

INTERNATIONAL YOGA
TEACHERS ASSOCIATION (NZ)

Teaching Diploma Course





Welcome to our Yoga teacher training

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



Our current 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 from our course that has been created from the vast experience of our teachers since 1978.

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

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 Literature Review
- 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.



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.

Contact us



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form contact:

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