

IYENGAR YOGA INSTITUTE *of* SAN FRANCISCO

Advanced Studies / Teacher Training

Course Catalog &
Veterans Information Bulletin

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The Iyengar Yoga Institute of San Francisco

The oldest Iyengar teacher-training program in the United States, the Iyengar Yoga Institute of San Francisco (IYISF) has trained students and teachers from the United States and around the world since 1974.

IYISF is recognized for its tradition of excellence by offering students a comprehensive and well-rounded curriculum that provides a fundamentally sound, rewarding and challenging learning experience in the yoga tradition as taught by B.K.S. Iyengar. Our Advanced Studies/Teacher Training Program is the only yoga teacher training program to have earned recognition from all three of the following organizations:

- Approved by the California State Bureau for Private Postsecondary Education
- Approved by the Iyengar Yoga National Association of the United States (IYNAUS) for Assessment preparation
- Registered with the Yoga Alliance for both 200-hour and 500-hour training programs

The Institute's program includes intensive studies in Asana (postures), Pranayama (breathing practice), human anatomy, physiology, philosophy, and teaching techniques that combine theory with hands-on experience.

The Iyengar Yoga Institute of San Francisco is owned and operated by the Iyengar Yoga Association of Northern California (IYANC). The IYANC is a membership-based non-profit corporation dedicated to the study, practice and teaching of Iyengar Yoga.

A Board of Trustees, who volunteer their time in service to the school and the Iyengar Yoga community, governs the Iyengar Yoga Association of Northern California.

Current Board members include:

John Hayden, President
Heather Haxo-Phillips, Vice President
Cynthia Bates, Secretary
Monica Desai-Henderson, Membership
Wojciech Kawalek, Member
Patti Cazzato, Member
Nora Burnett, Faculty
Janet MacLeod, Faculty
Open, Student Chair

Administrative staff includes:

Sarah Harvey (sarah@iyisf.org)
Program Administrator, Advanced Studies/Teacher Training Program
Membership Coordinator
Anne Contreras (anne@iyisf.org)
Operations Manager, Bookstore and Workstudy Coordinator
Jackie Herndon (jackie@iyisf.org)
Workshop Coordinator

Both the Institute and the Association may be contacted at the following address and phone number:

2404 27th Avenue
San Francisco, CA 94116
415-753-0909

About Yogacharya B.K.S. Iyengar and Iyengar Yoga

Yogacharya B.K.S. Iyengar was born in India in 1918. In 1934, he began his study of Yoga with Sri Krishnamacharya. At the request of his teacher, B.K.S. Iyengar went to Pune, India, in 1937 to teach. B.K.S. Iyengar quickly earned the reputation both in India and abroad as an exceptional practitioner and teacher of yoga. Published in 1968, his first book *Light on Yoga*, became, and continues to be, the definitive guide to yoga asana practice.

As his popularity increased, B.K.S. Iyengar began to travel abroad to teach and lecture. Students began traveling to Pune to study yoga with him. In time, his approach was recognized as distinct, and his methods and techniques became popularly known as Iyengar Yoga. Mr. Iyengar later founded the Ramamani Iyengar Memorial Yoga Institute where he continues to practice today at the age of 92.

The yoga taught by Yogacharya B.K.S. Iyengar is classical Hatha Yoga derives from the Hatha Yoga Pradipika as transmitted by his teacher Sri Krishnamacharya. It is also based on the classical form of yoga as defined by Patanjali in the *Yoga Sutras*. The yoga defined by Patanjali is known as Astanga Yoga or the Eight Limbs of Yoga. (See B.K.S. Iyengar, *Light on Astanga Yoga*).

Today, B.K.S. Iyengar is regarded as the world's foremost teacher and practitioner of Yoga. He has received numerous awards and international acclaim for his profound contribution to the art and science of yoga.

There are currently National Iyengar Associations and Iyengar Yoga Institutes in several countries internationally and in the USA.

FOR MORE INFORMATION SEE:

www.BKSIyengar.com

About the Ramamani Iyengar Memorial Yoga Institute.

www.iyngaus.org

About the Iyengar Yoga National Association of the U.S.

Mission Statement

The Mission Statement of the B.K.S. Iyengar Association of Northern California and the Iyengar Yoga Institute of San Francisco:

- To study, teach, disseminate and promote the art, science and philosophy of yoga according to the teachings and philosophy of B.K.S. Iyengar.
- To foster a flourishing yoga community.
- To promote introductory opportunities for people new to yoga by offering individually tailored classes for students in order to deepen their practice.
- To prepare people to teach Hatha Yoga in the tradition of B.K.S. Iyengar.

State Approved Program

The Iyengar Yoga Institute of San Francisco's 500-hour* Advanced Studies/Teacher Training program is the only Iyengar teaching training program approved by the California State Bureau of Private Postsecondary Education. This approval is required by California state law to train people in a professional vocation. The Institute's approval by the State Bureau assures consistent quality of instruction, fairness in grades and assures binding terms to an enrollment agreement between the student and the Institute. IYISF is one of only three yoga teacher training programs in California to operate with state approval. Our school code is 3801861.

The State Bureau serves as an assurance of student's rights. See section on Students Rights.

Graduating from a state-approved vocational training has many benefits for the student, and may positively affect pay scale and employment opportunities as a Yoga Teacher.

*state approval for our 200-hour program is pending.

Administrative Information

Admissions

New and prospective students need to complete and submit the application for admission to the Advanced Studies / Teacher Training Program. Your application must be approved and the application fee paid before you are accepted into the program.

The 500-hour program is designed so that a student can graduate in two years by taking all the courses as they are offered in sequential order. Independent Study requirements such as public class attendance, Apprenticeship and Student Teaching also must be fulfilled to graduate from the program.

The 200-hour program was planned to allow students to complete its requirements within 10 - 12 months, if all courses offered are taken in sequence. Again, Independent Study requirements must be fulfilled prior to graduation.

