

Intermediate Junior Training 2019

Each year, starting in February, IYZ offers 8 training days for all the three Intermediate Junior levels. We instruct you so that you can understand and practice the asanas of these three syllabi. It is a personal challenge and deepens your knowledge as a certified Iyengar yoga teacher.

We recommend other workshops as well for more knowledge on this level about Pranayama, therapy, philosophy and anatomy. We planned them as much as we could in the same weekend: on the Saturdays before the Sunday training. (See the agenda on the website). The full training prepares for the exams, but exams are not mandatory.

Training Dates in 2019, all Sundays

February 3, March 3, March 31, April 28, May 26, September 1, October 6, November 3.

Program training-days

10.45 - 14.00 Intermediate Junior asana and pranayama practice (all three syllabi)

14.00 - 14.45 pause

14.45 - 16.45 teaching each other

Costs

The complete training (8 times): € 420,- (incl 6% VAT € 37,80)

One training day (5¼ hours): € 65,- (incl 6% VAT € 5,85)

Please transfer in advance, account number NL43ABNA0417792948, ABNANL2A of Iyengar Yoga Zeeburg, Amsterdam.

Extra 3-days training on June 29th, 30th and July 1st (including Pregnancy and Therapy).

And on June 29 *the trial assessment for recommendation.*

Costs € 160,- (incl 9% VAT € 14,40) or € 65,- (incl 9% VAT € 5,85) for 1 day

Separate registration in due time.

If you want to participate in the assessments.

The assessments are held by the assessment committee of the Iyengar Yoga Association of the Netherlands (IYVN) and will take place in November 2018 for Intermediate Junior I, II, and III.

Requirements for assessment:

- In possession of an Introductory Teaching Certificate in Iyengar Yoga
- Dedicated to Iyengar Yoga.
- Membership of the Dutch Iyengar Yoga Association (the IYVN)

Assessments:

- Each assessment must take place at least six months apart and the first assessment must be at least 18 months after attaining the Introductory Teaching Certificate.
- The assessment consists of an examination of your own practice of the asanas and an examination of your ability to teach.
- Prior to the practical assessment, there is a theoretical assessment. This is in the form of a paper, written at home, about anatomy and philosophy.
- Also prior to the practical assessment, a comprehensive questionnaire must be completed.

For detailed information about the assessments see: www.iyengaryoga.nl (website of the Dutch association).