

TEACHER TRAINING
2021- 2023
INFORMATION PACK



DARWIN
YOGA
SPACE

Darwin Yoga Space Teacher Training program (TT)

January 2021 to December 2023

ABOUT THE PROGRAM

Trainees enrolled in the TT will learn the basic skills to teach yoga asanas and pranayama to Beginner, Level 1 and Level 2 students in the Iyengar Method. The program fulfills the requirements of the BKS Iyengar Yoga Association of Australia to sit for assessment. It follows the guidelines set out by BKS and Geeta Iyengar and is recognised worldwide. The program will run from approximately January 2021 to December 2023, after which trainees may be ready to sit the May 2024 Introductory Level Assessment. If a trainee is not ready to sit for assessment by then they may decide to get further training at an hourly rate.

CONTENT

You will learn how to:

- Put sequences together for your practice and for a class.
- Use the timing and repetition principles in your practice and teaching.
- Deliver clear and precise instructions.
- Demonstrate on your body and a student's body.
- Observe and see the actions in a student's body.
- Adjust students' bodies with your words and hands.
- Modify asanas for students with common physical ailments.
- Modify asanas for menstruating and menopausal women.
- Establish a respectful yet authoritative rapport with students.
- Develop an understanding of basic yoga philosophy.
- Abide by professional ethics.

REQUIREMENTS TO SIT INTRODUCTORY ASSESSMENT

Darwin Yoga Space TTP meets the following BKS Iyengar Yoga Association of Australia's requirements to sit the Introductory Assessment:

- Complete 300 hours in a Teacher Training mentorship program
- Complete 100 hours of assisting

Before teaching, you must:

- have a valid CPR certificate
- Complete a 36 hour Anatomy and Physiology course approved by their Teacher Trainer.

Although it is not a requirement for assessment, Darwin Yoga Space requires that all teachers and trainees hold a current Ochre Card (Northern Territory Working with Children Card).

Trainees will be required to keep track of their own training and assisting hours and ensure they have completed the requirements for assessment before they sit for assessment. A spreadsheet template will be provided to help you with this.

SCHEDULE

Tuesdays every week

(no Tuesday TT on school holidays)

6:15am to 7:15am Teachers and trainees led class.

Wednesdays every week

9:00am – 11:00am TT mentoring.

Thursdays every week*

5:15pm – 7:15pm Assisting at Beginners Course. *Please note this is subject to change as you progress through your training or due to timetable changes.

Trainees are expected to attend **2 classes a week** (either level 2 or 2/3).

We highly recommend that you attend your yoga classes during school holidays if you stay in Darwin and don't have family commitments.

Additionally, there will be **occasional Sunday TT sessions** from 8:30am – 11:30am.

YOU ARE EXPECTED TO:

- Do your own practice for between one and one and half hours a day on days you don't attend class. When attending class one day you are encouraged to practice restorative asanas for between 20 to 30 minutes. You should take one day off (no yoga class or practice)
- Attend all the Tuesdays and teachers practice sessions and any scheduled TT weekend
- Attend 2 classes a week, at least one of them with Carole or the teacher who fills in for her when she is away. You are encouraged to attend the Saturday level 2/3 at 7am. If you miss a class you need to make up unless you are away from Darwin that week
- Assist Carole one class per week. At the beginning of 2021 trainees will assist Carole in the beginner class on Thursdays 5:45pm (until further notice). The timetable changes regularly so your assisting day and time might change during the year. At some point you will start assisting a level 1 class, then a level 1/2 and as you get closer to the assessment a level 2 class
- You need to be available for 30 minutes after assisting the class to tend to students and hear feedback from Carole
- Assist some Free Trial Classes throughout the year until you are ready to start teaching some yourself
- Attend Master Classes when possible
- Complete theory assignments as required
- Start teaching 1 class a week, approximately 6 to 9 months into the TT. (Each trainee develops at a different pace and Carole will decide when each trainee is ready to teach and make sure the trainee feels confident to do so before they start.)
- Attend weekend workshops once a year with a guest teacher where possible

- Be available at the front desk to help with student's inquiries if the need arises (for example, at guest teachers' workshops)
- Help with the organisation of and participate in functions and special events to your capacity

If you need to miss scheduled Teacher Training sessions because of unexpected circumstances, you need to discuss a way to make up for the sessions you miss with Carole. Every situation will be dealt with on an individual basis and catch-up cost will be involved.

TRIAL PERIOD

There is a three-month trial period after which Carole will meet each trainee individually for 30 minutes to decide whether the TT satisfies the expectations and aspirations of both parties.

ABOUT THE TEACHER TRAINER

Carole Baillargeon holds a Senior Intermediate Level 2 Iyengar Teaching Certificate and has been training Iyengar yoga teachers since 2001. She started doing Iyengar yoga in Montreal, Canada in 1986 after completing her BA (Major history, minor literature). Carole did her formal yoga teacher training in Sydney in 1990 and has been teaching since then. She has taught interstate and overseas. Carole thrives on the sharing and learning involved in training teachers.

COST

The cost of the TT is calculated according to how many trainees are participating.

Current rate for three trainees:

\$3,840 per year

\$320 direct debit payments per month.

The hourly rate is calculated according to the number of participants, see breakdown below:

- 4 trainees +: \$30 pp
- 3 trainees: \$40 pp
- 2 trainees: \$50 pp
- 1 trainee: \$95 pp

The TT fees include:

- Weekly Tuesday 6:15am Teachers' practice
- Weekly Wednesday TT session 9:00am – 11:00am
- Thursday Assisting and Feedback
- Homework assignments and feedback
- Two catch up meetings a year with Carole.

The TT fees exclude:

The TT fees exclude any extra TT sessions that maybe scheduled from time to time. The hourly fee for these sessions will be charged depending on how many participants there are according to the sliding scale above. The TT fees also exclude the following:

- 2 classes/week (ideally with Carole)
- Membership of the BKS Iyengar Yoga Association of Australia
www.iyengaryoga.asn.au
- Anatomy & Physiology course (we have an online provider)
- Ochre Card (Northern Territory Working with Children Card)
- BKSIIYAA Assessment fees
- Preliminary and Intermediate course manuals and Guidelines for teachers manual
- Professional indemnity insurance

You will be required to track your training hours and any adjustment to the totals owed by any party (for example if more participants start the training mid- year or drop out before the end of the year) are to be calculated and reconciled at the end of the year.

If you wish to leave the TT program, you need to give Carole two weeks' notice in writing and continue monthly payments until the end of the month.

ENTRANCE CRITERIA

You need to have done a minimum of approximately 3 years or 300 hours of Iyengar Yoga classes before you apply.

Trainees must apply to the BKS Iyengar Yoga Association to become a member before the TT starts (February 2021).

CONTACT

For any questions about yoga and teacher training content please email Carole baillargeon.carole@gmail.com. Other question related to logistics and administration please email Renee office@darwinyogospace.com.