With either length of training program, students may choose to take more time to complete the necessary courses. However, all 500-hour program requirements must be completed within six years of the student's start date in the program. Students in the 200-hour program must complete all their requirements within four years of their start date.

Admission Requirements

Students should have practiced Iyengar Yoga with a certified Iyengar yoga teacher on a consistent basis for a minimum of two years before starting Asana I, regardless of whether they are applying to the 200-hour or 500-hour program. In cases where there are no certified Iyengar yoga teachers for a student to work with, an assessment by a faculty member is necessary. There are no prerequisites for enrolling in Anatomy, Physiology, or either of the philosophy classes. Students who are not a part of the AS/TT program may take Introduction to Pranayama with the consent of the Instructor.

Program Orientation

Orientation is held just prior to the start of class the first weekend of classes. General information about the Institute and the Advanced Studies Program is discussed, as well as any questions that arise. Students are required to attend and encouraged to bring questions.

Credit, Non-Credit or Repeat

Students who intend to receive a Yoga Instructor Certificate of Completion must enroll in classes for credit. To receive credit, a student must attend each class for a minimum of 80% of class hours. Papers and/or final examinations will be required. Teachers may provide oral consultation or written evaluations to help the student assess their progress.

Students who do not plan to receive a Yoga Instructor Certificate of Completion may enroll in classes for non-credit at a reduced fee. Non-credit students are not required to submit papers or take examinations. Classes that have been taken for non-credit do not count towards a Certificate. If a class fills, priority is given to students enrolling for credit.

Students may also repeat at a reduced rate any class that they have taken previously at the Institute. Students repeating a class do not receive additional hours of credit for the class.

Attendance policies

Your very best effort to attend all classes is required. As a general rule, IYISF does not differentiate between excused absences and unexcused absences. However, it is understood that emergencies occur and time off may be needed in such cases. The teacher must be notified, through the office, of your absence in advance. It is very important to attend the first meeting of every class, as the work for the quarter will be outlined at that time.

- Students are required to attend 80% of the class time to be eligible to pass the course
- Students who attend 66% of the class hours will be assigned an Incomplete grade and must take and pay for make-up enough class time to reach at least the 80% threshold to pass the class
- Students who miss more than 34% of the class hours may be required to repeat the entire course

For example, to be eligible to pass a 27-hour, 9-session course, the student cannot miss more than two class meetings. If 3 classes are missed the student will get an "Incomplete" and must make up at least one class session to qualify for a passing grade. If more than 3 classes are missed the student may be required to repeat the entire course. Leaving class early (class cuts) without prior consent of the instructor may be considered the equivalent of missing an entire class meeting. For course-specific attendance requirements, please refer to the Attendance Policy Chart in Appendix A.

Tardiness

Arriving late disrupts the class, and means you lose valuable information. Plan to arrive 15 minutes early. Chronic tardiness will become an attendance issue and may affect your grade.

Tuition

Schedule of Tuition

Payment is due by the registration deadline for each quarter. The cost per quarter varies based on the course hours offered. Students may lower their total fees by paying the annual total upfront. Please refer to the Tuition and Payment Schedules in Appendix A for course specific costs and other related fees.

Registration & Enrollment

Students must register each quarter for the specific classes they wish to take. Please use the Quarterly Registration Form to register for classes in the Advanced Studies/Teacher Training program. The Quarterly Registration form and Schedule of Classes can be downloaded from the Institute's website at iyisf.org. Hard copies of these documents are posted on the AS/TT bulletin board in the hallway of the school. Both are available approximately one month prior to the Registration Deadline.

Return the form to the Institute with a check made payable to IYISF, or with requisite credit card information. Be sure to include the \$75 quarterly registration fee with the cost of course tuition, and the annual \$60 membership fee for IYANC when applicable. Students may also register by phone or fax with a credit card. **Students who pay tuition and fees on an annual basis must contact the Program Administrator each quarter to confirm re-enrollment.**

With very rare exceptions enrollment in all Advanced Studies/Teacher Training classes is limited to 40 students. When space in a given class is limited, priority is given to students who are carrying their full course load, and to those who are taking the course for credit in the AS/TT Program.

Registration Deadlines

Registration deadlines are clearly shown on the Quarterly Registration Form. Hard copies are available at the Institute at least a month before the start of each quarter; electronic copies may be downloaded from our website. There is a \$30 late fee for all returning students who register for classes after the published registration deadline.

Financial Aid

The primary form of financial assistance currently available to AS/TT students is workstudy. This is an opportunity for students to support the Institute's administrative and operations staff while lowering the cost of attending classes. Hours earned are applied directly towards tuition costs. The availability of workstudy hours varies based on the school's needs.

In addition, the 500-hour program is approved for Title 35 funding from the California Department of Rehabilitation. Tuition Reimbursement is also available for qualified veterans and other eligible persons enrolled in the 500-hour program through Title 38 funding from the Department of Veterans Affairs.

The Institute also accepts Visa and MasterCard. There is currently no student loan program available.

School Facilities

The school maintains two clean, fully equipped studio spaces. The larger of these, Studio I, is where Advanced Studies/Teacher Training classes meet. Hardwood floors and blank walls (i.e. no mirrors) encourage students to deepen their practice of yoga. Available props and equipment include an ample supply of mats, blocks, blankets (wool and cotton), four types of straps, backless chairs, bolsters, pranayama cushions, head wraps and eye pillows. Both studios have rope walls, setu bhandha benches, and back benders. Studio I also has several halasana stools and four trestlers.

The Light on Yoga Bookstore is located in, and operated by, IYISF. This bookstore offers a limited supply of books and essential props needed for the practice of yoga.

In addition, the Bookstore includes a small lending library of books and other media for students and Association members. During regular business hours, students in the Teacher Training Program may use Studio II for practice space if there are no classes or meetings scheduled for that room.

