

# The Introductory level Teacher Training Program

B.K.S. IYENGAR YOGA CENTER COPENHAGEN

# Welcome

**We warmly welcome you to B.K.S. Iyengar Yoga Center Copenhagen and our 3 year Introductory Teacher Training program.**

The Introductory level Teacher training program is run in English. That way the Teacher Training program ensures accessibility for different nationalities of the Iyengar Yoga community.

The Introductory level teacher training program is intended to help you prepare and successfully pass assessments at Introductory levels either 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 teachers teaching at B.K.S Iyengar Yoga Center Copenhagen.

In this brochure you will find important information about the outline of the program, the syllabus for each Introductory level and on the last pages practical information regarding schedule and payment – We look forward to meet you and share what has been shared with us.

*Best wishes  
Claus & Jette*



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

*B.K.S. Iyengar*

## Definition of a certified Iyengar yoga teacher

An Iyengar Yoga 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 or teachers (Requirements vary, depending on certification level)
- Acknowledges the governing influence of the teaching of B.K.S. Iyengar on his or her practice and teaching of yoga
- Maintains a 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 hers home country including Certification Mark.

## The aim of the teacher training is to enable the candidate to:

- Safely teach the intense method of BKS Iyengars yoga based theoretical and practical studies. Understand and know how to teach the asanas and pranayamas on their respective syllabus in order to pass their assessment.
- Know how to teach students who become pregnant, have simple health problems, are menstruating, menopausal or elderly, so they can follow and benefit from the class.
- Know how to apply basic ideas and concepts of the philosophy of yoga.
- Know how to apply basic anatomy, physiology and communicative tools



### 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.*

## Requirements and how to apply

*“The teaching of yoga is different from any other endeavor such as the teaching of music, art or academics [ ] The study of yoga is an “adhyatma sadhana” (the study of one’s own self). You are supposed to explore your own self, your mind, awareness, consciousness and conscience, your whole being”*

*Prashant Iyengar*

To study to become a certified Iyengar Yoga teacher is quite fun but requires quite a lot of work at the same time. One need to develop several different skills in order to safely teach *asanas* and *pranayama* aligned with the teaching of Mr. Iyengar.

The very methodology of Mr. Iyengar requires more than “just” learning the actual techniques of any standing pose or the headstand. “Something” more and “deeper” is required. In order to understand the vast subject of yoga one must develop a steady practice and be able to sustain this practice for days, weeks, months and years on end.

How then do we bring stability and steadfastness to our practice? As an Iyengar yoga practitioner and teacher trainee candidate you must learn to recognize and appreciate the important difference between two quite different ways of approaching *asana* and *pranayama* work: *“Either without any thought (ajnana) behind it or with full attention in thought and awareness (prajnana) [ ] Total involvement and integration are essential while performing asana”*<sup>1</sup>

To fully understand the role of *awareness (prajnana)* in yoga practice takes along time. The role of practice *abhyasa* cannot be overestimated. As an Iyengar yoga teacher trainee you have to be able to keep a self motivated yoga practice going on a daily basis setting aside time for yoga practice. You must also be able to do this balancing skillfully between the demands of your friends, colleagues and family – other people might not always understand, support nor agree with your need to do yoga. On top of that you will also from time to time be challenged on your path in yoga as you experience any possible kind of resistance either in body or mind as you deepen your practice.

To become established in your own practice is the key to success as a teacher. The first year of the Introductory Teacher Training program is for that reason focused on bringing the standard of your practice up. By the end of this first year you must, in order to continue on to the second year, pass a test that will evaluate your standard and maturity.



