

# Teacher Training 2025-26

## Trainee Outline

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### Weekend Program

Time and Day	Subject	Comment
Friday 5.30 – 7.30 pm	Asana Class	Asanas from the Level 1 syllabus and from the syllabus from higher certification levels.
Saturday 7 – 9.15 am	Led Practice	Asanas from the Level 1 syllabus including the assessment sequence. We may sometimes practice more advanced backbends, forward bends and hand balancings.
Saturday 2 – 5 pm	Theory	Theory of asana, practise and teaching based on the asanas from the syllabus.
Sunday 7.00 – 9.15 am	Led Practice	Asanas from the Level 1 syllabus including the assessment sequence. We may sometimes practice more advanced backbends, forward bends and hand balancings.
Sunday 9.30 – 11.30am	Philosophy with brunch. BYO brunch or share plate. Initially York st Studio house kitchen. Other volunteer houses if nearby.	Pre-reading required each class.  Philosophy discussion, homework review or presentation, common questions about teaching or remedial yoga.
Sunday 12.00 pm – 3.00 pm	Theory	Theory of demonstrating and teaching asana and pranayama.
Sunday 3.15 – 4.15 pm	Restorative	Inversions, restorative asanas, pranayama, savasana
Sunday 4.15	Close	

### Cost

Each weekend will cost **\$300**. To complete the course, you will need to complete each of the 15 weekends.

For those interested in deepening their knowledge about yoga but who are not interested in becoming a teacher, attending individual weekends is permitted.

## Proposed Dates

The course will cover 15 weekends and includes the work we have already covered in the early part of 2025. This work is roughly equivalent to 2.5 weekends.

Weekend	Date
1	16 – 18 May 2025
2	13 – 15 June 2025
3	11 – 13 July 2025
4	1 – 3 August 2025
5	29 – 31 August 2025
6	12 – 14 September 2025
7	10 – 12 October 2025
8	5 – 7 December 2025
9	13 – 15 March 2026
10	1 – 3 May 2026
11	22 – 24 August 2026
12	19 – 21 June 2026
13	17 – 19 July 2026
14	7 – 9 August 2026
15	4 – 6 September 2026

## Course Overview

The training course is roughly divided into three segments:

- **Understanding the asanas** in oneself, self-observation and improving one's own practice.
- **Teaching** – learning to give voice to what was discovered in practice, teaching in front of others.
- **Adjusting** – learning how to touch others and 'give' them the asana with your own body.

## House Keeping

- Notetaking and photos – we will continue note taking using AI.
- Refer to the yoga texts (Light on Yoga, A Gem for Women) to deepen your understanding of the asanas we examine each weekend. Your homework will be to review the material covered and look up the texts and read about each asana.
- Do the pre-reading for each weekend so you can contribute to the discussion sessions.

- For assessment, you need to be a member of the Iyengar Yoga Australia for 2 years and registered as a teacher trainee. If you are not a member please join.
- Assisting in classes is required for assessment. Initially, this will take place as an observation only role. Let me know if you are interested in assessment in the future and I will schedule assisting times for you.

### Homework after every Module:

Review the asanas studied at the weekend in the following texts:

- Light on yoga – BKS Iyengar
- Light on Pranayama – BKS Iyengar
- Yoga a Gem for Women – Geeta Iyengar

### Essential Course References

Within the course of the training program, you will be required to read or refer to the texts below. Parts of these books will be supplied via Chalk UP. It is recommended that you acquire your own copy of these books. These books can be purchased from [www.iyogaprops.com.au](http://www.iyogaprops.com.au)

*Light on Yoga* BKS Iyengar

*Light on Pranayama* BKS Iyengar

*The Tree of Yoga* BKS Iyengar

*Light on the Yoga Sutras of Patanjali* BKS Iyengar

*Light on Life* BKS Iyengar

*The Art of Yoga* BKS Iyengar

*Iyengar: His Life and Work* BKS Iyengar

*70 Glorious Years of Yogacharya BKS Iyengar* (commemorative volume)

*Yoga A Gem for Women* Geeta S Iyengar

*Yoga In Action for Beginners – A Preliminary Course Guide* - Geeta S Iyengar

*Basic Guidelines for Teachers of Yoga* - Geeta S Iyengar

## Essential Reading:

- *Light on Yoga* - Introduction - BKS Iyengar

In particular, read the following sections from the Introduction:

- *What is Yoga?*
- *The Stages of Yoga*
- *Chitta Vrtti (Causes for the Modification of the Mind)*
- *Chitta Viksepa (Distractions and Obstacles)*
- *Sisya and Guru (A Pupil and a Master)*
- *The Definitions of Yoga* – Light on Astanga Yoga 2nd edition - BKS Iyengar
- *Understanding Yoga* – A Matter of Health – Krishna Raman
- *Yogasana – To Yoke the Body-Mind to the Self* – Astadala Yogamala Vol 2 - BKS Iyengar
- *Principles Behind Iyengar Yoga* – Prashant Iyengar

Because the subject matter is vast, sometimes our discussion subjects may extend elsewhere. New material may not always be set if we haven't finished 'fleshing out' or examining the material from the previous module.

Whilst it is useful to have done the pre-reading before each weekend you will revisit the articles repeatedly so overtime you will become very familiar with the ideas in these articles. At this stage just try to get a broad feel for the issues that are being discussed. After each of the training weekends you can revisit the material and make more sense of it. Some of these articles will take time to understand. As your understanding increases you will find yourself thinking how much theory and practice fit seamlessly together.