



INTERNATIONAL YOGA TEACHERS ASSOCIATION (N.Z.) INC.



TEACHING DIPLOMA

COURSE OUTLINE

2020 - 2021

The International Yoga Teachers' Association (N.Z.) Inc. (IYTA (NZ)) is a non-profit organisation that educates Yoga teachers to a high standard of knowledge and understanding, and supports all Yoga practitioners.

For further information and enrolment form contact:

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Course Description

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 Content

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 & Wellbeing: Yoga teaches the importance of physical, mental and emotional balance in our busy lives. This is explored through positive life style 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.

Sanskrit & 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.

The Eight Limbs of Yoga as described in Patanjali's Sutras and explored in this course:

- Yamas and Niyamas: Yamas are the restraints, which provide a basis for sound conduct in society. Niyamas lay down the foundation for character building. Research and reflection upon these is included in the course.

- Asana: Asana is the Sanskrit word for postures. The practise of asana enhances physical and mental wellbeing in order to bring a new awareness of the self. Throughout the course, students are engaged in tasks, which involve asana practice and research, and links are made to anatomy and physiology information included in the course.

Note: Students are required to teach aspects of asana to their peers, and to give and receive feedback on this.

- Pranayama: Pranayama is the science of breath and bioenergy control. It is the vital force connecting us to the Spirit. This course explores careful practise of rhythmic breathing patterns to strengthen the respiratory system and soothe the nervous system, thus preparing the mind for concentration and meditation.
- Inner Disciplines: The final four limbs of Patanjali's Yoga Sutras relate to the inner disciplines of Pratyahara (sensory withdrawal), Dharana (concentration), Dhyana (meditation), and Samadhi (the super-conscious state). These limbs are explored through personal practice and reflection, close reading of classical texts, and workshop activities.

Requirements for Enrolment

Initial requirements for enrolment in the course:

- Commitment to yogic lifestyle
- The completion of the questionnaire on the student's involvement with Yoga in the enrolment form
- Acceptance of the IYTA (NZ) Code of Ethics*
- Acceptance of the requirements of the course (as set out below).

Note: Course numbers are limited to 24 and enrolments are accepted according to time of arrival of enrolment form and first instalment, but preference is given to existing members and those that have completed the IYTA (NZ) Introduction to Yoga Mini Course.

NB: A minimum of 20 enrolments is required for the course to go ahead.

Association Membership

Up-to-date membership of IYTA (NZ) for the duration of the course. This is included in your course fees. You are encouraged to continue your membership when the course is finished, and must do so to include the 'IYTA (NZ) Dip.' after your name in all advertising.

Code of Ethics

It will be necessary for the student to accept the IYTA (NZ) Code of Ethics*.

*This will be sent out with the enrolment form.

Course Requirements

By the completion of the course successful students will have:

- Presented and passed fifteen monthly assignments, One assignment per month, for 15 months (March 2020 to May 2021) due on the 28th of each month.
- Attended and participated in all four compulsory Residential Teacher Training weekends (RTT), for the stated and timetabled hours
- 11 x Zoom Teacher Training with Tutors.
- 18x 45 minute sessions with personal Mentor
- Attended bi-monthly branch meetings/gatherings via Skype/Zoom/in person
- Completed a Portfolio and Literature Review
- Completed at least 60 hours of Yoga teaching
- Taught a 90 minute Yoga class observed & assessed by an IYTA, NZ teacher

NB: All RTTs begin at 4.00pm on a Thursday and finish at 3.00pm on a Sunday.

RTTs will be held in:

Wellington, at the Brentwood Hotel www.brentwoodhotel.co.nz

4-7 June 2020

17-20 September 2020

11-14 February 2021

17-20 June 2021

NB, You will be invoiced separately for these in the month prior, to be paid by the 1st of the month of that RTT i.e. June 1st, September 1st, February 1st, June 1st

Sanskrit:

At RTT four, students are expected to present their Sanskrit to English Dictionary and English to Sanskrit Dictionary to the coordinator.

Teaching at RTTs:

Students are required to attend and participate in sessions devoted to teaching Yoga during RTT weekends. Students are involved in planning and teaching aspects of Yoga to their peers, and in giving and receiving feedback on this.

Information about the practicalities of teaching Yoga is included in the curriculum for students undertaking the Teaching Diploma Course, and monthly assignments might include tasks related to this.

Yoga teaching in the community:

Students are required to have taught a minimum of 60 hours of Yoga in the community and must sign a declaration to this effect. This teaching period may run concurrently with the course, and must involve classes of at least two participants.

When students have completed 60 hours of teaching they will plan and teach a Yoga lesson in the community which is observed and assessed by an accredited IYTA (NZ) teacher, who is a current member of the Association or a member of a recognised Yoga body (at the discretion of the course coordinator).

Students are encouraged to start teaching during the course and to keep a record of their hours.

Portfolio:

By the final workshop of the course students will have completed a portfolio, which includes, a reflective journal

A Literature Review of five to ten books, articles or documents on an approved yogic subject. This is required to be presented by 20 September 2021.