---

<sup>1</sup> BKS Iyengar ASTADALA YOGAMALA –vol 2 page 93/94

## To be accepted in to the Introductory Teacher Training program one must to:

- Have practiced Iyengar yoga for a minimum of three years and studied with a certified teacher on a frequent basis during this period of time.
- Have applied and filled out the application form for the Introductory Teacher Training program at BKS Iyengar Yoga Center Copenhagen - find the application form in the appendix.
- Be a member of the Danish national association IYFDK.
- Be at least 23 years old.
- Candidates with less than three years of practice can be granted admittance to the Teacher Training program provided they have a good practice, are mature and are willing to do the program in a slower pace.



## The Introductory Teacher Training program covers the following subjects:

- Practice of the asana and pranayama - see the appendix for the syllabus for each level.
- Teaching skills – coaching and demonstration of what is required to teach the Introductory levels <sup>2</sup>.
- 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 philosophy aspects.
- 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 <sup>3</sup>.



## Evaluation and Assessments

Introductory level teacher candidates must, in order to be granted the final Introductory Level II certification credential, be assessed by outside assessors twice during the second and third year of the program.

The first Introductory Level I assessment takes place after the second year and the final Introductory Level II assessment takes place after the third and last year. The candidate must meet standards in three categories in order to pass their Introductory Level I and II assessment – these are:

- A demonstrated practice of asana.
- A written exam.
- A demonstration of teaching skills.

Candidates who might fail either the written or teaching part of their assessment are strongly encouraged to reappear for their second assessment and may continue to be part of the program at a reduced price.

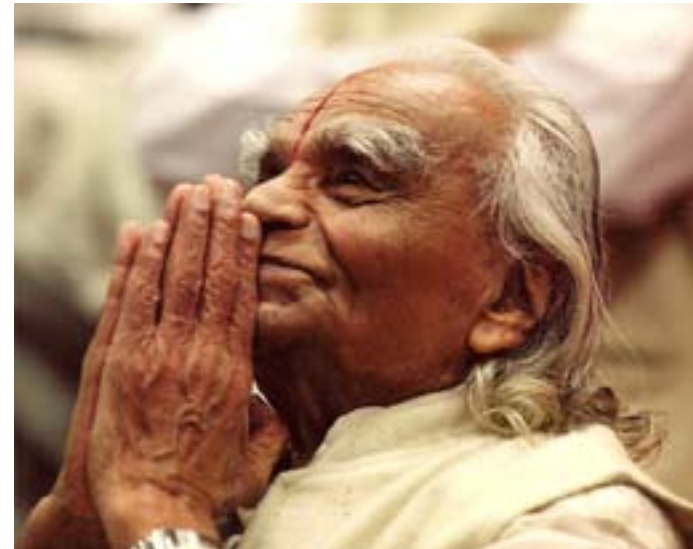
---

<sup>2</sup> A) Know how to introduce a new asana from the new syllabus and B) Know how to "touch" poses quickly to get to a new asana.

<sup>3</sup> Candidates are expected to have done so-called "synthesis" for asanas in their syllabi. A synthesis consists of a short written description of a few key points on how to enter, work with and exit an asana.

## The six steps of B. K. S. 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.



## Payment / Terms / Schedule

We like to remind the candidates that it is a required to be a member of the association of your country of residence not just at assessment but also during the entire participation of the Introductory Teacher Training Program.

### Payment

The price of the basic package of the Introductory Teacher Training Program is 15.000 DKK (paid in three installments) This program consisting of 22 days total is made up of Eight Sundays, two five days courses and four days with guest teachers. All days are from 9.30-16.30.

This can be combined with any of the following options:

- 1) Open classes at the B.K.S. Iyengar Yoga Center Copenhagen costs 500,- DKK/month for students doing teacher training,
- 2) Year Card for all classes to 5000,- DKK or
- 3) 20 classes for 1000,- DKK.

### Terms

Once you have been accepted into the program you can secure your space by paying the deposit of 5000,- DKK.

Please note that no refunds are given but sessions missed can be retaken free of charge and assessment is to be paid separately.