The Administrative office and Bookstore are currently open:

11:30 M – 5:00 PM Monday, Tuesday, Thursday and Friday

Closed Wednesday and weekends

Staff may be available to assist AS/TT students outside posted hours of operation. Please contact the program administrator if you need assistance.

Housing

IYISF does not have residential housing facilities. There is a bulletin board at the Institute to help people find shared housing. Students should expect to pay \$600 - \$1,400 per month. There is also a list of local bed and breakfast accommodations on the Institute's website at www.iyisf.org.

Grading & Credits System

At the end of each quarter, students will receive grades for each class taken. To complete either the 200-hour or 500-hour program, students must take and pass all required classes, with a C- average or better in classes that assign letter grades.

The classes that assign letter grades are: Anatomy (may be offered on a pass/no pass basis), Physiology, Yoga Sutras, Bhagavad Gita, Teaching Asanas, and Student Teaching. All other classes are taught and graded on a pass /no pass basis.

LETTER GRADES

Excellent	A	90-100
Good	B	80-89
Fair	C	70-79
Unsatisfactory		below 70

Grading Policy

Although the exact criteria for grading may vary from instructor to instructor, the basic course requirements and grading standards are outlined in each class syllabus. The following criterion for grading is not necessarily given equal value: attendance, punctuality, class participation, commitment, quizzes, homework assignments, and final exam.

Incomplete Grades & Makeup Classes

Students who do not complete their written work for a class (e.g., examinations or papers) by the end of the quarter will receive an incomplete in that class.

A student who misses more than 20% of class hours will be issued an incomplete and will need to make up the hours the next time the class is offered in order to receive credit for the class. As outlined in the school's Attendance Policy, a student who misses more than 33.3% of class hours (or more than 3 class sessions of a 9-session course) will not receive credit for the class. Students who do not submit required papers or examinations within six weeks of the end of the term will not receive credit for that class. In both cases the student must repeat the entire course to receive credit.

Deadlines for Incomplete Grades

- **Students who receive an Incomplete grades based on lack of attendance have 2 years to make up missed class time.**
- **Students who receive an Incomplete grade based on failure to complete assigned work have 1 year to submit any outstanding work.**
- **Students with Incomplete grades who do not meet these deadline will receive a failing grade and no credit unless they repeat for the entire course.**

Satisfactory Progress Policy for Qualified Veterans

If a Qualified Veteran falls behind in any given class, the Instructor will notify the Program Director of this situation. Unsatisfactory progress may be due to poor attendance, failure to complete homework assignments, low test scores, or lack of effort or class participation. The student will then be placed on probation, and notified of this change in their status.

The Program Director and Instructor will work with the student to develop a plan to correct the problem areas, ideally before the final class meeting. The student will be allowed to continue in the Program at the discretion of the Instructor. However, if the student is put on probation for two consecutive quarters, and makes no significant progress in ameliorating the situation, the student is subject to dismissal by the school.

In cases where the student is assigned an “Incomplete” grade due to lack of attendance only, it may take up to a year, or more, for the student to attend make-up classes. (Due to resource constraints the school does not offer every class in its curriculum more than once or twice each year.) Under these circumstances, the school does not consider the student to be on probationary status. “Incomplete” grades do not prevent a student from continuing on to their next quarter’s classes.

Re-entry by students who have been dismissed from the Advanced Studies/Teacher Training Program is considered on a case-by-case basis. The student must re-apply to the program, and include very strong letters of recommendation from at least two Iyengar-certified yoga teachers with their application. The decision to accept the student back into the program is made jointly by the Program Director and the Chair of the Faculty, with the approval of the Board of Trustees.

Transfer Credits

Students having prior equivalent training may transfer credit in lieu of taking the required courses in Anatomy and Physiology. The student should submit a written request for specific transfer of credit during their first quarter in the program. The request is to be accompanied by an official transcript from the accredited institution of higher learning where the class was taken. Where needed, course descriptions sufficient to determine equivalency are to be provided. Grades of “C” or better are transferable. Documentation of transfer credits is retained with the individual student’s records.

Be advised that if Yoga Alliance requires students to have taken the Anatomy and Physiology classes that include the following:

For 200-hour students – a minimum of 5 hours applying anatomy and physiology principles to yoga

For 500-hour students – a minimum of 15 hours applying anatomy and physiology principles to yoga

For students whose transfer course work does not meet these requirements will need to take Elective Workshop related to these topics, or complete part of the Anatomy or Physiology Intensives offered as part of the Advanced Studies curriculum

Transcripts and Records

Student records are updated within four weeks of receiving all grades for the quarter. Full transcripts are provided to students at the end of each academic year. Please retain these for your records.

Transcript requests in addition to the annual reports must be submitted in writing with a \$20 fee. Allow 2-4 weeks for processing of transcript requests.

IYISF maintains student records for a minimum of five years.

Graduation & Certification

Graduation Requirements

To graduate from the 500-hour Teacher Training Program a student must pass all required classes, and complete the Independent Study requirements, and the Student Teaching and Apprenticeship Credits. To complete the 200-hour Teacher Training Program, students must fulfill all the requirements outlined

in the Program Curriculum. Completion of the course material is based on the terms of the starting quarter as defined in your enrollment agreement.

Iyengar Yoga Institute Certificate of Completion

Students who complete all the requirements for credit applicable to their respective program will receive a completed transcript and a Certificate of Completion. The Institute is a Registered Yoga School (RYS) with the Yoga Alliance, for both the 200-hour and 500-hour programs. Graduates wishing to register with Yoga Alliance can use one or both of these documents to demonstrate compliance with Yoga Alliance requirements for RYT's in their respective programs.

Graduating from the Iyengar Yoga Institute of San Francisco is not equivalent to being a Certified Iyengar Yoga Instructor. To become a Certified Iyengar Instructor you must be recommended for assessment by two Iyengar Certified teachers, and apply for and pass the assessments organized by the Iyengar Yoga National Association of the US.

