

IYENGAR® YOGA Therapy

WITH **Stephanie Quirk** AT

B.K.S. IYENGAR YOGA CENTER COPENHAGEN 2012 - 2014

Dear friends in yoga - we are very pleased to be able to welcome you to this unique and inspiring course in Iyengar Yoga Therapy by Stephanie Quirk. The course, which has been offered around the world, now comes to Denmark and will take place at our fully equipped Iyengar Yoga Center in charming Copenhagen.

In this flyer you will find important information regarding the course as well as the requirements for your participation in this three year long course in Iyengar Yoga Therapy.

We look forward to welcoming you to Copenhagen and the course with Stephanie.

2012
Part one
April 13th - 16th
October 12th - 15th

2013
Part two
April 26th - 29th
September 13th - 16th

2014
Part three
May 2nd - 5th
September 5th - 8th

Important information

You need to be a **Junior Intermediate Level 1** or above to attend and must also be a member of the association of your country of residence with the Certification Mark. The required commitment of your attendance is necessary for the total course meaning all three parts – as defined below. Limited places are available and are offered on a first come first served basis only. Waiting list will be offered thereafter.

However if there is still space, teachers holding **Introductory Level II** certificates may join the first two years of the course only, provided they are members of the association of their country of residence and has the Certification Mark.

You need to bear in mind upon booking that you are committing yourself to an entire course of four days for each of the six parts. If you miss any part of your course it cannot be guaranteed that you can complete it at a later date due to limited availability of other locations running this same course.

As you can see there are two parts to each “kosa” of learning and people can if really necessary request for dates to be swapped to other venues, but people cannot leap over the courses i.e. you may swap one & two, or three & four or five & six, but not do three before one or two etc. For other venues running the course see below.



Part one in 2012

The subject of part one is the “**annamaya kosha**” i.e. the muscular and skeletal part of the human organism including the theory and practice in relation to problems within these structures.

1: April 13th - 16th / Pertaining the appendicular skeleton, i.e. the arms and legs.

2: October 12th - 15th / Pertaining to the axial skeleton, i.e. the spine and pelvis.

These first two parts are about the structural body with an emphasis on how the body stands and holds itself. The teacher is learning through observation to trace the source of the disease and also given remedial adaptations to apply in these areas.

Part two in 2013

The subject of part two is the “**pranayama kosa**” or the physiological part of the human organism with its organs.

3: April 26th - 29th / Pertaining the upper thorax region

4: September 13th - 16th / Pertaining the lower abdominal cavity with its respective organs.

In part two of the course we move on to looking into the inner organs. Delving into problems in the upper thoracic region (i.e., heart or lungs) a lot of the asana are expressive in their nature and in that way also less abstract to the teachers eye, that is why it is taken first, where as disturbances in pregnancy, or prolapses and hernias really involve the teacher learning how the body holds and retains its own contents whilst giving space to the organs is more difficult and therefore addressed secondly.

Part three in 2014

The subject is the “**manomaya kosa**” related to deeper systemic parts of the human organism.

5: May 2nd - 5th / Pertaining on systemic disorders, blood circulation and the skin, anaemia, blood pressure problems, endocrine system and auto immune disorders i.e. ME & MS

6: September 5th - 8th / Emphasising senses of perception, i.e. detached retinas, Ménière's disease, epilepsy etc..

Here the teachers observation needs to be much more refined, they have to be able to see the change in the smallest adjustments to the students; they need to be able to see/read the students inner tonality and energy.

Part one of the course begins at the known, the see-able and the easy to see do-able, which is the outer body i.e. arms, knees, hips, shoulders. It is also the introduction to the entire course including introduction to observing, introduction to the understanding of the background of asana and how they work on the body. Basically in the first two sessions Stephanie is setting up the entire background for the entire course.

The structure of each four days visit:

Day 1: There is always a led practice, with emphasis on the topic of study. I lead the practice giving guidance as to how the teacher need to be seeing the work where how they should be observing. The afternoon is on specifics of observation.

