

BKS Iyengar
YOGASHALA
MALAYSIA



YOGA

darśanam

Exploring Life through the vision of yoga



1 FOCUS
ON ONE'S
OWN SELF

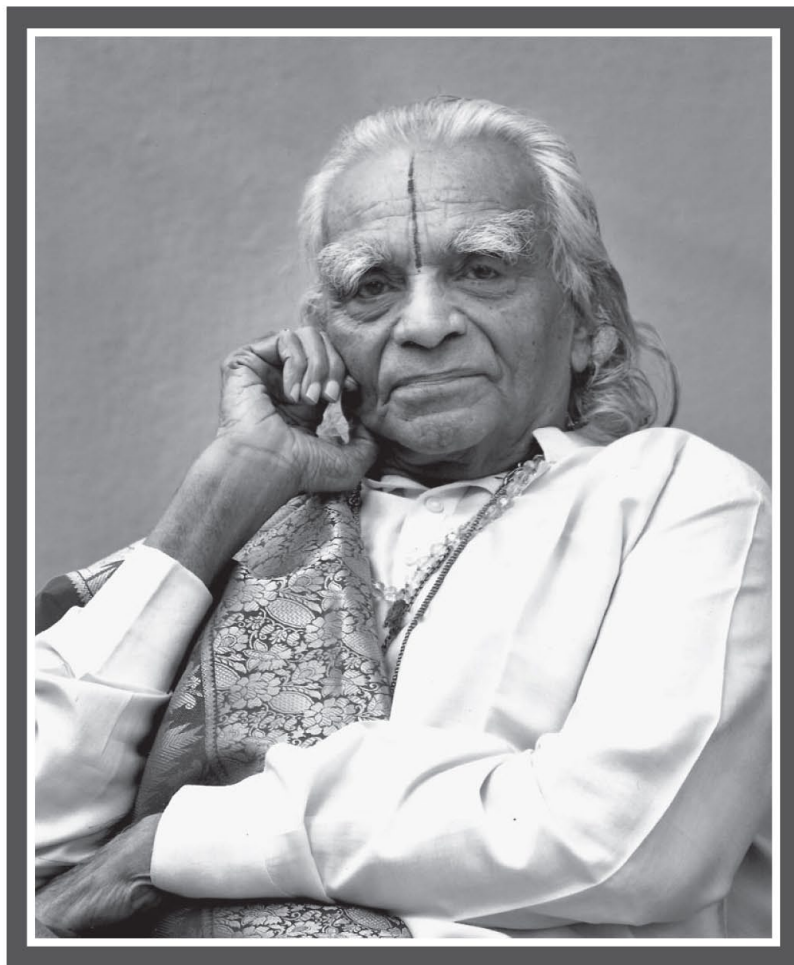
2 YEARS
INTENSIVE
COURSE

3 SPIRITUAL
INTENSIVE
RETREATS

400 HOURS
OF DIRECT
STUDY

YOGA **darśanam**

Exploring Life through The Vision of Yoga



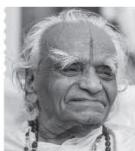
My ending
should be **your** beginning

- Gururji B.K.S. Iyengar

A COMPLETE COURSE FOR DEDICATED YOGA PRACTITIONERS AND ASPIRING YOGA TEACHERS.

Yoga has been seen as a tool to improve health or as a tool to heal Ailments. But our forefathers practiced yoga as a way of living. Because yoga was not practiced to cure the pain but it is practiced to avoid the pain which is yet to come. By this way our great yogis has given a strong message to the world to adopt yoga lifestyle to lead a happy and peaceful life.

This intensive course has been designed with the aim of exploring that lifestyle. Though you can aspire to become a teacher through this program (need to be graduated through assessment), the aim of this course is not to prepare just to gain a certificate. Because, without practicing and experiencing, sharing this knowledge will not bring desired results.



Body is a part of the mind, mind is a part of the body. These are interconnected and interwoven. Similarly all the eight yogic aspects are interconnected and interwoven when I teach asana or pranayama, I involve implicitly all the other aspects of yoga.

