

Light on Yoga

International Systematic Basic Studies 1 + 2

ISBS* 1 + 2

Do not strive to become a good teacher,
but strive to become a good student."
(B.K.S. Iyengar)

Scope and Structure

B.K.S. Iyengar wanted yoga practitioners who wanted to become yoga teachers to become good practitioners first.

The education to become an Iyengar yoga teacher (**LOY**) should therefore primarily include the education and cultivation of one's own practice.

The basis is initially a two-year basic course of study which is devoted to the study of yoga in its entirety, as well as to deepening one's own practice.

Teaching takes place on Fridays (Advanced class) + weekend seminars, which take place approximately once a month, as well as one-week intensive seminar per year and the annual LOY Congress/Conference.

A total of 400 hours

In addition to the systematic and structured basic studies, the practical part includes also to study with a mentor in your country/city if possible at least one Yoga class weekly in the tradition of B.K.S. Iyengar of 90 minutes each (= 1.5 hours). Total: 120 hours

Basic Studies 1: from January 2024 to December 2024

Basic Studies 2: from January 2025 to December 2025

International Systematic Basic Studies 1 and 2

Basic Studies 1: a total of 200 hours

Basic Studies 2: a total of 200 hours

Goal: Deepening of one's own practice and its theoretical basis

Contents: āsana, prāṇāyāma, philosophy, anatomy, physiology

Basic Studies 1

Main focus on the first syllabus Introductory 1 from the old Pune Guidelines and extra asanas from the new Guidelines

Study of the respective āsanas and prāṇāyāmas, philosophy, anatomy and physiology

20 hours Philosophy: Historical overview, Vedas, Upanishads, haṭha-yoga-pradīpikā, Tantrism, Sanskrit basic terms

20 hours Anatomy and Physiology

- a) General Anatomy: Cells, tissues, joints,
- b) Specific anatomy of the musculoskeletal system - muscles and joints of the spine and abdomen
- c) Muscles of the shoulder girdle and shoulder joint
- d) Muscles of the upper arm and the muscle groups of the forearm

LOY Summer Academy 40 hours

LOY Annual Congress 20 hours

Goal: Deepening of the own practice and its theoretical basis

Study of the respective āsanas and prānāyāmas, philosophy, anatomy and physiology as well as mindfulness.

Basic Studies 2

Repetition of the first Syllabus Introductory 1 (see above: old and new Guidelines)

Study of the respective āsanas and prānāyāmas, extended and deepened by relevant asanas from Introductory 2 as well as the additions from the new Pune Guidelines.

20 hours Philosophy: Patañjali Yoga Sutras, Hatha Yoga Pradipika, Biography of B.K.S. Iyengar and the philosophical approach of Yoga in the tradition and lineage of B.K.S. Iyengar, Sanskrit basic terms

20 hours Anatomy and Physiology

- a) Specific anatomy of the musculoskeletal system: joints of the lower limbs: pelvis, hip, knee, ankle
- b) Anatomy and function of the muscles of the hip joint, thigh
- c) Anatomy and function of the muscles of the lower leg
- d) abdominal organs and digestive system
- e) Organs of the thorax (heart and lungs), circulation and respiration

LOY Summer Academy 40 hours

LOY Annual Congress 20 hours

Study of the respective āsanas and prānāyāma techniques, extended and deepened by relevant āsanas from Intermediate Junior and Senior as well as additions from the new Pune Guidelines as well as mindfulness.

The registration obliges the student to pay the respective fees.

The costs for the two-year basic course amount to 4000.00 Euros, payable annually (2,100.00 Euros) or monthly (185.00 Euros * 24) by S€PA direct debit mandate.

Cancellation

The student may only terminate the study contract in writing at the end of an academic year (i.e.: on 15th Nov.). The notice period is six weeks to the end of the academic year. Special arrangements are possible in the event of serious illness or a move from the catchment area. **LIGHT-ON-YOGA** reserves the right to terminate the study contract prematurely if the student will not achieve the training goal in the long term or if doubts arise as to his/her suitability for further study due to his/her behavior. This measure can only be decided upon by a decision of all lecturers in a joint discussion with the student.

Objective of *LOY* Studies

This fixed-book contract is Basic Studies 1 + 2 are a coherent, structured study of Yoga in the direct lineage of B.K.S. Iyengar with the aim of preparing students for the advanced course of study "Art of Teaching".

Participation in the basic course of study does not automatically imply admission to the advanced course of study "Art of Teaching".

Admission to the advanced study course "Art of Teaching" requires the recommendation of two lecturers of **LOY** in the subjects Āsana and Prāṇāyāma as well as the successful completion of internal examinations in the subjects Anatomy, Physiology and Philosophy.

Dates for the respective years:

9 Fridays: Advanced class followed by

9 Saturdays and 9 Sundays asana and pranayama +

Including: anatomy/physiology + philosophy

Summer Intensive

Congress

Extra events will be published