

Teacher training 2018-2019

Iyengar Yoga Zeeburg (IYZ) offers a three year training to become an Iyengar Yoga Teacher. During the first year of the course you will learn to perform the asana's from the Introductory level precisely. In the second year you also start teaching them. At the start of the third year you will do a mock assessment to see how your level is and to prepare for the mock assessment *for recommendation* later in that year. You need to have a recommendation to participate in the Introductory exams. The Introductory assessment will be organized by the assessment committee of the Dutch Iyengar Yoga Association (IYVN). See www.iyengaryoga.nl for more information.

Conditions for taking part in the training:

- You have followed weekly classes for at least three years from a certified Iyengar yoga teacher, who is associated with the IYVN.
- You become/are a member of the IYVN.
- You are dedicated to Iyengar Yoga.
- Head and shoulder stand are part of your daily practice.
- You are not pregnant.

For all students this training involves attending all (10) training weekends at IYZ existing of:

- practice of asana's and pranayama on Saturday, including anatomy class from pediatrician Carlijn Kraakman or philosophy class from Berber Schönholzer
- teacher-training on Sunday : learn to teach according to the Iyengar method, including trial assessment for recommendation for the final exam

Students will do the following parts at IYZ or at any other Iyengar Yoga studio:

- attend weekly classes (1 or more) with asana's and pranayama from a certified Iyengar yoga teacher
- be an assistant during classes from a certified Iyengar yoga teacher
- teach a beginners class under supervision of a certified Iyengar yoga teacher

Students will do for themselves:

- daily practice of asana's and pranayama, at home or in the studio during "free practice hours"
- independent, theoretical study of the asana's and pranayama's, anatomy and yoga philosophy
- practice teaching (for example to the other students)

Classes are on Saturday and Sunday at 10:45 until 16:45.

Training weekends are on the following dates:

2018: September 29/30, October 20/21, November 10/11, December 1/2

2019: January 12/13, February 9/10, March 9/10 (mock assessment), April 6/7, May 11/12 and June 8/9

Admission

Are you interested? Contact Berber Schönholzer for an admission interview. If you will do weekends only, an individual plan will be set up.

Application

Application per season from September until June.

To apply fill in the application form teacher training 2018-2019

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Payment

Entire training at IYZ, season 2018-2019: € 1830,- (incl. 6 % VAT € 103,58)

Includes all weekends, passe-partout for all classes at IYZ, free practice hours, assist, teaching under supervision, mock assessment.

Payment in two installments is possible:

First term in advance: € 915,- (incl. 6 % VAT € 51,79)

Second term in January 2019: € 915,- (incl. 6 % VAT € 51,79)

Only training weekends* at IYZ, season 2018-2019: € 1200,- (incl. 6% VAT € 67,92)

Includes all weekends, mock assessment.

Payment in two installments is possible:

First term in advance: € 600,- (incl. 6 % VAT € 33,96)

Second term in January 2019: € 600,- (incl. 6 % VAT € 33,96)

To be paid on account number NL43ABNA0417792948, ABNANL2A of Iyengar Yoga Zeeburg, Amsterdam, indicating teacher training

* For the other parts of the training you have to contact a higher certificated teacher nearby. A plan for that will be made in advance.