### Name of bank

Sparekassen Sjaelland, Trekroner Centervej 59, DK-4000 Roskilde, Denmark

Account: 9887 0000 104266

IBAN: DK 169887 0000 104266 & BIC/SWIFT: SWESDK 22

Beneficiary: Laksya Aps, Denmark CVR 31 745 837

### Schedule

You may find the exact dates and prices on our website [www.yoga-cph.dk](http://www.yoga-cph.dk) look for > "Training" > "Introductory Teacher Training Program" > "dates"

## 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](mailto:info@yoga-cph.dk)

# Syllabus for Teacher in Training/Introductory Level I

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

## Reading

1. Introduction to *Light on Yoga*
2. Part One, Section I of *Light on Pranayama*
3. *Yoga in Action, Preliminary Course*
4. Part II The leaves and Part Four Pranayama in *The Tree of Yoga*
5. Sutras II.29 – II.48 in *Light on the Yoga Sutras of Patanjali*
6. What is written about every asana and its stages and pranayama on this syllabus in *Yoga in Action, Preliminary Course*.
7. What is written about every asana and pranayama on this syllabus in *Light on Yoga*.
8. What is written about every asana and pranayama on this syllabus in *Yoga, a Gem for Women*.
9. Part II Asana: Hints and Cautions for the practice of Asanas and Part III: Pranayama Hints and Cautions in *Light on Yoga*.
10. What is written about every asana and pranayama on this syllabus in *Light on Pranayama*.
11. Section II Chapter 10 Hints and Caution in *Light on Pranayama*.
12. Chapter X Part I General Hints of *Yoga, a Gem for Women*.
13. *Yoga, A Gem for Women*, Chapter I-VI; Chapter VII, 1. Menstruation; Chapter VIII, the description of the systems.
14. *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 I; Chapter II pp.21-24; Chapters III, IV and V; Chapter VI pp 70-74, 76(#13 and #14), pp 88-89(#18-23); Chapter VIII pp.110-111 - The systems, pp.115-117 - Skeletal and Muscular Systems, and Chapter IX for sample questions and answers that relate to your syllabus.
15. Any basic anatomy book

## Required Knowledge

1. Practical knowledge about the asanas and their stages and pranayamas on your syllabus
2. What is the definition of yoga
3. Names and definitions of the four padas of Patanjala Yoga Sutra
4. Names in Sanskrit and definitions of the eight limbs of astanga yoga
5. Names in Sanskrit and definitions of the yamas and niyamas
6. How to construct a sequence for a beginner's class
7. How to modify the asanas on your syllabus for complaints of neck or shoulder pain, sore knees, backs, or hips, as given in *Yoga, A Gem for Women*
8. An appropriate sequence for menstruation
9. The following anatomy:
  - a. Name and define the major systems of the body
  - b. The name, shape, and location of each of the major bones of the body
  - c. Major superficial muscles of the body

\* For example if someone were complaining of hip or back pain in *Supta Baddha Konasana* you would support his or her thighs with rolled blankets. *Yoga a Gem for Women* gives several techniques for many of the poses that will help you to understand this information.

## Asanas for Teacher in Training/Introductory Level I

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

1. Tadasana
2. Vrksasana
3. Utthita Trikonasana
4. Virabhadrasana II
5. **Utthita Parsvakonasana**
6. **Virabhadrasana I**
7. Ardha Chandrasana
8. Parsvottanasana (arms down-concave and convex)
9. Prasrita Padottanasana (concave back; see *Light on Yoga*, plate 31)
10. **Parighasana**
11. Padangusthasana (concave and downward extending spine)
12. Padahasthasana (concave and downward extending spine)
13. Uttanasana (concave back)
14. Adho Mukha Svanasana (with support)
15. Utkatasana
16. Dandasana
17. Gomukhasana (arms only)
18. Siddhasana
19. Virasana
20. Parvatasana in Svastikasana
21. Triang Mukhaikapada Paschimottanasana
22. Marichyasana I (twist only)
23. Malasana (a) with wall support for sacrum; arms extended parallel to floor;  
(b) away from wall, heels on rolled blanket, arms extended parallel to floor, knees together; (see *Light on Yoga*, plate 317)

