What is the STTY - Study to Teach Yoga Course?

Yoga Jivana has developed and specifically designed an intensive and definitive course for people who aspire to teach Iyengar Yoga, providing a clear and effective method to learn the art and science of yoga teaching.

The basis of the STTY Course lies in the cultivation of a strong personal yoga practice and the exploration and study of yogic principles and wisdom.

STTY requires a dedicated commitment to ongoing practice and study between the contact sessions so it is important that participants be self-motivated.

STTY is based in experiential subjective learning derived from personal practice, and enhanced by firm, objective based study and knowledge taught by BKS Iyengar.

The course time span is two years*, delivered in fifteen ‘direct contact’ terms, as well as month to month support via personal practices and assignment submissions. These fifteen ‘direct contact’ terms, are progressive and have different aims, goals, and assessment. Some subjects carry throughout all terms of the course, whereas, other subjects are only in a single term. This enables a progression of knowledge and understanding, and the development of maturity in the process of yoga teaching.

STTY is structured to prepare participants for Iyengar Yoga Certification.

*Some participants may take longer to finalise the required level for BKSIYAA assessments.
What is the BKS Iyengar Yoga Certification

International Guidelines, set out by Shri BKS Iyengar and the RIMYI-Ramamani Iyengar Memorial Yoga Institute in Pune, India, ensure that Iyengar Yoga Certification is conducted by the national BKS Iyengar Yoga Association of Australia (BKSIYAA) as an independent and external assessment.

An Iyengar Yoga teacher must complete rigorous training to become a fully qualified and certificated Iyengar Yoga teacher.

The Iyengar Yoga method is recognised and respected as one of the most deeply faceted forms as it holds a practical, philosophical and spiritual value for all. An Iyengar Yoga teaching certificate is valid worldwide.

Only Certified Iyengar Teachers are entitled to use the name of living yoga master BKS Iyengar and his teaching method. Each Certified Teacher is committed to upholding the excellence and purity of Iyengar Yoga, one of the words most widely practiced and respected yoga methods.

The Iyengar Certification Mark is your guarantee of a teacher you can trust – knowledgeable, experienced and rigorously trained.

Peter and Sue Scott are two of a small body of Senior Iyengar Yoga teachers in Australia who offer training programs for students wishing to become Iyengar Yoga teachers. They acknowledge Shri BKS Iyengar as their teacher, guide and inspiration, through his direct teachings, and enduring legacy of knowledge and experience.
YOGA JIVANA TEACHING FACULTY

Peter Scott

Peter Scott is a Director & Senior Teacher at Yoga Jivana, and Teacher Trainer. Peter is one of Australia’s pre-eminent Iyengar Yoga practitioners and teachers, having devoted 40 years to the art and science of yoga since beginning practice in 1977, and teaching in 1982. He holds a Advanced Junior Level 1 certificate directly from RIYMI. In 1983 he met BKS Iyengar during his first visit to Australia. In 1987 founded the ‘Rathdowne Yoga Room’ in North Carlton - where many of Melbourne’s current Iyengar Yoga teachers trained. Peter began training teachers in 1990 and has since trained many of Australia’s Certified Iyengar Yoga Teachers.

Peter has been an Assessor since 1992, and served as the BKSIYAA President 1991-3. He has also been Chair of the Assessment Certification Committee three times: 1999-2000, 2009-2010, and 2016-2017. Peter’s teaching is distinguished by his extensive knowledge of yogic wisdom and its relationship to the body and mind, the clarity he creates when teaching, and his quiet ability to inspire & guide the practitioner along the path of yoga. His forte is in bringing together all aspects of yoga and confidently providing an accessible path to understanding this respected and invaluable tool to self-knowledge.

Sue Scott

Sue Scott is a Founder, Director and Senior Teacher at Yoga Jivana and Teacher Trainer. She has extensive knowledge of the body gained from her background in classical & modern dance in Australia and Europe that informs her practice at a deep level. Following a spinal injury, Sue returned to Melbourne and was introduced to the healing qualities of Iyengar Yoga. Sue then trained with Peter Scott & began teaching yoga in 1992 at Rathdowne Yoga Room. Sue periodically enjoys travelling interstate & overseas to teach yoga & train yoga teachers, while her main focus is teaching at and running Yoga Jivana here in Melbourne.

Fully qualified directly from BKS Iyengar, Sue is a Senior Intermediate 1 Iyengar Yoga teacher and Teacher Trainer, and regularly attends RIMYI (Iyengar Yoga Institute ) in Pune, India to study with the Iyengar’s.

Sue’s interest is to promote a deeper understanding of how to support & nurture a holistic and disciplined yoga practice while incorporating the fundamentals of yogic philosophy. Sue’s teaching style, while welcoming & encouraging to all emphasises a rigorous & challenging approach to the practice of yoga asana & pranayama. Sue is known for her clarity in teaching the intricacies of yoga practice and teaching.
Is STTY-Study To Teach Yoga Course right for you?

Who is STTY suitable for?
Yoga Jivana’s YI-Yoga Immersion Graduates.
Deferred Yoga Jivana STTY students wishing to re-join a new course.
Trainees who are transferring from another course or trainer.

Entrance Criteria
Entrance Assessment - theoretical & practical, held over 1 day
Personal meeting with STTY course faculty member.

Time Frame and Commitment
STTY is a two year course of study, commencing Spring every second year.
There are fifteen terms, plus an STTY Entrance Assessment & an Internal Assessment.
- Provisional Terms may apply in some cases (see below).

