

Applying to be Mentored – Introduction

1. All Levels

IY(UK) administers teacher training by mentorship, runs assessments and awards certificates to successful candidates on behalf of RIMYI, India. In the UK, all Iyengar Yoga teacher training is via mentoring.

Students who wish to train to become a Level 1 teacher must find a mentor who will help them formally register with IY(UK). The trainee's period of mentoring does not begin until the application has been approved by IY(UK) – see Section 3.2.

For Levels 2 and 3 there is no formal application procedure other than teachers finding a suitably qualified mentor who is willing to mentor them. The mentee must, however, notify IY(UK) that they are being mentored at this level and who their mentor is. It is advisable to do this as soon as possible but at least one year before they would hope to take their assessment. The mentor will be asked to confirm that they have agreed to take on this role. IY(UK) will check the mentor's eligibility.

2. Registration as a Trainee – Level 1 only

To register as a Trainee Teacher, you must:

- Have attended weekly classes with a certificated Iyengar Yoga Teacher for a minimum of three consecutive years, immediately preceding the proposed start date of training, and provide letter(s) from the teacher(s) confirming this (if the regular teacher will also be the mentor, then one letter will suffice)
- Be a member of IY(UK) and remain a member throughout your training. You can join via a member group or individually. See: <https://iyengaryoga.org.uk/membership-joining/>
- Have an established regular practice of all the Level 1 syllabus āsanās
- Be dedicated to Iyengar Yoga
- Have a written recommendation by an IY(UK) mentor to confirm your suitability (if the mentor is also the regular teacher of the preceding three years, then one letter will suffice)

Registration Procedure

- Trainee logs in to <https://iyengaryoga.org.uk/iyengar-yoga-uk-login-screen/>. Go to 'Members' Dashboard', click on 'Documents' menu, then choose the 'Training to Teach Registration'.

The following information will be required:

- o Dates you started regular Iyengar Yoga class attendance (month & year)
- o Names of all current and past regular Iyengar Yoga teachers (with dates)
- o Dates of special events, conventions etc attended
- o Information on health conditions
- o Why you want to be an Iyengar Yoga teacher
- o Jpeg/pdf of regular teacher's AND mentor's letters of recommendation (this may be one letter if the regular teacher is also the mentor – if there has been more than one regular teacher in the last three years, they must all supply a letter)

- Pay the registration fee online. It will still be possible to pay by cheque if necessary.
- The applicant is not considered a trainee teacher until the IY(UK) has checked and verified the application. Successful applicants and their mentors will be notified and

given an official date for the commencement of their training. Unsuccessful applicants and their mentors will receive an explanation as to why the application is deemed unsuccessful and the registration fee will be refunded minus an administration fee

Note: Level 1 Certificate

Level 1 teachers may teach the Level 1 syllabus in general group classes.

They may not teach therapy classes, new students who are pregnant or one-to-one classes. Teacher membership of IY(UK) carries the understanding that no other form of yoga will be taught and that teachers must teach in line with the requirements and syllabus of their certificate.

3. Teachers Wishing to Prepare for Level 2 or 3 Assessment

Certificated teachers may have an informal mentoring relationship with their regular teacher(s) and there are no formalities involved in that. If, however, a certificated teacher wishes to start preparing for the next level of assessment, they are advised to identify and formalise a relationship with a suitably qualified mentor. See Section 2 for more detail on what is expected of a mentor. In brief, the mentor will:

- Help them prepare adequately
- Mark their assignments and revision questionnaire
- Advise them when they are ready to go forward for assessment
- Write a letter of recommendation when they consider that the time is right for the mentee to put in for assessment

Once a mentor has agreed to work with the mentee, then the mentee must notify IY(UK), via the Assessment Administrator, kate@iyengaryoga.org.uk, that they are being mentored at this level and who their mentor is. It is advisable to do this as soon as possible but at least one year before they would hope to take their assessment. The mentor will be asked to confirm that they have agreed to take on this role. IY(UK) will check the mentor's eligibility. If the mentee decides to transfer to a different mentor, it is the mentee's responsibility to inform IY(UK). The new mentor will be asked to confirm that they have agreed to take on this role. IY(UK) will check the mentor's eligibility.

Assignments and the revision questionnaire (see Section 5 of the IY(UK) Mentoring Manual) must be marked to the mentor's satisfaction before the mentee may apply for assessment. Mentors must be sure that their mentee is ready for the assessment before writing the letter of recommendation and advising the mentee to submit their assessment application (see Section 6 of the IY(UK) Mentoring Manual).

4. Summary of Expectations of Trainees and Mentees – all Levels

Class attendance

- Regular attendance at classes with a certificated Iyengar Yoga teacher

Practice

- Regular practice of the āsana and prāṇāyāma syllabi. This regular practice must, of course, be maintained after qualification as a teacher. Guruji said teachers should spend twice as many hours practising as teaching. Teachers are expected to practise beyond the level at which they teach and to have a good standard of all āsanās and prāṇāyāma on the syllabus level they aspire to teach
- Know the Sanskrit names for all āsanās on the syllabus and be able to pronounce them correctly

- Work correctly to take account of personal problems (eg, stiffness, injury) using props intelligently where necessary and working sincerely, safely and effectively to create improvement
- Know the Invocation to Patañjali
- Be familiar with the classical way of performing āsanās as delineated in Light on Yoga, Preliminary Course and Intermediate Course whilst also being aware of different usages and variations
- Have understanding of, and be able to demonstrate, alignment, extension and correct directionality and develop an awareness of precision in āsanās, making adjustments as necessary to achieve this
- Be able to hold the āsanās steadily in a quiet state of mind

Being Mentored

- For trainees, regular shadowing of beginners/general classes with the mentor and at tutorials/debriefing sessions with them (mentees may also find this useful)
- The teacher being shadowed bears responsibility for insurance
- Attendance at any special lectures, tutorials, peer group sessions and workshops required to cover the syllabus as indicated by the mentor
- Completion of any tasks set by the mentor to address Learning Modules

Other

- Membership of IY(UK) throughout. All must uphold the standards of Iyengar Yoga (UK) Limited and keep to the rules of the Association
- Trainees may informally teach one small group of friends or family members in the second and subsequent years of mentorship and may take out insurance for this purpose. To arrange insurance, trainees should contact Susan Hayden at Wellbeing Insurance: Tel: 01252 735806 / email: enquiries@wellbeinginsurance.co.uk / website: <https://wellbeinginsurance.co.uk/>

Assessment

- The practical assessment is taken when the mentor(s) consider(s) the student is ready. The trainee/mentee then applies online. A formal Recommendation Letter from the mentor is required
- It is the mentor's responsibility, prior to the assessment, to evaluate if the trainee's/mentee's prāṇāyāma practice is on a par with the expectations of the corresponding level. They should see the candidate teach prāṇāyāma sessions on more than a few occasions to decide if they are ready for the corresponding level of certification. This applies to all levels
- Trainees will need to supply a copy of their current First Aid certificate in order to apply for assessment. The First Aid certificate should remain current at the time of assessment
- Certificated teachers should all have a First Aid certificate and should ensure this is up to date. It will not be necessary to supply a copy
- It is strongly recommended that, other than in exceptional circumstances, the mentorship period be continuous however many years may be needed to take and pass an assessment

Syllabus & Reading List: section 4 page 36. <https://iyengaryoga.org.uk/wp-content/uploads/2022/03/IYUK-Mentoring-Manual-2022-2.pdf>