Completion of the program does not guarantee passing the national certification assessment, or guarantee a space in the assessment.

Iyengar Yoga National Association Certification

Once a student has completed the 500-hour program, the student is prepared to take the Introductory I Assessment conducted by the Iyengar Yoga National Association of the US (IYNAUS). Graduating from the Iyengar Yoga Institute of San Francisco (IYISF) does not make you a Certified Iyengar Yoga Instructor. The 500-hour program at IYISF does prepare you thoroughly for this first level of assessment, and includes curriculum based on material required to pass this assessment.

To qualify to apply for entry-level Assessment by IYNAUS the student must maintain their membership in IYNAUS either directly or through a regional association like IYANC, the entity that operates the Institute and the AS/TT Program. Each Applicant also needs the recommendation of two Iyengar teachers, both certified at the Intermediate Junior Level I or above.

IYNAUS reserves the right to change assessment requirements without prior notice. For more information, or to apply for assessment see the National Association's website at www.iytaus.org.

Yoga Alliance Registration

Graduates of the teacher training programs at IYISF are qualified to apply for Registration with the National Yoga Alliance. Contact the Yoga Alliance at www.yogaalliance.org for more information.

The Iyengar Yoga Institute and the Iyengar Yoga Association of Northern California are not affiliated with the Yoga Alliance. Registration with the Yoga Alliance does not make you a Certified Iyengar teacher.

NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT OUR INSTITUTION

The transferability of credits you earn at IYISF is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the certificate you earn in the Advanced Studies/Teacher Training Program is also at the complete discretion of the institution to which you may seek to transfer. If the credits that you earn at this institution are not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at that institution. For this reason you should make certain that your attendance at this institution will meet your educational goals. This may

include contacting an institution to which you may seek to transfer after attending IYISF to determine if your credits or certificate of completion will transfer.

Cancellation & Refund Policy

1. The student has the right to cancel the Enrollment Agreement for this course of instruction. This includes any equipment or other goods and services included in the agreement until midnight of the second day after the day on which the student attended the first class of the course of instruction.
2. Cancellation will occur when the student gives written notice of cancellation to the school at the address specified in the enrollment agreement.
3. The written notice of cancellation, if given by mail, is effective when deposited in the mail properly addressed with postage prepaid. The postmark date is the date of cancellation. Cancellation via email must be received within the 2-day period, as above.
4. The written notice of cancellation however expressed, is effective if it indicates the student's desire to not be bound by the agreement.
5. If the student cancels the agreement, the student shall have no liability and the school shall refund any consideration paid by the student, less the application fee and registration fee, within thirty (30) days after the school receives notification of cancellation.

Withdrawal

The student has the right to withdraw from a specific class at any time. If the student withdraws from a class after the period allowed for cancellation per the Enrollment Agreement, (which is until midnight of the second business day following the first day of class), the school will remit a refund, less the registration fee, within 30 days following withdrawal. The student is obligated to pay only for educational services rendered.

The refund will pro-rated based on the educational services rendered. The Annual or Quarterly Registration Fee is not refundable.

Cancellation/withdrawal after 60% of the course hours have been taught will result in no refund.

See below for the refund policy for Qualified Veterans

1. For the purpose of determining a refund, the student shall be deemed to have withdrawn when any of the following occurs:
 - a. The student notifies the school of the student's withdrawal, or the student stops attending class, whichever is later.
 - b. The School terminates the Student's enrollment as provided in the agreement.
2. For refund computation purposes, the termination date is the last date of actual attendance or the postmark date of the letter/email of intent to withdraw, whichever is later.
3. An applicant rejected by the school is entitled to a refund of all monies paid, minus the application fee and any other administrative fees such as registration fee, late fees and cancellation fees. All tuition is refunded.

A note to Qualified Veterans regarding refunds

The Iyengar Yoga Institute has and maintains a policy for the refund of the unused portion of tuition, fees and other charges in the event the veteran or eligible person fails to enter the course, or withdraws, or is discontinued therefrom at any time prior to completion. This policy provides that the

amount charged to the veteran or eligible person for tuition, fees and other charges for a portion of the course does not exceed the approximate pro rata portion of the total charges for tuition, fees and other charges that the length of the completed portion of the course should bear to its total length.

For Qualified Veterans and other eligible persons, any portion of the \$25 quarterly registration fee over \$10 shall be refunded on a pro rata basis.

For example, if the Qualified Veteran or other eligible person decides to withdraw from the program after 75% of the Quarter has been completed, the calculation of the refund would be as follows: Quarterly Tuition paid	\$1,000.00	Tuition refunded	\$250.00
Quarterly Registration Fee Paid	\$25.00	Registration Fee refunded	\$3.75
Total Paid	\$1,025.00	Total Refund	\$253.50

Student Tuition Recovery Fund

The State of California created the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic losses suffered by California residents who were attending schools approved by the Bureau for Private Postsecondary Education (BPPE or Bureau), as provided by the CALIFORNIA PRIVATE POSTSECONDARY EDUCATION ACT OF 2009, (California Education Code, Title 3, Division 10, Part 59, Chapter8)

You may be eligible for STRF if you are a California resident, prepaid tuition, paid the STRF fee, and suffered an economic loss as a result of any of the following:

1. The school closed before the course of instruction was completed.
2. The school's failure to pay refunds or charges on behalf of a student to a third party for license fees or any other purpose, or to provide equipment or materials for which a charge was collected within 180 days before the closure of the school.
3. The school's failure to pay or reimburse loan proceeds under a federally guaranteed student loan program as required by law or to pay or reimburse proceeds received by the school prior to closure in excess of tuition and other costs.
4. The school's breach or anticipatory breach of the agreement for the course of instruction.
5. There was a decline in the quality of the course of instruction within 30 days before the school closed, or if the decline began earlier than 30 days prior to closure, a time period determined by the Bureau.
6. The school committed fraud during the recruitment or enrollment or program participation of the student.