### 24. **Salamba Sarvangasana I**

### 25. **Halasana (feet on stool)**

26. Karnapidasana
27. Supta Konasana
28. Chatushpadasana (see *Light on Yoga*, plate 258;  
*Yoga, a Gem for Women*, plate 102.  
This asana is similar in form to Setubandha Sarvangasana, with the hands holding the ankles.)
29. Setubandha Sarvangasana (sacrum supported on a block)
30. Urdhva Prasrita Padasana (90°)
31. Bharadvajasana I (turning, without holding the upper arm)
32. Savasana (on bolster with eyes covered, observing the normal in breath and out breath)

### Pranayamas for Teacher in Training (Refer to *Light on Pranayama*)

1. Ujjayi I and II
2. Viloma I and II

# Syllabus for Introductory Level II

(Includes responsibility for Teacher in Training Syllabus)

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

## Reading

1. Introduction to **Light on the Yoga Sutras of Patanjali**
2. Sutras II.49 – III.13 in **Light on the Yoga Sutras of Patanjali**
3. What is written about every asana and its stages and pranayama on this and the previous syllabus in **Yoga in Action, Preliminary Course**.
4. What is written about every asana and pranayama on this and the previous syllabus in **Light on Yoga**.
5. What is written about every asana and pranayama on this and the previous syllabus in **Yoga, a Gem for Women**
6. What is written about every asana and pranayama on this and the previous syllabus in **Light on Pranayama**.
7. **Basic Guidelines for Teacher of Yoga** (January 2003 revised edition) by B.K.S. Iyengar and Geeta S. Iyengar. Read the entire book but concentrate on Chapter I; Chapter II pp. 21-24; Chapter III; Chapter VI pp. 70-73, p.75 (#4-5) pp. 89-93; Chapter VIII pp.105-6; and Chapter IX for sample questions and answers that relate to your syllabus.
8. **Yoga, A Gem for Women**, Chapter III Patanjali's Definition through Antaratma Sadhana; then Asana through Samadhi.
9. Any basic anatomy book

