

IYENGAR YOGA INSTITUTE OF SAN FRANCISCO



ART OF TEACHING

2019

APPLICATION

Instructions:

1. Download, print, and complete this application. Please write legibly in ink.
2. Attach your recommendation from a Certified Iyengar Yoga Teacher (CIYT) - Intermediate Junior I or above - to the application.
3. Please attach any additional sheets as needed for answers in your application.
4. Scan and submit your completed application and attachments **on or before November 15th, 2018** to: TeacherEducation@IYISF.org - or mail a paper copy to: Iyengar Yoga Institute of San Francisco, Teacher Education Program, 2201 Sutter Street, San Francisco, CA 94115.
5. A non-refundable application fee of \$35 is required for your application to be processed. Enclose a check payable to IYISF if submitting your application by mail, or contact IYISF to make a credit card payment by phone. Applications will not be processed without an application fee.

Personal Information



DATE:

NAME:

ADDRESS:

PHONE:

EMAIL:

WELL BEING – Please briefly describe any known limitations or conditions that may affect your ability to participate in the Art of Teaching. Please note it is not appropriate for pregnant women to participate in the program.

Statement of Purpose

Using a separate piece of paper, please describe:

1. Why you are applying to the Art of Teaching program.
2. What the Iyengar method of yoga means to you.
3. How long you've been practicing at home, what postures you practice as well as the frequency and length of time. Please also describe your pranayama practice if you have one.

Yoga Experience

Please check the box if answering "yes," and supply any additional information requested. If you are unable to check "yes" to any question, please provide an explanation in the Considerations section of the application. You may use additional pages as necessary.

I have studied with a Certified Iyengar Yoga Teacher (CIYT) for a minimum of three years. Teacher's name(s), length of time, frequency of study (e.g. 2x / week), and contact information:

I am comfortable in Intermediate level Iyengar Yoga classes. I know the Sanskrit names of the poses, how to enter and exit safely with appropriate breathing, and how to use props as needed. I can keep up with the pace of class and remember specific instructions given. Comments:

I am stable in a 5-minute *Sirsasana*, and a 10-minute *Sarvangasana* with variations. I can independently kick up at the wall into *Adho Mukha Vrksasana*. I can push up into *Urdhva Dhanurasana*. If I cannot uphold these standards, I can show intelligent alternatives for my particular condition. Comments:

I have other Iyengar yoga experience. Briefly describe (study at RIMYI in Pune, Iyengar yoga teacher trainings, conventions, intensives, workshops, teaching experience):

I have other yoga experience. Briefly describe, include which system studied, teachers' names, length of time of study, teacher trainings, teaching experience:

Program Commitments

Please check the box to acknowledge and accept each program commitment.

I have reviewed the 2019 session dates and am committed to completing all 9 sessions of the Art of Teaching program. I understand the sessions are progressive and my attendance is essential to fulfill program responsibilities and commitments.

I understand that though the Art of Teaching program is an IYNAUS (Iyengar Yoga National Association of the United States) approved teacher training program, upon completion of all 9 sessions of the program, I will not be awarded a certificate or degree, nor will I be able to identify myself as an Iyengar Yoga teacher. I understand that IYNAUS is the organization that carries out Iyengar Yoga teacher certification in the U.S. and I can learn more about certification at www.IYNAUS.org/teach.

I am willing to volunteer and act as an example for other students, particularly at IYISF and / or regional events.

I understand IYISF reserves the right to refuse service to any participant behaving in a way that is harmful or has ill-effect on others.

I understand that upon acceptance into the program, payment of a \$250 non-refundable deposit will reserve my space in the program. Full tuition of \$2500 for the 2019 program year is due on or before December 1st, 2018. A full refund less the \$250 deposit will be given upon withdrawal from the program prior to December 15th. After December 15th, no refunds will be given. If you are unable to pay the full amount by December 1st, 2018, contact IYISF to discuss paying in installments.

I affirm that all the statements in this application are true and correct to the best of my knowledge and understanding. Signed,

_____ Date _____