You must pay the state-imposed fee for the Student Tuition Recovery Fund (STRF) if all of the following applies to you:

1. You are a student, who is a California resident and prepays all or part of your tuition by cash, guaranteed student loans, or personal loans, and
2. Your total charges are not paid by any third party payer such as an employer, government program or other payer unless you have a separate agreement to repay the third party.

You are not eligible for protection from the STRF and are not required to pay the STRF fee if either of the following applies:

1. You are not a California resident
2. Your total charges are paid by a third party payer such as an employer, government program or other payer and you have no separate agreement to repay the third party

note: IYISF currently pays the STRF fee on behalf of eligible students.

It is important that you keep copies of the enrollment agreement, financial aid papers, receipts or any other information that documents the monies paid to the school. The emails you receive as proof of payment and registration should be kept.

Drop Out or Leave-of-Absence

Occasionally students may feel the need to take a break from their studies, due to family or work obligations. Students must inform the Institute in writing as soon as possible of their intent to leave the program, either on a temporary or permanent basis. If possible, please provide us with the reason you are leaving, i.e. moving out of the area, etc.

Student Conduct

A student may be dismissed from the school for failure to pay tuition or for conduct deemed unacceptable by faculty and administration. Guidelines for student conduct include the following:

- Students are expected to display courtesy and respect towards faculty, administrative staff and fellow students.
- Students will dress in appropriate attire while attending class or conducting any other business at the school.
- Students are expected to follow their teachers' instructions to the best of their ability, particularly in the case of safety-related directives.
- Students may not damage or misuse the Institute's facilities, yoga props or other equipment and property.

Notice Of Student Rights

1. You may cancel your agreement with the school, without any penalty or obligation until midnight of the second business day following your first class session as described in the Enrollment Agreement.
2. After the end of the cancellation period, you also have the right to withdraw from school at any time. You have the right to receive a refund for the portion of the course not taken. Your refund rights are described in the agreement. If you have lost your agreement, ask the school for a description of the refund policy.

Notice Of Non-Discriminatory Policy As To Students

The Iyengar Yoga Institute of San Francisco admits students of any race, gender, sexual orientation, color and national or ethnic origin to all the rights, privileges, programs and activities generally accorded or made available to students at the school. IYISF does not discriminate based on race, gender, sexual orientation, color, national or ethnic origin in administration of its educational policies, admissions policies or school-administered programs.

Ethics: Complaint/Grievance Procedure

The Board of Trustees, faculty and administrators at IYISF want everyone's experience here and within the Iyengar yoga community to embody peace, harmony and growth in the true spirit of yoga.

There are occasions when differences in interpretation of school policies will arise between a student, faculty member, and/or the administration. When, and if such differences occur, miscommunication or misunderstanding is usually a significant contributing factor. For this reason, we urge both students and staff to communicate any problems or misunderstandings that arise directly to each other whenever possible. If the problem cannot be resolved between the concerned individuals, the Program Administrator should be contacted. Normally, the informal procedure of "discussing" the difference will resolve the problem.

A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling 1-888- 370-7589 or by completing a complaint form, which can be obtained on the bureau's Internet Web site at www.bppe.ca.gov.

Curriculum

Advanced Studies Curriculum

Our 200-hour and 500-hour Advanced Studies/Teacher Training Programs provide the most thorough and time-tested training in the country from the most qualified, diverse, and well-rounded teacher training faculty available. IYISF teacher training programs expose students to a number of yoga practitioners who travel to Pune, India, to study with the Iyengar family on a regular basis. Our comprehensive curriculum includes asana, pranayama, philosophy, human biology and teaching asana.

200-hour & 500-hour Programs

The 200-hour program is designed to meet the needs of yoga practitioners who are looking for advanced studies and/or teacher training in the Iyengar tradition, but are not in a position to commit to the 500-hour program. The 200-hour program can be completed in 10 -12 months if students take all the courses offered in sequence. The 500-hour program prepares the student for national certification by the Iyengar Yoga National Association of the United States (IYNAUS), and can be completed in 2 years if students take all the courses offered in sequence..

By design, the curriculum of the 200-hour Program also comprises the first year of the 2-year 500-hour Program. Students who complete the 200-hour program are encouraged to continue/return to complete the 500-hour requirements.

Please refer to the 200-Hour and 500-Hour Course Curriculum as listed in Appendix A for an overview of program requirements

Class Schedule

Classes generally meet one weekend each month (Friday night, Saturday and Sunday afternoons). Once or twice each year, typically in the summer, classes are taught in an intensive style format. This extends the weekend to three, four or five days.

The academic year starts in January or February (Winter Quarter) and runs through December (end of Fall Quarter). The year is divided into four quarters: Winter Spring Summer and Fall, although the quarters are not always of equal length, in hours or days. Generally speaking, classes will meet the same

weekend each month throughout the year.

Please refer to the Class Schedules included in Appendix A for schedule details on both programs.

Program Requirements

In addition to the classes listed in the schedule, all students are required to study with an Iyengar-certified teacher on a regular basis, ideally participating in this teacher's classes at least once a week. The individual student-teacher relationship has been the traditional method of studying yoga, going back hundreds, if not thousands of years.

Establishing a relationship with one primary teacher outside of the course curriculum can help form the basis for the student's apprenticeship, one of the key components of the 500-hour program. You may choose to work with a member of the Institute's faculty as your primary teacher. You must have studied with this instructor for at least six months before approaching them about your apprenticeship.

Each student is also expected to maintain their own yoga practice of at least one hour per day throughout the length of the program.

Course Descriptions

Hatha Yoga

Asana

Building and maintaining a strong asana practice is one of the most important elements of successful teaching. The asana classes in the Advanced Studies/Teacher Training Program support the student's commitment to this endeavor. The level of instruction in these classes is geared toward the serious student, and current or potential teacher. All three Asana courses focus on individuals working intensively to deepen their understanding and practice of the asanas.