Contact time is made up of fifteen terms
- Scheduled Contact Weekends (over two years)

Weekly Contact - Local Participants
- Three sessions per week:
  - My Yoga Practice - Personal Practice - Class Observation

Distance Participants Practice and Class Observation
- Sessions attended as Weekly-Intensives, with a full daily schedule.

Homework
- Daily personal practice - approximately 1.5-2.5 hours.
- Reading and assignment work 3-6 hours per week.

Provisional Terms
- Designed for participants unable to conclude STTY within the time frame
- Includes: Participants that have not gained entry to the BKSIYAA Assessment.
Student Support

Scheduled Personal Practice sessions, My Yoga Practice sessions, Class Observation

Yoga Jivana teachers

Yoga Jivana general yoga class timetable / Yoga Jivana workshops

Please note that Yoga Jivana classes & workshops are not included in the STTY fees

Resource access

Internet and email

YJ Practice Times (Personal & My Yoga Practice)

Internal Course Assessment

Throughout the STTY Course there is on-going assessment.

The attendance requirement is 100%.

Participants are required to practice daily, record the practice in the supplied log sheet and be ready to submit the log at the end of each month.

Assignments are required at STTY. Submission will vary according to the studied subject.
**STTY COURSE CONTENT - Study Subjects**

STTY is based on the Introductory Level Syllabus as given by BKS Iyengar, which includes both Asana and Pranayama. STTY also introduces Darshana - Yoga Philosophy.

**Asana Subjects:**
Standing Poses, Sitting Poses, Forward Bends, Twists, Inversions, Backbends, Abdominal and Miscellaneous Poses.

**Pranayama Subjects:**
Pranayama Setups, The art of Sitting, Ujjayi, Viloma, Bramari, Kumbhaka.

**Darshana - Yoga Philosophy Subjects**
The Philosophy of Yoga according to Patanjali, upon which Iyengar Yoga is based.

**Parampara** - Insights and teachings from the Iyengars.

Introduction to Indian Philosophy including Samkyha, Koshas, Shariras

**Yogasana Subjects (Method of Practice)**
Abhyasa - that which we are practicing - Vairagya - that which we are renunciating

Deepening of practice techniques of asanas and pranayamas.

Sequences and timings

**Teaching Subjects**
Language of asana

Teaching Methodology:
- Class Presentation and Organisation
- Principles of Correction and Adjustment
- Art of teaching
- Class Diversity of Student Presentations: Injuries, Conditions & Pregnancy

**Additional Requirements External from STTY Course**

**Anatomy & Physiology - A&P**
BKSIIYAA requires 36 hours of A&P for all Iyengar Teacher Training Courses.
Recommended to complete an online A&P course.

**Cardio-Pulmonary Resuscitation - CPR**
St John’s offer valid CPR courses, please contact the organisation or similar.
## STTY Course - Term Contact Weekends - Fee Instalments - Enrolment Dates

<table>
<thead>
<tr>
<th>Year</th>
<th>Term</th>
<th>Dates</th>
<th>Hours</th>
<th>Days</th>
<th>Due Date</th>
<th>Fee</th>
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<td>1</td>
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**STTY Course Completion**

NOTE - In addition to the Contact Weekend hours listed above, participants are expected to attend weekly MYP & personal practice sessions at Yoga Jivana, log daily home practice sessions, and attend approximately 20 to 25 classes at Yoga Jivana as part of the ‘Observation & Learning to Adjust’ segments of the course. Full timetable made available upon commencement.

* Inclusive of GST and Administrative Fees
* Fees are correct at time of printing. May be subject to change.
* Proposed dates may be altered due to unforeseen circumstances arising.
ENROLMENT

Enrolment is required on a term by term basis.

Enrolment means the submission of a completed term enrolment form plus payment

All terms must be completed to progress through the STTY course.

It is the responsibility of the STTY Course participant to complete enrolments by the due date. If enrolment is not received by the due date, it is considered as a withdrawal from the STTY course.

STTY COURSE FULL FEE

- $10,000
- paid in instalments over two years, due approximately 12 days before each of the 15 terms which constitute majority ‘contact time’ and STTY Course subject delivery. Instalments also cover personal practices, study time and assignment submissions.

- Per Term Fee: $650 (includes gst & admin fees)

Applicable for each term (Term One to Term Fifteen)

All fees apply to all terms, including any term not attended by a participant due to unforeseen circumstances. (*Manuals are provided if a term is not attended)

- Entrance Assessment and Internal Assessment Fee: $125 each (includes gst & admin fees)

- Provisional Terms: $400 (includes gst & admin fees)
ADDITION FEES

External Fees
- BKS Iyengar Yoga Association Membership Fees
- Cardio-Pulmonary Resuscitation – CPR – Course Fee
- Anatomy & Physiology – A & P – Course Fee (*Exemptions may apply)
- Essential Anatomy 5 app - $35 (aprox.). Available via the App Store or similar.
- BKSIYAA Assessment Fees.

STTY Course Continuation
The two year time frame for the STTY Course may change to include Provisional Terms in the following instances:
- Not chosen for candidature at BKSIYAA Assessment.
- Non Pass at Introductory Level BKSIYAA Assessment.

In such circumstances Provisional Terms will be offered to those wishing to continue the STTY Course. NOTE - Provisional Term Fees Apply - $400 per each Provisional Term
- Inclusive of - Personal Practice - My Yoga Practice - Class Observation

Coaching Sessions outside the course framework
Available throughout STTY. Fee $200 per session 1.5-hours.
- Suggested to those not managing the Daily Practice or study workload.
- Additional guidance and inspiration.
"Words cannot convey the value of Yoga; it has to be experienced"

- BKS Iyengar -
CONTACT

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          Northcote

Yoga Jivana is an Iyengar Yoga Institute