

Open to all students with a minimum of three years of Iyengar Yoga experience, regardless of whether they are teachers, prospective teachers or are seeking deeper understanding in their own practices.



IYILA

THE IYENGAR YOGA INSTITUTE OF LOS ANGELES

Since 1984, the **B.K.S. Iyengar Yoga Institute of Los Angeles** has served the Southern California yoga community by offering daily classes and on-going teacher training.

IYALA

THE IYENGAR YOGA ASSOCIATION OF LOS ANGELES

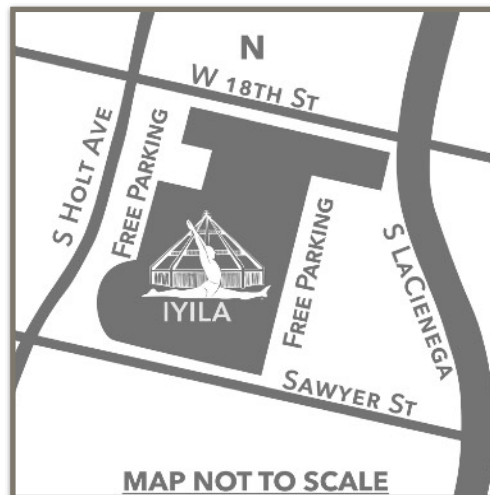
The **Iyengar Yoga Association of Los Angeles (IYALA)** is a non-profit, member supported organization, whose mission is to: disseminate the art, science and philosophy of yoga according to the teachings of B.K.S. Iyengar and his family. And to unite the Iyengar Yoga community in the Los Angeles area.

The Association owns and operates the Iyengar Yoga Institute of Los Angeles (IYILA), offering daily classes, workshops and specialty courses, from beginner to advanced levels. We are a regional affiliate of the B.K.S. Iyengar Yoga National Association of the United States (IYNAUS) and the **Ramamani Iyengar Memorial Yoga Institute** in Pune, India.

Please consider becoming a member and support Iyengar Yoga in Los Angeles.



The B.K.S. Iyengar Yoga Institute of Los Angeles
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IYILA

THE IYENGAR YOGA INSTITUTE OF LOS ANGELES

CONTINUING EDUCATION
THE ART OF LEARNING



CR: Karen Lee Fisher

IYILA

THE IYENGAR YOGA INSTITUTE OF LOS ANGELES

CONTINUING EDUCATION THE ART OF LEARNING

The Iyengar Yoga Institute of Los Angeles is pleased to announce its Continuing Education program. Open to all students with a minimum of three years of Iyengar Yoga experience, regardless of whether they are teachers, prospective teachers or are seeking deeper understanding in their own practices. The curriculum will include progressive study of asana, pranayama, anatomy and philosophy, based on the Introductory and Intermediate Junior syllabi of the Iyengar Yoga Certification and Teacher Education Manual.

If working with a mentor, students may use these modules toward required teacher education, a prerequisite to applying for Iyengar Yoga teacher certification assessment. Please refer to the Certification and Teacher Education Manual for further information.

The entire program can be completed over the course of three years. Students can attend selected individual modules or enroll in an annual series. Our calendar for 2018 includes two modules on the Introductory syllabi taught by Marla Apt; one module on the Intermediate Junior 1 syllabus taught by Gloria Goldberg; an anatomy module focusing on the musculoskeletal system and supported organs, and asana modifications on the Introductory syllabus, taught by Diane Gysbers and Cindy Lee, Occupational Therapist; and two modules focusing on teaching skills required for the Introductory and Jr. Intermediate syllabi, taught by Marla Apt.

Each module will consist of 8-12 hours of instruction covering:

- In depth study of asana and pranayama
- Support for home practice and svadhyaya (self-study)
- Refinement of teaching skills as taught by BKS Iyengar: communication of the art and science of yoga through language/verbal instructions, demonstration, observation, correction and adjustment, classroom dynamics
- Sequencing of asanas
- Modifications of asanas for common conditions
- Yoga philosophy and the Yoga Sutras of Patanjali
- Anatomy, physiology and psychology of yoga



2018 Dates

March 19-23

Monday 2:00-3:30PM
 Tuesday 3:00-5:30PM
 Wednesday 3:15-5:00PM
 Thursday 2:00-4:00PM
 Friday 1:15-4:00PM

March 24 and 25

Saturday 11:00-3:30PM and 4:30-7:00PM
 Sunday 12:30-4:30PM

August 3,4,5

Friday 4:30-7:30PM
 Saturday 12:00-4:00PM
 Sunday 12:30-4:30PM

October 8-12

Monday 2:00-3:30PM
 Tuesday 3:00-5:30PM
 Wednesday 3:15-5:00PM
 Thursday 2:00-4:00PM
 Friday 1:15-4:00PM

October 13 and 14

Saturday 11:00-3:30PM and 4:30-7:00PM
 Sunday 12:30-4:30PM

November 10 and 11

Saturday 11:00-3:30PM and 4:30-7:00PM
 Sunday 12:30-4:30PM

September 7-9

Friday 5:00-8:30PM
 Saturday 11:30-2:00PM;
 4:30-7:30PM
 Sunday 12:30-3:30PM

Teaching Skills Part I

Marla Apt

Monday-Friday is a cumulative course. All levels welcome, including non-teachers.

Syllabi Study*

Marla Apt

All levels welcome, including non-teachers.

Syllabi Study*

Gloria Goldberg

All levels welcome, including non-teachers.

Teaching Skills Part II

Marla Apt

Monday-Friday is a cumulative course. All levels welcome, including non-teachers.

Syllabi Study*

Marla Apt

All levels welcome, including non-teachers.

Structure & Function of the Musculoskeletal System/Supported Organs Asana Modification

Diane Gysbers and Cindy Lee

Menstrual Course Part II System Pathologies

Gloria Goldberg and Marla Apt

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Cost

The cost of the entire 2018 program, exclusive of the Menstrual Course (due to enrollment restrictions) is **\$1,550**, if paid in full by February 28, 2018.

After March 1, 2018, entire program, exclusive of the Menstrual Course, is **\$1,650**, if paid in full by March 19, 2018. Thereafter, individual modules prices apply.

Individual modules are priced as follows:

March 19-23	Marla Apt Teaching Skills	\$325
March 24-25	Marla Apt Syllabi Study	\$265
August 3-5	Gloria Goldberg Syllabi Study	\$350
October 8-12	Marla Apt Teaching Skills	\$325
October 13-14	Marla Apt Syllabi Study	\$265
November 10-11	Diane/Cindy Anatomy and Modifications	\$250

The cost of all Modules Purchased Separately is \$1,780.

September 7-9	Gloria/Marla Menstrual Course Part II	\$225**
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For the limited number of available scholarships and application, please contact Diane Gysbers at diane.gysbers@gmail.com

*There are three modules of syllabi study in which asanas and pranayama of the Introductory syllabi will be studied in practice and theory through the lens of the Intermediate Junior syllabi.

**Limited to CIYTs and those who completed Menstrual Course, Part I in 2017.