The list of poses taught for each Asana class is based on the IYNAUS requirements for certification.

Faculty may recommend that a student wait before proceeding, or may choose not to pass a student based on attendance, grades, or lack of effort/intention.

Some students may want or need to wait before progressing to the next class. If the body has not gained the strength and flexibility needed to master one set of poses, it is not beneficial to go on to more advanced poses. Doing so could even be harmful to the student. Occasionally, a student may be asked to repeat an asana course for non-credit, or may stay in public classes with an Iyengar instructor of choice until ready to begin the next class in the core program.

Asana I (200-hr / 500-hr)

25.5 hours

Theory and practice of basic asana. Detailed presentation and intensive practice of the basic asanas, emphasizing standing poses, beginning seated poses and shoulder stand. The poses covered in the course include those on the Syllabus for Introductory I Assessment, plus several from the Introductory II Syllabus.

REQUIRED TEXTS: Light On Yoga, B.K.S. Iyengar
Yoga, A Gem for Women, Geeta Iyengar

Tree of Yoga, B.K.S. Iyengar

Yoga in Action: A Preliminary Course, Geeta Iyengar

Light on Life, B.K.S. Iyengar

PREREQUISITE: Two years regular practice of Iyengar yoga. (See “Admissions” for more information.)

Asana II (200-hr / 500-hr)

25.5 hours

Theory and practice of asanas from the Introductory II Assessment Syllabus, with emphasis on more advanced standing poses, headstand, twists, and beginning back extensions.

PREREQUISITE: completion of Asana I, or consent of the Asana I instructor.

Public Asana Classes (200-hr / 500-hr)

40 hours for the 200-hour Program; 80 hours for 500-hour Program

To re-enforce the teaching of the program, Advanced Studies students are expected to take public asana classes taught by a Certified Iyengar Yoga Instructor at least once a week. These classes, along with your home practice, help ensure consistency and continuity in the learning process, and serve to inspire and inform your teaching. Ideally, the student takes classes with the same teacher week after week, year after year.

Students are required to submit a Public Asana Class Credit Form at the end of the 2nd and 4th quarters of the Academic Calendar, documenting attendance in at least 20 hours of class for each half-year of the program.

The first 20 hours must be fulfilled by taking Introductory or level 1-2 / level 1-3 classes, as this is the level at which you will begin your teaching career. Thereafter, these public classes should be level 2 -4, 3 – 5.

Second year students in the 500-hour program may take one 9- or 10-hour Elective Workshop in place of 9 or 10 hours of public classes.

Half of all public classes must be taught by IYISF faculty, either here at the Institute, or at the other studios where they teach. **All public classes must be taught by Certified Iyengar Instructors, if possible certified at Intermediate Junior I level or higher.**

Refer to Appendix A for Public Asana Class Credit Forms.

Intermediate Asana (500-hr)

18 hours

Theory and practice of more advanced asanas for the personal practice of the serious student and teacher. Emphasis on headstand variations, more advanced twists, back extensions, and arm balances. The poses studied in this course are drawn from the Intermediate Junior I Assessment Syllabus.

PREREQUISITE: 6- to 8-minute headstand before variations, completion of Asana II, or consent of the Asana II instructor.

Pranayama

Pranayama is the practice of controlled breathing. “Pranayama is conscious prolongation of inhalation, retention and exhalation. Inhalation is the act of receiving primeval energy in the form of breath, and retention is when the breath is held in order to savor that energy. In exhalation all thoughts and

emotions are emptied with breath: then, while the lungs are empty, one surrenders the individual energy, 'I', to the primeval energy, the Atma...The practice of Pranayama develops a steady mind, strong will power and sound judgment." B.K.S. Iyengar - Light on Pranayama.

Before beginning the study of Pranayama, the practitioner's body must be trained to maintain openness in the chest, particularly in sitting postures. Pranayama instruction includes deep relaxation in Savasana, Pranayama lying down with support, and later introducing seated postures.

Introduction to Pranayama (200-hr / 500-hr)

12 hours

"In Pranayama your intellect should be as firm as a candle in a windless place."

B.K.S. Iyengar

Exercises to increase awareness of the breathing process in preparation to practicing Pranayama. Alignment and balance in Savasana is taught in depth. Full relaxation in Savasana and inward projection of the sense organs (Pratyahara) are the essential foundations of a Pranayama practice. In addition, Ujjayi I and II (variations on long controlled inhalations and exhalations) will be introduced.

REQUIRED TEXTS: Light on Pranayama, B.K.S. Iyengar.

PREREQUISITE: Asana I and consent of Asana I instructor, or consent of Intro to Pranayama Instructor

Pranayama I (200-hr / 500-hr)

12 hours

Discussion and practice of body alignment and breath flow. Beginning techniques of Pranayama will be introduced. Cautions and contraindications for Pranayama are taught.

Viloma I and II are introduced, along with continued work in Ujjayi I, and II. Pranayama is taught in a variety of supported reclining positions.

PREREQUISITE: completion of Introduction to Pranayama or consent of the Introduction to Pranayama instructor.

Pranayama II (500-hr)

12 hours

Further study of Pranayama for the serious student. Ujjayi III and IV are introduced, along with Viloma III.

PREREQUISITE: completion of Pranayama I or consent of the Pranayama I instructor.

Pranayama III (500-hr)

12 hours

Introduction of Bhramari IA, IB, IIA, and IIB, along with continued practice of previously taught pranayama. As students are ready, refinement of seated postures is taught as a preparation for seated Pranayama. Jalandhara bandha in seated postures may also be introduced.

PREREQUISITE: completion of Pranayama II or consent of the Pranayama II instructor.

Teaching Asana

The teaching courses comprise the core of the AS/TT program. These classes offer detailed instruction

and practice in teaching yoga asanas to students. Techniques refined by Sri B.K.S. Iyengar and his family are taught. The teaching methodology taught at IYISF has been continually refined since 1974 and has evolved to complement the techniques defined by the Iyengar Yoga Association of the United States (IYNAUS) as necessary for certification as an Iyengar Yoga Instructor. Recent innovations from Sri B.K.S. Iyengar and his family are included as IYISF faculty travel regularly to the Ramamani Iyengar Memorial Yoga Institute.

