



Pathway Yoga Teacher Education Program 2019/2020

Becoming an Iyengar yoga teacher is a process shaped by Sri BKS Iyengar. We respect his guidelines as set out by our national association, the *Iyengar Yoga Association of Canada/l'Association canadienne de yoga Iyengar*.

Iyengar yoga teacher education is an apprenticeship and mentorship system that takes 3-5 years. After training is complete, trainees wishing to obtain IYAC/ACYI certification sit a national assessment, where a panel of experienced teachers evaluates their practice and teaching skills.

Here is an overview of how the process unfolds at Pathway Yoga.

- Attend Tuesday evening or Thursday morning class regularly over the training period. If you live outside Ottawa, attend an equivalent class with a local teacher, in which *Sirsasana* and *Sarvangasana* with variations are taught regularly.
- Attend at least two **weekend** asana/pranayama workshops during each year of training, including one with a senior Iyengar yoga teacher. Attend four or more Pathway Yoga Saturday afternoon workshops each year during each year of training.
- Introductory I/II trainees, attend monthly teacher-training sessions during each of the first two years of training.
- Intermediate Junior trainees develop a mentorship plan with your teacher
- Introductory I/II teachers attend one beginner class per week during the first year of training and one intermediate class per week the second year of training, as a student/observer/apprentice.
- Intermediate Junior trainees make apprenticeship arrangements with the mentor.
- Study many dimensions of yoga through written assignments and projects.
- During the third year of training, Introductory teachers plan and teach two 12-week sessions of Introductory 2 level classes, consulting with the mentor.
- Be inquisitive, openhearted and dedicated!

Dates for 2019/2020

Saturday workshops take place from 1:30 to 4:30pm.

Sunday teacher education gatherings take place from 11am to 2:30pm.

Teacher Gatherings: September 29, October 27, December 1, February 23

March 29, April 26, May 31, June 14 - Practice assessments

There will be a 6-month trial period for new participants in the program, after which you will meet with your mentor to discuss whether you wish to continue, and whether the mentor is willing to continue working with you.

Pathway Yoga

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