Information about the portfolio process is provided in assignment three, before RTT one

First Aid Certificate:

To attain a Teaching Diploma, the student must have a current comprehensive Workplace First Aid Certificate (two day course).

Course Delivery: Personnel

Course Co-ordinator

- Is the glue binding everyone together. Co-ordinates Students, Tutors, Assessors and Mentors. Attends residential and zoom teacher training.

Assessor System

- Each student is allocated a personal Assessor who oversees student assignments for the duration of the course. Although no examinations are given, high standards of work are expected. Students will be asked to repeat work which the student's Assessor and the Course Coordinator consider is substandard. An Assessor marks 4-6 Students' assignments for 15 months; marks Lit. Reviews; supports with Portfolio preparation.

Mentor System

- Each student is allocated a personal Mentor over the 18 month TDC, focusing on pastoral care. May be selected by student or organised by IYTA Branch Reps. The Mentor is not an active part of the TDC, but is an IYTA (NZ) member, and may liaise with other TDC personnel as necessary.

Tutors

- Tutors deliver Modules at residential teacher training weekends (RTT) and/or Zoom teacher training (ZTT).

Course Delivery Mode 2020-2021

On-line Delivery:

Dropbox

Students undertake online learning via Dropbox and will become part of an online community which includes Tutors, Assessors, CC, and other students. From the beginning of the course students will be able to access course assignment information, allowing them to have an understanding ahead of time for each of the monthly assignment tasks and to have an overview of the progression of the course and its assignments. This might allow them to be able to plan ahead if they choose. Students will also be able to contact their Assessor via Dropbox messages or email. A closed Facebook group page will enable students to interact and share ideas and questions with their peers. Tutors and Assessors may also post to this group as needed, or set up a messenger forum through Dropbox.

Students will access the papers via Dropbox, and may choose to either print them off or download them to their devices, and read/work from them directly from their devices. Students submit assignments directly to Dropbox into their named file as a **single** Word document.

Learners who enjoy direct interaction with other learners and the Assessors find this method of delivery helpful. It demands some confidence in working on computers. Please seek support to upskill if you are unfamiliar with online learning.

Zoom Teacher Training (ZTT)

You are required to attend (from your home device) 11 x 2 hour ZTT Modules held every month except RTT months. Training includes welcome/close by Course Co-ordinator, & 1 x 90min Module delivery.

Zoom allows multiple uses, including breakout chat rooms, screen sharing, recording meetings, uploading of links, & ability for students to phone in if internet is unavailable for any reason.

Course Assessment and Qualifications

The Teaching Diploma Course is non-graded, but all tasks must be presented to an acceptable tertiary standard. Each assignment task is given a pass, or a re-submit. Assessors will provide written feedback to encourage further thought and learning. If an Assessor decides that an assignment task is not of a satisfactory standard, the student will be required to re-submit the task within one week of being asked. A pass for the assignment will be granted upon successful re-submission of the assignment task.

On successful completion of the **Yoga Teaching Diploma Course**, students are awarded a Teaching Diploma by the IYTA (NZ) and are entitled to use the words “IYTA (NZ) Dip.” **NB, In order to continue using the IYTA (NZ) Dip. you will be expected to undertake Continual Professional Development on a regular basis, and remain a member of IYTA, NZ, participating in your local branch.**

Course Costs

Required Texts:

Students are required to purchase their own text books. You may be able to order these through your local book store or purchase online at stores such as [Amazon](#), [Fishpond](#) or [Book Depository](#).

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.

Body, Mind, and Spirit by Donna Farhi

Yoga Anatomy by Leslie Kaminoff and Amy Matthews.

Also **one** of the following anatomy texts specific to Yoga is recommended:

Anatomy of Hatha Yoga by Coulter, H.D. (Honesdale: Body and Breath, Inc., 2001)

Yoga Body: Anatomy, Kinesiology, and Asana by Judith Lasater

Other recommended texts:

Yoga Sequencing: Designing Transformative Yoga Classes by Mark Stephens. North Atlantic Books, 2012

Fees:

\$7700 (includes 15 assignments, 4x RTT tuition, 11x ZTT, Mentorship, IYTA, NZ membership, excludes text books, food, accommodation and travel to RTTs). \$3,700 payable on enrolment. Balance to be paid in two further instalments of \$2000 each, on or before **01 June 2020 & 01 September 2020**.

***Or pay \$7000 one off payment upon enrolment (excluding text books, food/accommodation/travel to RTTs)**

Refunds: before course commences: 75% if before 31 January 2020; 50% if before 10 February 2020; no refunds after 10 February 2020. No refunds once the course commences.

Please note accommodation & meal costs for RTTs must be paid prior to each RTT and will be invoiced in the month prior. Travel expenses to workshops are the responsibility of each student. A courtesy shuttle operates from airport to Brentwood Hotel.

Printing:

Any Computer and printing costs of assignment tasks are the responsibility of the student.

Course Review

This course will be reviewed during, and after completion of, the course by a committee made up of personnel and Course Coordinator.