The teaching curriculum is designed to train Introductory Level instructors in verbal, visual and demonstration skills. Fundamental actions of all poses in the Asana I and II course are taught as well as contraindications, and an introduction to working with some special conditions. Working with special needs or therapeutic yoga is not taught in detail, as this teaching requires years of experience and should be closely monitored. Continuing education programs for graduates of IYISF or certified teachers are offered throughout the year.

Teaching Asana, Part I (200-hr / 500-hr)

28.5 hours

Working with the poses taught in Asana I, students will learn the basics of sequencing asanas as applied to their own practice and to teaching others. The teaching format developed by B.K.S. Iyengar will be introduced, with focus on demonstration and verbal skills. Classroom hours are augmented by 3 hours of observation of introductory, level 1 – 2 or level 1 – 3 public asana classes.

PREREQUISITE: completion of Asana II or consent of the Asana II instructor or Faculty Chair.

Teaching Asana, Part II (200-hr / 500-hr)

27 hours

Students will continue to practice teaching the Asana I poses working to refine their demonstration skills, and use of instructional language. Students will also learn to sequence poses, both for their own practice, as well as for teaching. The key concepts of observation and correction will be introduced. Students will also study the ethics of the student-teacher relationship. Classroom hours are augmented by 1.5 hours of observation of introductory, level 1 – 2 or level 1 – 3 public asana classes.

PREREQUISITE: completion of Teaching I or consent of the Teaching I instructor or Faculty Chair.

Teaching Asana, Part III (500-hr)

25.5 hours

The theory and use of props is taught as a means to augment observation and correction skills. Students will continue teaching Asana I poses and key poses from Asana II.

PREREQUISITE: completion of Teaching II or consent of the Teaching II instructor or Faculty Chair.

Teaching Asana, Part IV (500-hr)

25.5 hours

This course emphasizes seeing and understanding the body in the teaching environment. The theory and practice of making physical adjustments is introduced in this context. Participants will continue teaching Asana I and II poses,

PREREQUISITE: completion of Teaching III or consent of the Teaching III instructor or Faculty Chair.

Teaching Asana, Part V (500-hr)

36 hours

This course weaves together the concepts and teaching techniques from all the previous Teaching Asana courses. The importance of timing and pacing will be emphasized. Participants will continue teaching Asana I and II poses to students from the community.

PREREQUISITE: completion of Teaching IV or consent of the Teaching IV instructor or Faculty Chair.

Apprenticeship (500-hr)

51 hours

requirements: 51 hours of apprenticeship, (34 beginning-level classes , each class being 1.5 hours long) with an Iyengar teacher Certified at the Intermediate Junior I level or above.

STARTING TIME: when enrolled in Teaching I.

PROCEDURE: Document all hours, dates and duration of classes on appropriate form

It is important that you begin studying with a certified teacher as soon as possible as most teachers will give priority for apprenticeship to student teachers that have studied with them or are currently studying with them. The duties and responsibilities of the apprentice may vary by teacher. Typically they include, but are not necessarily limited to, observing and assisting the teacher in beginning level classes on a weekly basis.

See Appendix A for the Apprenticeship Credit Form.

Student Teaching (500-hr)

42 hours

The student must set up his/her own yoga class (minimum four students), and teach for at least 42 hours. The student is required to track and document all student teaching, including date, duration, location, and number of students in each class on the appropriate form.

After completing at least 21 hours of student teaching, the student must have one class observed and evaluated by an Advanced Studies-Teacher Training faculty member.

PREREQUISITE: Apprenticeship started.

See Appendix A for the Student Teaching Credit Forms.

Philosophy

“Work is Karma Yoga, Word is Jnana Yoga. No conflict in work and word is Yoga.”

- B.K.S. Iyengar.

Yoga as described in the Yoga Sutras of Patanjali is a practice with eight branches (Ashtanga Yoga), one of which is the practice of Asana. The other limbs touch on ethical and philosophical teachings that open the doors to the Self, inform practice and develop meditative aspects of Yoga.

The Institute offers teachings on two core texts of Yoga: The Yoga Sutras of Patanjali and the Bhagavad-Gita. See the following books by B.K.S. Iyengar:

[Light on Yoga Sutras of Patanjali](#)

[Light on Astanga Yoga](#)

[The Tree of Yoga](#)

Yoga Sutras, Part 1 (200-hr / 500-hr)

12 hours

A study of classical yoga philosophy based upon a reading of Patanjali's Yoga Sutras. The aims, methods, and powers of yoga, as well as the nature of liberation, will be investigated. The Sutras are a great gateway to integrating yoga in all aspects of daily life. Part 1 of this two-part course includes an in-depth study of Sutras II.29-II.48.

Yoga Sutras, Part 2 (200-hr / 500-hr)

12 hours

Continues the study of this vital text reviewing the Introduction to [Light on Yoga Sutras of Patanjali](#), and focusing on Sutras II.49 – III.13.

Bhagavad Gita Intensive (500-hr)

15 hours

The Bhagavad Gita as a practical handbook for yoga will be studied and related to daily life. The different branches of yoga described in the Gita will be discussed and placed in context with other major Indian scriptures.

Science of the Body and Self

Introductory courses in western Anatomy and Physiology are required to assure students have a foundation in sciences of the body. These courses offer an introduction to anatomical terms and methods, kinesiology, and a basic understanding of the body's physiological systems and how yoga affects these systems.

Anatomy I and II (200-hr / 500-hr)

24 hours total

In this 2-part course students will learn anatomy theory and its application to asana practice. Much of the focus is on the skeletal and neuromuscular systems. Students will learn basic strategies to help their students avoid common injuries, and to support the healing process.

