

LUNA

YOGA Art of Teaching

IYENGAR YOGA Teacher Training Program

Two Year Program Feb 2025 – Nov 2027

Overview

Luna Yoga, Iyengar Yoga Teacher Training Program, has been running since June 2017. It is a comprehensive course for students wishing to deepen their personal yoga practice and teach Iyengar Yoga.

The course meets the teacher training requirements of the BKS Iyengar Yoga Association of Australia. It is designed to confidently prepare you for Iyengar Yoga Certification Assessment.

The program has three main components:

- the development of your personal yoga practice;
- studying the elements of teaching; and
- yoga philosophy.

The development of your personal practice is extremely important, as it is from your experiential knowledge that you will draw the confidence and conviction needed to teach. If students are wishing to participate in the program for the development of their practice only the program is also appropriate.

The two-year program will take new trainees every February of each year.

Contact time will include:

- Teacher Training Sessions around every third Friday 6:00 AM – 12:00 PM
- Wednesday Led Practice 6:00 – 8:00 AM
- Thursday Meditation and Pranayama Zoom 6:30 – 7:30 AM
- Friday Trainee Group Practice 6:00 – 8:00 AM
- Early Morning Intensives and
- Observing and assisting in class.

Students non-contact time will include:

- Daily personal practice – one to two hours plus keeping a practice diary
- Homework and assignments – they will be given at each Teacher Training session which to be due before the next Teacher Training sessions and
- Reading – you will be given a suggested book list.

Undertaking the program will require from trainees a whole-hearted commitment to both the compulsory contact time and a dedicated, well-disciplined approach to their personal practice.

"The best way to find yourself is to lose yourself in the service of others." Mahatma Gandhi

Schedule, Feb 2025 – May 2025

The dates for the program are scheduled around the Luna terms/blocks: Jan – May 2025 includes three terms, Jun – Dec 2025 includes five terms.

FRIDAY TEACHER TRAINING SESSIONS

Two Fridays in February

One Fridays in March

One Friday in April

Two Friday in May

FORMAT includes: Class 6:00 – 8:00 AM

Group Breakfast 8:00 – 9:00 AM

Discussion and feedback 9:00 – 12:00 PM

EARLY MORNING INTENSIVES

Includes three, four-day intensives

TIME: 6:00 – 8:00 AM

PERSONAL PRACTICE

Trainees will be given keys to access the new studio to practise if they wish, around the class times.

Dates for 2025 are now in the process of being confirmed and will be available soon.

Fees

FEB – MAY 2025

6 X Friday Workshops

3 X Early Morning Intensives

Wednesday Led Practice

Thursday Meditation & Pranayama Zoom

Friday Trainee Group Practice

Observing and assisting in class will commence around twelve months into the program.

To be paid in four payments of \$425 over 4 months \$1,700 Total

JUNE – NOV 2025

9 X Friday Workshops

4 X Early Morning Intensives

Wednesday Led Practice

Thursday Meditation & Pranayama Zoom

Friday Trainee Group Practice

Observing and assisting in class will commence around twelve months into the program.

To be paid in six payments of \$425 over 6 months \$2,550 Total

\$4,250 TOTAL first 12 months

TOTAL for the two-year program \$8,500

Class time is not included in the fees.

Each trainee's readiness for assessment will vary. Additional workshops may be helpful between the end of the Teacher Training Program and before sitting an assessment which are held biannually.

"Confidence, clarity and compassion are essential qualities of a teacher." BKS Iyengar

Course Outline

WHAT IS IYENGAR YOGA

- Defining Iyengar Yoga
- Iyengar Lineage

DEVELOPMENT OF PERSONAL PRACTICE

- Working towards optimum conditions to support a dedicated and committed practice
- Energetic action versus movement and form
- Balance – the order of energetic action within an asana
- Understanding of order in the sequential nature within asana groups
- Sequencing of the asana groups within the week for a comprehensive practice
- Repetition and consistency – for the development of skill, sensitivity and intuition
- Development of practice to observe, analyse and learn
- Practice for the cultivation of our minds and recognising emotions
- Pranayama

ELEMENTS OF TEACHING

- Communication - clarity and precision of instruction
- Voice - tone, inflection, projection
- Use of language
- Demonstrating effectively
- Observation and correcting students
- Adjusting - safely and appropriately
- Sequencing, linking and timing
- Class organisation and teaching presence
- Appropriate use of props
- Modifications and Adaptions
 - Yoga for women during menstruation, pregnancy and menopause
 - Working with medical conditions and injuries
- Responsibilities and qualities of a yoga teacher

YOGA PHILOSOPHY

- Patanjali's Yoga Sutras
- Yoga History
- Invocation to Patanjali

Vivienne O'Brien

Vivienne has dedicated her yoga practice of thirty four years to the Iyengar Yoga method. She is the director of Luna Yoga Studio which she founded in 2000. She became a Certified Iyengar Yoga teacher in 1998 and has passed successfully through several more vigorous certification assessments to gain Level III.

She regularly travels to Puna in India where she has had the privilege of studying directly under Mr. Iyengar and now with the Iyengar family.

Her ongoing development with her teacher, Peter Thomson, a senior Iyengar Yoga teacher, is paramount to her life and continues to fuel her teaching. Her contact with Peter involves workshops, teacher development sessions and retreats.

Vivienne has combined her extensive yoga experience with creativity and passion to bring you an inspiring Teacher Training Program. It is designed to guide you progressively along a life-changing path towards teaching and to enrich your life-long journey of yoga practice.

Prerequisite

Students who have a love for yoga and have been practising Iyengar Yoga regularly for a minimum of three years are eligible to apply. You are also required to become a member of the BKS Iyengar Yoga Association of Australia.

Application

To apply or to seek more information about your eligibility, please email Vivienne to arrange a meeting at Luna Yoga.

During the meeting, you can share your motivation, ask questions, and discuss any concerns.

Please note there are a limited number of places available in the program.

To confirm your commitment to the two-year program a deposit of \$425 is required.

Certification

To become a certified Iyengar Yoga teacher trainees are required to sit an assessment and meet the following requirements:

- endorsement from their training teacher;
- completion of a minimum of 300 hours of teacher training with their training teacher;
- completion of 100 hours of assisting and practical training under the supervision of their training teacher;

(The following will require additional fees)

- completion of an anatomy and physiology course (36 hours)
- present a current cardiopulmonary resuscitation (CPR) certificate and
- present professional liability insurance certificates.

Levels of Certification

The certification process maintains the rigour, integrity and vitality of the Iyengar Yoga community and offers teachers a clear professional pathway. It is a developmental process consisting of four levels of certification, which reflect the teacher's understanding, commitment and responsibilities.

Each of these levels has a specific syllabus of asanas and pranayamas. To be successful at assessment, the teacher must meet the standard of practice and teaching appropriate for the level, as well as completing a theory assignment prior to assessment.

"Yoga is an art, a science and a philosophy. It touches the life of man at every level, physical, mental, and spiritual. It is a practical method for making one's life purposeful, useful and noble." BKS Iyengar