- Guruji B.K.S. Iyengar



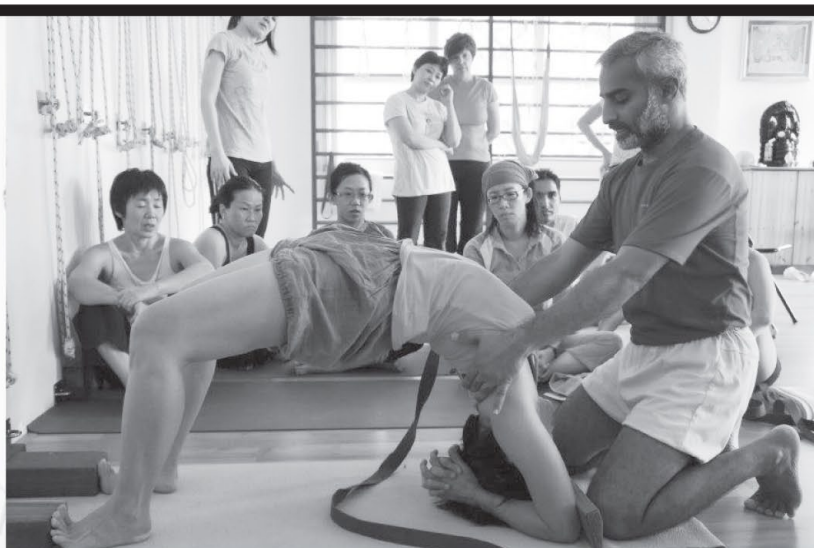
WHAT IS “YOGA DARSANAM” PROGRAM?

Darsana can be loosely translated as “auspicious viewing or auspicious sight”. How yogis viewed life is “yoga darsanam”. So viewing the life through the eyes of yoga is the aim of this “YOGA DARSANAM” program.

In SWAMI RAMA's words - "Yoga darsana is one of the most ancient darsanas. The word darsana comes from the root "drishyate anena" which means, “that through which you can see.” That particular system through which you can see Reality is called darsana. Just as you can see yourself in the mirror, so also, through yoga darsana, the yoga sutras, can you see the 'Self'. The ultimate goal of darsana is to see Reality"

This unique PROGRAM is designed to meet the needs of yoga students who wish to deepen their experience and understanding of yoga as well as for those who envision teaching and for those who already teach yoga, in the tradition of IYENGAR YOGA. This 2 years program is created with direct input and continuous guidance from IYENGAR FAMILY and swamiji's from various ashrams. The program offers studies with world's best teachers, along with a complete curriculum encompassing over 400 hours of training. The information provided below is a broad outline of the program and the commitment required in terms of time, energy and cost.

Although this program prepares you to appear for assessments of INTRODUCTORY LEVEL certificates, (which has international recognition), it is, more importantly, a journey of personal growth that furthers your own practice on a physical, mental and spiritual level. After gaining a firm theoretical and practical foundation, you will then integrate this understanding into the art of teaching yoga.



Yoga is the teacher of yoga; yoga is to be understood through yoga. So live in yoga to realise yoga; comprehend yoga through yoga; he who is free from distractions enjoys yoga through yoga."

- Sri Vyāsa Maharishi



WHAT I'LL LEARN THROUGH THIS PROGRAM?

Asana

A solid foundation on the principles and practice of Asana, which includes, working with props, asana for menstruation, introduction to basic therapeutics including injury prevention and management.

Pranayama

Understanding and exploring the principles & practice of life force (prana).

Yoga Philosophy

history & philosophy of yoga will be studied through Yoga Sutra's of Patanjali. Exploring other yogic texts like bhagavad gita, hatha yoga pradipika, shiva samhita etc.

Meditation

Basic principles of meditation and techniques to connect with your own self will be explored.

Basic Sanskrit Pronunciation & Chanting

Anatomy & Physiology

 as it pertains to yoga.

Teaching Methodology and Practice

Principles of teaching including sequencing, adjusting, observing, assisting, demonstrating and instructing in a clear and engaging manner. These will be taught through practice teaching with simulated classes of various formats from one-on-one to group classes.

(for those who wants to become teachers)

Yoga and Ayurveda

Yogic Diet & Nutrition.



Take up one idea. Make that one idea your life - think of it, dream of it, live on that idea. Let the brain, muscles, nerves, every part of your body, be full of that idea, and just leave every other idea alone. This is the way to success, that is way great spiritual giants are produced.

