



BKS Iyengar Yoga Association of Australia

INFORMATION FOR HEALTH INSURERS AND CLIENTS

The following document has been collated to inform health insurance companies of the BKS Iyengar Yoga Association of Australia (BKSIYAA) yoga teacher training and certification process. This information is intended to assist those students attending Iyengar yoga classes who wish to apply for rebates from their health insurer and who need to provide information about their yoga teacher's training and accreditation requirements. The information provided describes the teacher training and accreditation procedures undertaken by all certified Iyengar teachers.

Any further information/enquiries can be addressed to the Association's Teachers' Committee at healthfunds@iyengaryoga.asn.au

WEBSITE LIST OF CURRENT CERTIFIED IYENGAR YOGA TEACHERS

A current list of all certified Iyengar yoga teachers is located on the BKSIYAA webpage, see *Find a Teacher* at <http://www.iyengaryoga.asn.au/>. All teachers in the list are financial and current with respect to their Certification Mark licence, Association membership, ongoing education and professional indemnity insurance.

IYENGAR YOGA CERTIFICATION PROCESS

The BKSIYAA brings together yoga teachers committed to promoting, protecting and disseminating the art, science and philosophy of yoga according to the teachings of Yogacharya BKS Iyengar, one of the world's foremost yoga masters. For more information go to *What is Iyengar Yoga?* at <http://www.iyengaryoga.asn.au/>. Iyengar yoga is currently taught in over 40 countries, with over 3, 000 certified Iyengar teachers worldwide. There are over 200 certified Iyengar teachers in Australia.

The Certification Committee of the BKSIYAA establishes procedures and policies, according to international standards set down by Mr. Iyengar, to ensure consistent practices are followed for the assessment and certification of its teachers. It also administers procedures for teacher training, certification and upgrading of teaching certificates for the Association's teachers. The goal of establishing these standards of practice is to maintain, promote and protect the excellence of Mr. Iyengar's method for the practice and teaching of yoga. The Constitution of the BKS Iyengar Yoga Association of Australia, The Ethical Guidelines Handbook, and other policy documents are available at *Policy Documents* at <http://www.iyengaryoga.asn.au/>. The Teachers' Certification Handbook which outlines the entire process can be made available on request.

The process of certification consists of five levels each with several sub levels. A teacher is given permission to use the Iyengar Certification Mark at Introductory Level 2 as a testament to their accreditation and certification level. A teacher must sign the Iyengar Certification Mark licence each year to be considered a certified teacher of Iyengar Yoga and must fulfil the requirements set out on the licence which include ongoing education. The Certification Mark is recognized world wide and has been registered in many countries including Australia where it is registered with the Trade Marks Office.

Introductory Level I is NOT a certificate level. The teacher is considered to be a "teacher in training" and is still under the mentorship and training of the teacher trainer. The five certification levels are:

1. Introductory (Level II);
2. Intermediate Junior (Levels I, II and III);
3. Intermediate Senior (Levels I, II and III);
4. Advanced Junior (Levels I, II and III); and
5. Advanced Senior (Levels I, II).

Each level of certification has a specific syllabus of *asanas* (postures) and *pranayamas* (breathing techniques) and teachers are certified to teach to their syllabus and one level above. To progress a teacher must, at an assessment, meet the standard of practice and teaching appropriate for the level. Certificate levels above Intermediate Junior Level III are assessed by Mr. Iyengar or his designate. Teaching certificates are recognized worldwide.

INITIAL TRAINING OF IYENGAR YOGA TEACHERS

A student wishing to train as a teacher must have been practicing Iyengar Yoga regularly for a minimum of 3 years before undertaking training with a teacher accredited by the BKSIYAA to train teachers.

Mandatory Criteria for Introductory Level II Teaching Certificate Assessment

1. Completion of the required training with an accredited teacher trainer:
 - a. *Introductory Level I training*: a minimum of 100 hours of classes plus 40 additional hours of assisting and adjusting under the guidance of their teacher trainer and been successfully assessed at that level.
 - b. *Introductory Level II training*: a minimum of 200 hours of classes plus 60 additional hours of assisting and adjusting under the guidance of teacher trainer.
2. Current financial member of the BKSIYAA.
3. Current certificate in Cardiopulmonary Resuscitation (CPR).
4. Current professional Indemnity Insurance (see "Insurance", go to *Certification* at <http://www.iyengaryoga.asn.au/>).
5. Have a referral form from the teacher trainer.
6. Have a sound personal practice routine.
7. Completion of an accredited Anatomy and Physiology course (minimum 36 hours) (Introductory Level II).

To apply for assessment copies of all certificates, membership numbers and other relevant documents must be presented by the applicant to the Certification Committee.

ASSESSMENT

The assessment process evaluates whether or not candidates are ready to teach at the level for which they have applied. Candidates, at each level, are assessed on their personal practice, their teaching skills and knowledge of theory and philosophy of yoga by highly trained senior teachers who qualify, to international standards set down by Mr. Iyengar, to be assessors. To obtain or upgrade a teaching certificate, as

a teacher becomes more experienced, candidates must attain a pass in each section of the assessment. At all levels, to present for assessment teachers must also have current CPR and insurance certificates.

ONGOING EDUCATION

Iyengar Yoga teachers continue their education by studying with senior teachers, attending classes at the Ramamani Iyengar Memorial Institute in Pune, India, participating in workshops with senior teachers or by attending Iyengar Yoga conventions. This ongoing learning is part of a teacher's commitment to the teaching of Iyengar Yoga and is necessary to renew their Certification Mark each year and upgrade their teaching certificate.

BKSIYAA

Board

Teachers Committee

September 2008