

# Teaching Diploma Course 2024



IYTA·NZ  
International  
Yoga Teachers  
Association (NZ)



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# Welcome to our Yoga Teacher Training Journey

The International Yoga Teachers' Association (N.Z.) Inc. (IYTA (NZ)) is a not-for-profit membership organisation whose overall purpose is to provide yoga education and support for those that wish to travel the yogic journey. Our yoga teaching journey provides an exceptional standard of knowledge and allows for an integrated understanding of yoga.

# The Course and Our IYTA (NZ) Teaching Team

All our Tutors, Assessors and Coordinators are IYTA (NZ) trained and committed to our organisation. They carry forward the wealth of knowledge and experience that is held within the organisation that has been created from the vast shared knowledge and experience of our many teachers since 1978.

We are a community and work in a collective and collaborative way. We teach traditionally, sharing and experiencing this knowledge with the student group, resulting in a course that provides full immersion of practices and time to fully integrate this to become a holistic and ethical teacher of yoga.

The course is currently accredited with Yoga New Zealand at 200 hours. Our teachers are also accredited to Yoga New Zealand. These provide an external benchmark for our organisation.

# Course Details

**In this course students gain knowledge and experience of Yoga, and reflect on how they can apply it to their life. The Eight Limbs as outlined by Patanjali in The Yoga Sutras provide the framework for the course. Further study of traditional and current research and practice is also included in the content strands to enhance personal and professional knowledge and understanding. Students research, practise and reflect on their experiences throughout the courses. They are encouraged to make links and connections between all aspects of the courses.**

# Course Overview – Teaching Strands

## Philosophy and History

Key aspects of the historical context of Yoga, its pathways and philosophy, as exemplified in the Bhagavad Gita and The Yoga Sutras of Patanjali, are explored. These provide a context and structure for each student's personal and professional journey.

## Health and Wellbeing

Yoga teaches the importance of physical, mental and emotional balance in our busy lives. This is explored through positive lifestyle practices, including nutrition and a brief introduction to Ayurveda (an Indian approach to medicine), relaxation including Yoga Nidra. Students will also have an introduction to the more subtle aspects of Yoga which revolve around the nature of energy.

# Course Overview

## Sanskrit and Sound

Sanskrit is the classical language of Yoga. In order to enhance the appreciation of Sanskrit, opportunities are provided to explore it through the compilation of personal dictionaries and by practising pronunciation of concepts and terms. An appreciation of the power of sound is explored through study of the theory and practice of Mantra.

## Anatomy and Physiology

Knowledge of the key aspects of the body's systems and processes gives an understanding of our own physical responses. For students wishing to become teachers, knowledge of anatomy and physiology increases awareness of the physical state of their students, and informs safe practice.



# Course Objectives

## Students will:

Be able to teach Yoga with integrity: recognising, and acting in accordance with the Pantanjali's Yamas and Niyamas.

Develop effective relationships with all through openness to working compassionately with others and self.

Understand and safely teach asana, pranayama and meditation for all.

# Course Requirements

- A commitment to 10-14 hours minimum a week
- Commitment to yogic lifestyle
- Acceptance of the IYTA (NZ) Code of Ethics
- Presented and passed fifteen monthly assignments, One assignment per month, for 15 months.
- Attended and participated in all four compulsory Residential Teacher Training weekends (RTT), for the stated and timetabled hours.

- 12 x Zoom Teacher Training tutorials with Tutors.
- Attended 18x 45 minute sessions with personal Mentor
- Completed a Portfolio and Annotated Bibliography
- Completed at least 60 hours of Yoga teaching
- Taught a 90 minute Yoga class observed & assessed by an IYTA (NZ) teacher
- Up-to-date membership of IYTA (NZ) for the duration of the course. This is included in your course fees.





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# Required Books and References

● *Body, Mind, and Spirit* by Donna Farhi

● *Yoga, the Spirit and Practice of Moving into Stillness* by Erich Schiffmann. New York: Pocket Books, 1996.

● *Asana Pranayama Mudra Bandha* by Swami Satyananda Saraswati. Bihar: Bihar School of Yoga. 2006 edition

● *Bhagavad Gita* translated by Juan Mascaro. Great Britain: Penguin Books, 1962.

● *Yoga: Discipline of Freedom* translated by Barbara Stoler Miller. USA: Bantam Books, 1995.

● *The Heart of Yoga* by T.K.V. Desikachar. United States, Rochester, Vermont, Inner Traditions International.

● *Yoga Anatomy* by Leslie Kaminoff and Amy Matthews.

# 2024-25 Fees and refund information

- **\$5,250** if paid in full prior to February 20th 2024. Deposit of \$2625 required with enrolment.
- **\$5,750** by instalments, deposit of \$2625 deposit with enrolment. Balance to be paid in monthly instalments of \$520.84 x 6 (to be fully paid by August 31st, 2024)
- Course fee excludes RTT costs and books. RTT's will be invoiced during the month prior to each and will include accommodation and food for the weekend. Travel to be be organised by the student and must be booked and paid for independently.

**Please note:** There is a minimum of 10 students needed for this course to go ahead.

Commencement of the course on this basis will be made on 31st January 2024.

**Refunds:** This course has fixed course costs incurred by IYTA please consider your decision carefully as you enter into the process of enrolling, signing the enrolment contract and paying the deposit, you are making a commitment to the integrity of the cohort, the course and IYTA. There is a cooling off period of 5 days, as per consumer rights when you can change your mind. After that please consider that your deposit is only refundable up to 30th December 2023, 75% refunded up to January 31st 2024. There are no refunds after 1st February 2024 as the course has then started.



For further information and enrolment form contact:

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