- Swami Vivekananda



Yama & Niyama – Understanding through the eyes of patanjali's yoga sutra	24 hours
Yama & Niyama in a yoga practitioner's daily life – an in depth study	24 hours
Introduction to Asana – Theory and practice	36 hours
Intermediate level asanas – Theory and practice	24 hours
Practicing asana – Intensive way	24 hours
Personal asana practice – Understanding one's own body and preparing personal sequence	12 hours
Review and deepening the whole ASANA practice	24 hours
Introduction to pranayama	12 hours
Awareness of breathing process and preparing the posture alignment to practice pranayama	12 hours
Basic techniques of pranayama – theory and practice	12 hours
Review of pranayama and personal pranayama practice	12 hours
Learning the art of teaching techniques	24 hours
Essential of visual and verbal skills	12 hours
Purpose & guidelines of demonstration of poses	12 hours
Role of a yoga teacher and relationship with students	12 hours
Theory and practice of physical adjustments	24 hours
Use of props	24 hours
Teaching of poses – one to one and small and large group	12 hours
Observation of yoga classes	24 hours
Apprenticeship – Being an assistant yoga teacher –Teaching under the guidance & supervision of yoga teacher	48 hours
Yoga therapy – Principle, practice and therapeutic application of yoga practice	12 hours
Introduction to meditation – Dharana and dhyana	12 hours
Techniques of meditation	12 hours
Review and analyze of personal meditation	12 hours
Yoga Sutras – A study of yoga philosophy based on Patanjali's Yoga Sutras through various commentaries	12 hours
Comparative study of various yogic texts like hatha yoga pradipika, shiva Samhita and patanjali's yoga sutra	12 hours
Bhagavad Gita – Gita in daily life	12 hours
Comparative study of various spiritual disciplines like yoga, Vedanta and Buddhism	12 hours
Anatomy I – The study of the skeletal, muscular and soft tissue structure of the vertebral column, pelvis and lower extremities	18 hours
Anatomy II – The study of the bones, muscles and soft tissue structure of the chest cavity, shoulder girdle and upper extremities.	18 hours
Physiology – How the body systems function – understanding the effect of yoga practice to these systems	18 hours
Yoga and Ayurveda – introduction to Ayurveda and it's relationship with yoga practice	12 hours
Yogic diet – Essential guide to adopt right ways of eating habits	12 hours
Basic Sanskrit – Introduction to Sanskrit and it's connection with asana names and yoga practice in overall	12 hours
Chanting – Patanjali invocation, yoga sutra chanting and other simple slokas to chant in day to day	12 hours



Knowledge is always something which is universal. It is not meant for one person. It is not individual, but every individual contributes. When knowledge goes in the right direction and ignorance is removed it takes all of us in the same direction. So I learn when you learn. When you feel and you understand, that gives knowledge to me. In a similar manner when I give knowledge to you, you also start to understand.

- Geeta S. Iyengar

HOW LONG THIS PROGRAM? WHEN AND WHERE?

In 2 years duration, we'll meet 6 times a year and each time 3 days will be spent together. (Mostly on weekends) Each day program will be around **8 hours**, including theory classes.

Tentative time-table:

7-9 am	– Session 1
10.30 to 11.30 am	– Session 2
12-1 pm	– Session 3
2.30 – 3.30 pm	– Session 4
4-7 pm	– Session 5

Additionally there will be two residential retreats of 4 days and one 10 days intensive retreat.

Commencement date is August 22, 2015

VENUE: All classes will be conducted at BKS IYENGAR YOGASHALA, Kuala Lumpur.
(Retreat venue will be informed later)

YEAR 2015

1. AUGUST – 22-24
2. OCTOBER – 16-18
3. NOVEMBER – 27-30

YEAR 2016

4. JANUARY – 22-24
5. MARCH – 11-13
6. MAY – 13-15
7. JULY – 1-3
8. SEPTEMBER – 16-18
9. NOVEMBER – 4-6

YEAR 2017

10. JANUARY – 6-8
11. MARCH – 3-5
12. MAY – 5-7



"The teaching of yoga is different from any other endeavor such as the teaching of music, art or academics. The study of yoga is an "adhyatma sadhana" (the study of one's own self). You are supposed to explore your own self, your mind, awareness, consciousness and conscience, your whole being".

- Prashant Iyengar



WHAT ELSE I'M EXPECTED TO DO DURING THIS PROGRAM?

- One or two classes in a week with residential teacher Nanda or a designated teacher are necessary.
- During this program we'll invite reputed senior Iyengar Yoga teachers from around the world. Though it is optional, very much recommended.
- Regular and punctual attendance to all classes is a mandatory requirement of this program. If absence is required due to illness or misadventure, this first needs to be detailed to the co-ordinator. The teaching panel reserves the right to issue the recommendation to assessment.
- You are expected to maintain your own personal practice (approximately 1.5 to 2 hours per day) either at home or at the Yoga studio.
- You will be required to read a range of Yoga books and prepare for a class discussion. You will also be required to submit short assignments, concerning teaching, practice, and common medical conditions of students, philosophy & other curriculum subjects and observing other teacher's class as well as assisting them.

Once you enroll for the program it is must to join as a member or associate member in the association of this region.



There is no end to education. It is not that you read a book, pass an examination and finish with education. The whole of life, from the moment you born to the moment you die, is a process of learning.

- Jiddu Krishnamurti



AM I ELIGIBLE TO ENROLL?

