

What to expect from this teacher education course:

- Opportunities for self-study and growth in your practice and teaching
- Training in the essential aspects of Iyengar yoga teaching including:
 - * Principles of demonstration
 - * Principles of instruction
 - * Principles of observation
 - * Principles of correction
- Opportunities to peer teach and receive feedback
- Opportunities to learn and practice basic adjustments for alignment and support
- Opportunities to work with your own challenges in yoga with long time teachers who have done extensive training in therapeutic applications
- in depth look at the different categories of asana and principles of sequencing them
- Introduction to yoga philosophy and basic anatomy
- Introduction to Sanskrit and the yoga of sound
- Training in how to modify yoga asanas for basic ailments

What NOT to expect:

- Study of each and every asana during class time. It is assumed that all participants will have been studying regularly for at least 3 years and attending weekly classes with CIYT's (Certified Iyengar Yoga Teachers), geography allowing. This regular study should continue during the training!
- A prescription for how to teach any given asana. There are numerous technicalities and varieties of any asana depending on the sequence and students. There is no one right way to teach!