designed by B.K.S. Iyengar. Iyengar Yoga is meditation in action. The self is explored through discovery and release of tensions. As practice continues a student's ability to relax and concentrate improves markedly and inner awareness is enhanced.

Application

On typewritten paper, please list all the requested information and answers to the questions below. Submit to the appropriate address by November 18, 2009. Date and sign your document and include a \$25.00 non-refundable fee in the form of personal check or money order. Do not send cash through the mail. At this point in time, we are unable to accept applications online.

1. Identifying Information — Your name, address, email, phone numbers, gender, place of birth, date of birth, marital status, and children's names.
2. Formal Education — School name, years attended and degrees.
3. Work Experience — Dates, employer, location, position.
4. Your Health — Special issues or physical disabilities (e.g., heart problems, high or low blood pressure, diabetes, neck, back or knee problems); treatments or medications for any of the conditions.
5. Yoga Information

a. Length of time studying and practicing the Iyengar method of Hatha Yoga and the names of teachers with whom you have studied. (Note: To begin the Training Program, you must have completed three years of practice in the Iyengar method.

b. Are you now practicing the standing poses (e.g., Tadasana, Utthita Trikonasana, Virabhadrasana II, etc.) as taught in the Iyengar method of yoga?

c. Please briefly describe any training you have had in the fields of anatomy or physiology (e.g., where you studied, for how long, in what year). Include copies of transcripts if possible.

d. Describe any other yoga experience. Include which system, specific teachers, length of time, etc. Please relate any teaching experience you have, yoga or other. Briefly describe growth related disciplines you have been or are presently involved with.

e. Have you studied at RIMYI in Pune? If so, please give dates and type of classes (intensives, general, or medical classes).

f. Have you participated in other Iyengar teacher training programs? If so, please list year and place.

g. Have you ever attended or taught at an Iyengar Yoga Convention? If so, please list year and place.

6. Please describe at length your purpose in attending this yoga training program

Refund Policy

100% refund, less \$50.00 processing fee if student cancels at least two weeks prior to orientation. All other refunds pro-rated based on remaining classes, minus \$50.00 processing fee.

Faculty

The faculty of the program is a talented, popular and experienced group of Certified Iyengar Yoga teachers with high-level certification. All maintain strong personal practices and developed teaching skills. They are active in the yoga community and continue their ongoing studies in yoga with B.K.S. Iyengar and his family on a regular basis in Pune, India.

Manouso Manos, one of the world's outstanding exponents of Iyengar Yoga, provides an overview for the program. Based in San Francisco at the Abode of Iyengar Yoga, he is one of the most capable and experienced of the senior Iyengar Yoga teachers in the U.S. Since 1976, he has made numerous trips to India to study with Sri B.K.S. Iyengar. After twenty-five plus years of personal practice, his understanding and insights of Iyengar Yoga are transmitted with authenticity and precision. His humor, compassion and sensitivity shine through as his dynamic and challenging teaching style moves you beyond your perceived limits.

Gloria Goldberg has taught Iyengar Yoga since 1980 and has been a Certified Iyengar Yoga teacher since 1987. While director of the B.K.S. Iyengar Yoga Institute in Los Angeles, she recognized the need for a formal teacher training program. With the approval and guidance of B.K.S. Iyengar, she founded the program in 1992. Gloria is director and co-curriculum coordinator of the program. She is the owner and director and teaches at the B.K.S. Iyengar Yoga Center of La Mesa. She has