Day 2: We move into looking at problems that arise in student participation in a general yoga class.

Day 3: How we adapt poses more specifically, why we do (this comes out of the work of the first two days and taken further to see what is happening in those adaptations)

Day 4: Further work as for day three.

In each visit I also look at pranayama and usually give a talk relating to the subject. By the time we are up to parts five & six I am asking the teachers to give presentations.

The schedule will be:

Fridays: 12:00 - 20:00 hours
Sat/Sundays: 10:00 - 18:00 hours
Mondays: 08:00 - 15:00 hours

Stephanie's words about the entire program:

Each visit can be seen as further levels or stages, but really they are best seen as layers, because it is a process of learning to see, teach and adapt on increasingly subtle levels.

Throughout the entire course I am trying to bring to the teachers an interest in observation, exploration and inner reflection in their own practices. This is where the knowledge has to come from. Though I do give out straight practical solutions, I am trying to keep away from just giving out prescriptions and formulas.

The reason why I have structured the course like that is because it is more a teacher education than me imparting info.

My aim in the series of six visits is essentially to give the teacher the resources and skill to be able to 'problem solve' each situation that comes in front of them. So it is not a course of imparting lists of sequences and props for ailments, rather the emphasis is on observation and experiential understanding that comes from the teachers own practice.

Each visit has a theme, but the study is on observation and understanding undertaken in more and more refined levels. How I teach the subject is not exactly how I have been taught in the therapy room of Pune, rather it is what I have understood is happening the student. What I mean by that was essentially that for years I just "did" what I was told to do, and over the years I learnt what was "to-be-done". But when I reflected on what it was I was faithfully "doing" I recognized that there were key principles and approaches to problems that the student/patient was facing.

I began to see how the understanding of how to work therapeutically flowed out of the asanas that we were performing in the classroom situation. So when I teach in the courses, it is not that I just show the teachers how to set-up for this pose or how to use particular props, rather I teach them the links or connections to the inner actions that are happening in the asanas.

In other words I teach them to reflect and act from understanding the asana, not just to repeat sequences or set-ups. So even though we will be covering what is done to students in the therapy room, it is the learning and understanding that is different to how I had to learn it.

To sign up for Stephanie Quirk's course

in Copenhagen/Denmark, e-mail to: claus@yoga-cph.dk

To learn more about the venue visit: www.yoga-cph.dk

Price:

Each four day course costs 350,- Euro and are structured around a weekend and consists of 24 hours.

Payment:

Please make the transfer into the account given below no later than 8 weeks before each session using this information:

Name of bank: Sparekassen Sjælland,

- Trekroner Centervej 59, DK-4000, Roskilde

IBAN: DK169887 0000 104266 & BIC/SWIFT: SWESDK 22.

Beneficiary: Laksya Aps, Denmark CVR 31 745 837

Venue address:

B.K.S. Iyengar Yoga Center Copenhagen

Peblinge Dossering 6

DK - 2200 København N.

Phone: +45 4075 5502

+45 5334 2025

Accommodation:

Hotel Nora Copenhagen see: www.hotelnora.dk.

They offer a 20% discount upon mentioning the yoga center when you book. Nora is just around the corner and less than a 5 min walk.

For an inquiry e-mail to: nora@hotelnora.dk

Hotel Jorgensen see: www.hoteljoergensen.dk

Is still cheaper also rather close and offers "Family rooms" with bunk beds for a min. of 4 people. Price from DKK 900,- (€125) excl. bed linen and towels and 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 which is served from 7:00-10:00. For an inquiry e-mail to: hoteljorgensen@mail.dk

Other venues for the course are found in Holland, U.K., Italy and Australia and may be contacted for dates etc:

Holland: Pascal on: pasirm@casema.nl

England/London: sheila@sarva.co.uk

Italy: Gabriella, info@centroiyengaryoga.it

Australia: Pixie Lillas, plillas@bigpond.com