Students should have practiced Iyengar Yoga for at least more than 100 hours. Students with less than 100 hours of Iyengar yoga studies and studied other styles of yoga for many years who feel they are ready for this program should contact the teacher.

If you're from any other city or country, please get a referral from your Iyengar yoga teacher to verify your yoga practice.

This course is for those who would like to get into yogic way of living and for those who want to share their experience with others. We also welcome those wishing to deepen their understanding of the principles and practice of Iyengar yoga. Existing teachers wishing to re-visit the fundamentals of practice and teaching will find the course extremely valuable as well.

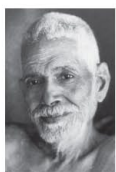
HOW TO REGISTER?

If you're interested to join this program, please fill the application form and send to **iyengaryogattp@gmail.com**. For further inquiries please call **+6012 320 4115** or write to **iyengaryogattp@gmail.com**

Registration can be done in person, by mail or by email with a registration fee of RM100 non-refundable.

Acceptance into the program is based on your application information;

Successful Applications: Upon acceptance into the course, students will need to sign the Student Agreement and submit the first payment.



Mind is consciousness which has put on limitations. You are originally unlimited and perfect. Later you take on limitations and become the mind.

- Ramana Maharishi



WHAT'S THE TOTAL COST OF THIS PROGRAM AND PAYMENT PROCESS?

Total cost of the 2 years program is RM 14,400/- (for more than 400 hours of learning which includes the teaching on retreats — accommodation and food payments need to be paid separately during retreats)

- First payment RM 4800/- should be made upon acceptance, before the first session
- RM 4800 — Before 4th session
- RM 4800 — Before 7th session.
- Students in need of financial assistance may contact the program coordinator.
- Registered students in this program are entitled to get discounts on regular classes and workshops held by BKS IYENGAR YOGASHALA. Please contact the office administration for class passes which you need to buy separately.

All the payments need to be paid through the following bank account:

Bank: **Public bank A/c no: 3170431601**

A/c name: **Rishi Management Associates sdn bhd**



*You can never change any person in the creation unless the other person wants to change.
You can only provide situations when the other person has an opportunity to change*

– Swami Dayananda Saraswati

FROM WHOM I'LL LEARN?



Sri Nandakumar is a certified Iyengar Yoga teacher and has been regularly studying at Ramamani Iyengar Memorial Yoga Institute (RIMYI), Pune with Iyengar family. His association with Late Guruji Sri B.K.S. Iyengar is always helping him to deepen his yoga practice. He initiated his studies in yoga in the early 1990's at the Sky Yoga Centre and at the Krishnamacharya Yoga Mandiram in Tamil Nadu, South India. He received his foundation in Iyengar Yoga methodology under the tutelage of Br. Rudradevaji in Rishikesh, at the foothills of the Himalaya and on the banks of the river Ganga. He further deepened his knowledge in Iyengar Yoga under Senior Iyengar yoga master Sri Ramananand Patel. He is not only a student of Yoga but one of Vedanta as taught by H.H. Swami Dayananda Saraswati and has lived and studied at the ashram for many years.

Sri Nandakumar imparts his knowledge in the practice of Iyengar Yoga with the wisdom of Vedanta in his classes, to create a holistic yoga experience.



Teaching yoga is a very difficult subject, but it is one of the best services you can do for human beings. Work, not as a teacher, but as a learner in the art of teaching.

- Guruji B.K.S. Iyengar



APPLICATION FORM

PERSONAL INFORMATION

First Name: _____ Last name: _____

Calling name: _____ Gender (Female / Male): _____

Permanent Address: _____

Current Address (if differs from permanent address): _____

City : _____ State : _____

Postal Code : _____ Country : _____

Phone No. : _____ E-mail : _____

Occupation : _____

Date of birth : _____ Place of birth: _____

Marital status: _____ Children : _____

Educational qualification: _____

1. Why do you want to participate in this program? _____

2. Describe what the Iyengar method is for or to you? _____

3. Describe your asana practice (pranayama practice also, if you have one). _____



APPLICATION FORM

Other workshops attended: _____

5. How long have you been a student of Iyengar Yoga? _____

6. Do you already teach any other form of yoga? ☐ Yes ☐ No

If Yes: a. What form of yoga? _____

b. When did you begin teaching? _____

c. How many classes do you currently teach per week? _____

7. Do you hold any yoga teaching qualifications? ☐ Yes ☐ No

If Yes, please specify _____

8. Do you have any past physical injuries, medical conditions or surgeries? ☐ Yes ☐ No

If Yes, please specify _____

9. Do you have any current medical condition that should be brought to our attention? ☐ Yes ☐ No

If Yes, please specify _____

10. Any other information or details

DATE: _____

SIGNATURE: _____