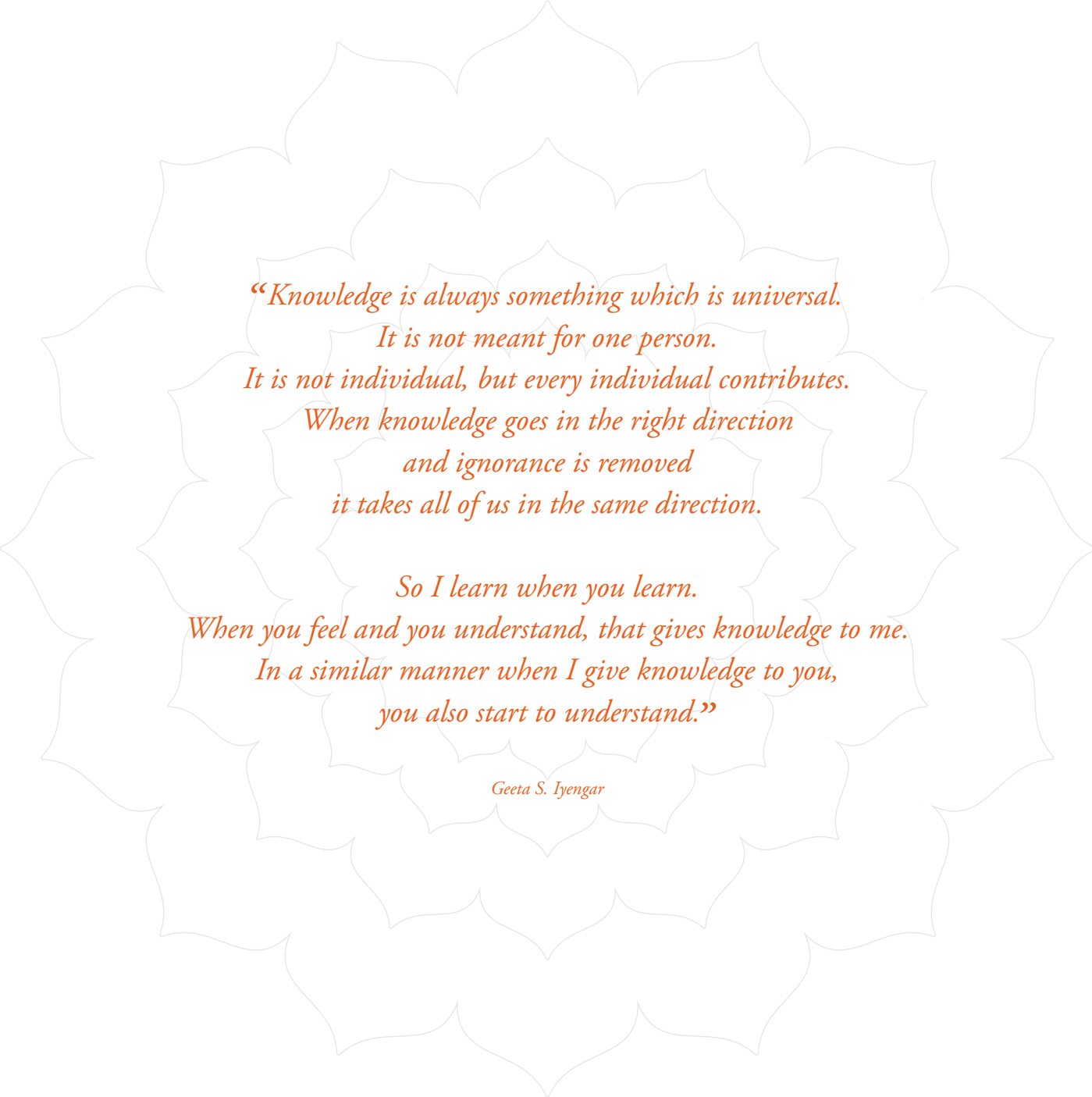
## Required knowledge

1. Required knowledge from previous syllabus
2. Practical knowledge about the asanas and their stages and pranayamas on your syllabi
3. Know the basic information given on the last 5 limbs of astanga yoga in **Light on the Yoga Sutras of Patanjali** and in any of your other readings.
4. Definition of samyama
5. Definition of parinama
6. Sanskrit name and definition of each of the gunas
7. Definition of the following words a. citta b. sadhana c. prana d. abhyasa and vairagya e. purusa and prakrti
8. Pranayama: philosophical basis, components, hints and cautions
9. The following anatomy:
  - A. The differences between muscles, ligaments and tendons.
  - B. The structure and type of movement of the major joints of the body
  - C. Definition of the following terms and how they apply to the movement of joints of the body:
    - a) flexion
    - b) extension
    - c) abduction
    - d) adduction
    - e) rotation
    - f) circumduction
    - g) pronation
    - h) supination
    - i) dorsiflexion
    - j) plantar flexion
    - k) eversion
    - l) inversion
  - D. Main joint movements in the asanas on your syllabus

## Asanas for Introductory / Level 2

Candidates may also be asked to demonstrate asanas from the previous syllabus.  
Asanas in **bold-face** are especially likely to be tested at any higher assessment level.