Physiology Intensive (500-hr)

20 hours

This 4-day course is designed to introduce students to the basic principles of the physiology of the human body with consideration to specific physiological mechanisms activated or affected by yoga practices. The body and how it functions will be covered in a systematic fashion. Drawing on available literature, possible ways in which yoga practices might effect physiological functioning will be discussed.

English as a Second Language (ESL)

The Iyengar Yoga Institute of San Francisco does not offer ESL instruction.

Faculty

All Hatha Yoga faculty at the Institute are Iyengar Certified at the Intermediate Level III or above, and have a minimum of three visits to the Ramamani Iyengar Memorial Institute in Pune, India to study with

Shri B.K.S. Iyengar, his daughter Geeta, and son Prashant. Many faculty members study regularly at RIMYI in Pune. All faculty continue their advanced studies in Iyengar Yoga.

Kathy Alef

Asana, Pranayama & Teaching Asana

Kathy has been a student of yoga since 1976. She is touched by the profound and sensitive teachings of the Iyengars in Pune, where she makes regular visits. This inspirational teaching enriches and nourishes her own practice and teachings. The joys and new discoveries from her practice are then happily shared with others. Kathy is current chair of the Advanced Studies Faculty, and is Certified at the Intermediate Junior III level.

Victoria Austin

Asana, Pranayama & Teaching Asana

Victoria has been practicing yoga and meditation for over 30 years, and Iyengar yoga for over 20 years. A 1988 graduate of IYISF, she has over 20 years of teaching experience, and is Certified at the Intermediate Junior III level. As an ordained Zen priest, Victoria emphasizes how to extend one's practice into daily life, particularly one's own behavior, work and community. She studies regularly in India with the Iyengar family.

Nora Burnett

Asana, Pranayama & Teaching Asana

Nora has been teaching Iyengar yoga since 1987, and is Certified at the Intermediate Junior III level. She joined the faculty of the Advanced Studies Teacher Training program in 2001. Her knowledge of the body-mind is enhanced by over 20 years of experience as a body worker and an early life in modern dance. Nora loves to read, walk, and explore the arts.

Roger Cole, visiting faculty

Anatomy

Roger is an accomplished scientist and internationally recognized Iyengar teacher who specializes in the anatomy and physiology of yoga, relaxation, sleep, and biological rhythms. He's renowned for an ability to give clear explanations of complex concepts and translate them into effective actions, on and off the mat.

John Hayden

Yoga Sutras

A graduate of the Advanced Studies Program, John is a devoted student of the Yoga Sutras of Patanjali. He lives and teaches yoga in Carmel, CA, and endeavors to incorporate these principles into all facets of his yoga practice. John has studied in India twice with the Iyengar family, and is Certified at the Junior Intermediate I level. He is honored to serve the Iyengar yoga community as current President of the Board of Trustees of the Iyengar Yoga Association of Northern California.

Mandira Haynes

Philosophy

Mandira has been practicing yoga and meditation for over 35 years. She has studied with Baba Hari Das, Surya Singer, Rama Vernon, and Haridas Choudhuri. She is a philosophy instructor in the Advanced Studies/Teacher Training Program and teaches at Mt. Madonna Center for the Arts and Sciences and Pacific Cultural Center.

Patricia Layton, visiting faculty

Physiology

Patricia Layton has an undergraduate degree in the Natural Sciences and a Masters in Integral Health Studies. She taught Physiology for Yoga Teachers for twelve years at IYISF and currently teaches physiology for the Yoga Teacher Training program at Bhavana Institute in Chicago. Her primary occupation is training Ayurvedic practitioners which she has done for the last twelve years in California, Wisconsin, and now Illinois.

Janet MacLeod

Asana, Pranayama & Teaching Asana

Janet has been a student of yoga for many years. She has studied in India with the Iyengar family several times. She has taught yoga for over 25 years, teaching on-going public classes and retreats, in addition to the classes she teaches in the Advanced Studies Program. Janet is Certified at the Intermediate Junior III level, and studies regularly at the Ramamani Iyengar Memorial Yoga Institute in Pune, India.

Elise Miller

Asana, Pranayama & Teaching Asana

Elise is Certified at the Intermediate Senior III level and holds an MA in Therapeutic Recreation. She has been teaching throughout the U.S. and internationally for 25 years. She has been to India several times and is widely known for her work in back care and scoliosis.

Jaki Nett

Asana, Pranayama & Teaching Asana

Jaki has taught yoga for 22 years, and holds an MA in Humanistic Psychology. Her emphasis of study was using yoga as a means of Biofeedback and self-discovery. Jaki has a strong interest in functional anatomy that she intertwines in her teaching. "I like having the students leave feeling that they worked hard, learned something, and had a good time." Jaki has studied extensively with the Iyengar family in India, and is Certified at the Intermediate Senior I level.

Jito Yumibe

Asana, Pranayama & Teaching Asana

Jito began her yoga studies in 1989. She has been fortunate to study four times with Geeta Iyengar in India and to continue her studies with Ramanand Patel. As mother, she has been exploring the art of yoga to address the changing needs of women. Jito also teaches corporate and public classes in the South Bay, and is Certified at the Intermediate Junior III level

Appendix A

1. Attendance Policy Chart
2. 2011 Tuition and Fee Schedule 200-Hour Program / Year One of 500-Hour Program
3. 2012 Tuition and Fee Schedule Year Two of 500-Hour Program
4. Course Curriculum 200-hour and 500-Hour Programs
5. 2011 Class Schedule 200-Hour Program / Year One of 500-Hour Program
6. 2012 Class Schedule Year Two of 500-Hour Program
- 7A – 7D. Public Asana Class Credit Forms #1 - #4
8. Student Teaching Credit Forms #1 - #3 (500-Hour only)
- 9A – 9B. Apprenticeship Credit Form with Guidelines on reverse (500-Hour only)
10. Request for Diploma (500-Hour only)