

TEACHER TRAINING
2021- 2023
INFORMATION PACK

UPDATED 11 April 2022



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 he/she 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.

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 and pranayama for between 20 to 30 minutes. You should take one day off (no yoga class or practice)
- Attend all the TT Tuesday sessions and teachers TT Saturday pm sessions
- Attend 2 level 2 classes a week, ideally with Carole or the teacher who fills in for her when she is away. If you miss a class you need to make up unless you are away from Darwin that week
- Assist Carole one class per week. 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 so your assisting class time will change over time.
- You need to be available for approx. 30 minutes after assisting a class to tend to students, hear feedback from Carole and help close the studio if it is the last class of the morning or evening.
- Assist some Free Trial Classes from time to time throughout the year until you are ready to start teaching some yourself
- Attend Master Classes as much as possible when they are scheduled
- Complete theory assignments as required. These days I don't hand out many assignments at all.
- 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 at least weekend workshops once a year with a guest teacher or Carole when possible
- Be available at the front desk to help with student's inquiries if the need arises during guest teachers' workshops, fund raiser events etc...
- 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.

SCHEDULE

Weekly:

-Tuesdays TT session (atm with Kumi, Glenys, Marie and Christine)
(Terms run on school terms with no TT on school holidays)
12.45 to 2.45pm

Term 2 starts 19 April.

Term 1 we had Kumi and Glenys.

Term 2 Marie and Christine will join in.

You could start Term 3.

Thursdays Assisting session

5:15pm – 7:15pm Assisting me in my level 1 class. *Please note this is subject to change as you progress through your training or due to timetable changes.

Attending classes

Trainees are expected to attend **2 level 2 classes a week** with me.

Saturday afternoon teachers TT/PD sessions

All teachers will start attending Saturday TT sessions once every 4-6 weeks.

TIME:

3.30-5pm

DATES:

21 May

18 June

23 July

3 September

5 November

You would start attending these after a term or two of TT.

Cost for these is separate from TT cost:

\$225 for the 5 sessions.

You would pay pro rata from the time you are ready to attend (this will be discussed between you and I).

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 TTP is calculated according to how many trainees are participating in each term (NT school terms).

Here is the hourly rate according to the number of teachers participating:

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

- 1 trainee: \$95 pp

For example, there will be 4 teachers in Term 4 so cost will be: \$30 per hour per person, so \$60 times 9 weeks (as I will be away for one of the weeks) i.e \$540 for term 2.

FYI Glenys and Kumi have shown interest to keep on doing TT even after they are certified. In fact Kumi is certified and still attend TT.

If you wish to leave the TT program during a term, you need to give Carole two weeks' notice in writing and there will be no refund for the sessions you will miss during the current term.

The TTP fees include:

- Weekly Tuesday 6:15am Teachers' practice
- Thursday Assisting and Feedback
- Homework assignments and feedback (I only hand them out if the trainee has time to do them)
- Two catch up meetings a year with Carole.

The TTP fees exclude:

The TTP 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 TTP 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)
- First Aid CPR certificate
- Ochre Card (Northern Territory Working with Children Card)
- BKSIYAA Assessment fees *
- Preliminary and Intermediate course manuals and Guidelines for Teachers manual (approx. \$100)
- Before you start teaching you will need to obtain professional indemnity insurance
- Fee to apply for assessment and for teaching certificate

*Trainees must apply to the BKS Iyengar Yoga Association to become a member before the TT starts

ENTRANCE CRITERIA

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

TT APPLICATION

Once you express your interest to embark on the TT program Carole will send you an application form just to gauge where your interest stems from and your intention behind your desire to enter TT.

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.

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@darwinयोगspace.com