1. Garudasana
  2. Parivrtta Trikonasana
  3. Parivrtta Parsvakonasana
  4. Parivrtta Ardha Chandrasana (see Art of Yoga, plate 13)
  5. Virabhadrasana III
  6. Utthita Hasta Padangusthasana I (leg to the front, with and without support)
  7. **Adho Mukha Svanasana (with support)**
  8. **Parsvottanasana (classic asana)**
  9. **Prasarita Padottanasana I (classic asana)**
  10. **Uttanasana (classic asana)**
  11. **Urdhva Mukha Svanasana**
  12. **Chaturanga Dandasana**
  13. Bhujangasana I
  14. Dhanurasana
  15. Salabasana
  16. Makarasana
  17. **Ustrasana**
  18. Paripurna Navasana
  19. Ardha Navasana
  20. Supta Virasana (supported and not supported)
  21. Baddha Konasana (sitting straight; give margin if difficult)
  22. Supta Baddha Konasana
  23. Upavistha Konasana (sitting straight)
  24. Janu Sirsasana
  25. Marichyasana I (bend forward with hands entwined)
  26. Paschimottanasana (also called Ugrasana or Brahmacharyasana)
  27. **Salamba Sirsasana** (against wall; know how to teach with ropes, when available)
  28. Salamba Sarvangasana I
  29. Halasana (toes on floor, plate 240)
  30. Eka Pada Sarvangasana
  31. Parsvaika Pada Sarvangasana (as far as possible)
  32. Parsva Halasana
  33. **Setu Bandha Sarvangasana** (also called Uttana Mayurasana) (from Sarvangasana, with bent knees, feet dropping to wall, block, or chair)
  34. Supta Padangusthasana I and II
  35. **Bharadvajasana I** (classic asana)
  36. **Bharadvajasana II**
  37. Malasana (heels down, can grasp wall hooks or other available support; see *Light on Yoga*, plate 317)
  38. Marichyasana III (opposite bent elbow over the bent knee; see *Light on Yoga*, plate 301)
  39. Ardha Matsyendrasana I (with support, e.g., folded blanket between buttock and foot; against wall; see *Light on Yoga*, plates 307-308)
  40. Urdhva Dhanurasana I (supported on chair, with hands and feet on floor or blocks; knees bent; pushing up if possible)
  41. Dwi Pada Viparita Dandasana (on a chair; legs parallel to floor; holding back legs of chair)
  42. Savasana ( with eye band; normal in breath and deep out breath)
- Pranayamas for Teacher in Training** (Refer to *Light on Pranayama*)
1. Ujjayi III and IV
  2. Viloma III
  3. Bhramari IA, IB, IIA, and II B



*“Knowledge is always something which is universal.  
It is not meant for one person.  
It is not individual, but every individual contributes.  
When knowledge goes in the right direction  
and ignorance is removed  
it takes all of us in the same direction.*

*So I learn when you learn.  
When you feel and you understand, that gives knowledge to me.  
In a similar manner when I give knowledge to you,  
you also start to understand.”*

*Geeta S. Iyengar*

# BKS Iyengar Yoga Center Copenhagen

## Introductory Level Teacher Training

### APPLICATION FORM

NAME: .....

ADDRESS: .....

E-MAIL: .....

NATIONALITY: .....

AGE: .....

NAME OF TEACHER: .....

HAVE BEEN PRACTICING WITH THIS TEACHER SINCE: .....

DATE OF MEMBERSHIP  
OF MY NATIONAL IYENGAR YOGA ASSOCIATION: .....

### I HERBY CONFIRM THAT I

Have practiced Iyengar yoga for a minimum of three years and studied with a certified teacher on a frequent basis during this period of time.

Am a member of the Danish national association IYFDK.

I understand and respect that I cannot teach using the name "Iyengar yoga" in any way or form before I have obtained my Introductory Level II certificate.

That I will follow and respect requests from BKS Iyengar Yoga Center in relation to my training and education for as long as I am part of the teacher training program.

That I will treat the name Iyengar and the yoga community that I have now become a part of with respect and dignity.

SIGNATURE: ..... DATE: .....

APPROVED BY TEACHER TRAINER:

SIGNATURE: ..... DATE: .....