

Iyengar Yoga Association of the Netherlands

Information for Examination Candidates

INTERMEDIATE JUNIOR I Examination



2012

Contents

Welcoming Statement and Explanation

Conditions for Admission

Examination Requirements for the Intermediate Junior I Examination

Names of the Members of the Examination Committee/ address of the contactperson

Asanas for Intermediate Junior I

Welcoming Statement and Explanation

The examination committee of the Iyengar Yoga Association of the Netherlands is pleased with your interest in improving your certified Iyengar Yoga teacher level. The Iyengar Yoga Association has implemented in the Netherlands the international guidelines for examinations for the various teacher certificates and levels. Since 2004, the examination committee offers examinations for Teacher in Training and Introductory. From 2005 every year onwards, Intermediate Junior examinations have been held.

The examination committee hopes that this information package will clarify the examination procedure, so that everyone knows what is expected and what you have to know. Be free to refer to the examination committee for any of your questions. You will find their addresses in the information package. Your comments are vital to the continuing improvement of the examination procedures and for keeping this information package in good order.

The examination committee of the Iyengar Yoga Association of the Netherlands is in constant contact with Guruji, and works in accordance with his international guidelines. The committee is active in promoting national and international cooperation. This is a necessary contribution to maintain the quality and the tradition of Iyengar Yoga.

The Assessors

An assessor must have a teacher's certificate, teach on a regular basis, and be certified for at least one level higher than the examination level. The minimal requirement for examining Teacher in Training and Introductory is the Intermediate Junior I certificate; the minimal requirement for examining Intermediate Junior I and II is the Intermediate Junior III certificate; the minimal requirement for examining Intermediate Junior III is the Intermediate Senior I certificate. An assessor must have participated as a trainee in at least in two examinations for each level. The final decision to qualify a trainee rests with the most experienced assessors.

Guest Assessors

For the Intermediate Junior I, II, III examinations in March 2012, Sheila Haswell has been invited as experienced moderator. We are very happy that she has accepted our invitation.

Conditions for Admission

To be admitted to the Intermediate Junior I examination, a candidate must:

- Be trained by a certified teacher with minimum an Intermediate Junior III level
- Send in **one letter** of recommendation, so that the examination committee can judge whether the candidate is ready to apply for the level of Intermediate Junior I (a “training course” is not mandatory in order to apply for a higher level assessment). The letter of recommendation should come from the teacher who has trained you.
- Send in the **inscription form**. Both forms as well as this very “information package”, you can download from the website under “downloads”: www.iyengaryoga.nl
- The **address** of the contact person for this exam is: Pauline Daniels, Bilderdijkkade 36 III, 1053 VD Amsterdam. **The ultimate date of inscription is: 2012 January 21st.** (Read down on page “Theory exam” how to continue with the theory exam.)
- Possess an Introductory II certificate for at least 18 months.
- Possess the Trade Mark.
- Be a member of the Iyengar Yoga Association of the Netherlands
- Pay the examination fee of € 150.00
- Reside in the land where the examination takes place.

Examination requirements for Intermediate Junior I

Basic Guidelines for Teachers of Yoga by B.K.S. Iyengar and G.S. Iyengar has study material for each of the readings and topics listed below. It is the responsibility of candidates to find the relevant parts of *Basic Guidelines* and use them as a study guide for this syllabus. Questions on the Written Exam, except for questions on anatomy, will be drawn from *Basic Guidelines*.

Reading (the Theory exam is a take home exam)

Books I (Samadhi Pada) and II (Sadhana Pada) in *Light on the Yoga Sutra of Patanjali*. Know the basic ideas that underlie these chapters.

What is written about every asana and pranayama on this syllabus and on the previous syllabi in the “hints and cautions, technique and effects” sections of *Light on Yoga*, “technique and effects” section of *Yoga a Gem for Women*, the “hints and cautions and techniques of Pranayama” sections of *Light on Pranayama*, and *Yoga in Action: Preliminary Course*.

Required Knowledge

1. Know the Sanskrit names and what they mean:
 - a. Kriya Yoga and its components
 - b. The three gunas
 - c. The five klesas
2. How to develop a sequence emphasizing certain types of poses
3. Know the following anatomy:
 - a. Structure (all parts) and function (all movements) of the shoulder joints (acromioclavicular, glenohumeral, and sternoclavicular joints)
 - b. Structure (all parts) and function (all movements) of the knee joint
 - c. General knowledge of the nervous, circulatory, digestive, respiratory, lymphatic and endocrine systems.

Requirements

- Be able to perform and teach the asanas and pranayama, belonging to the syllabus in question and the previous syllabi.
- Know and be able to implement the 5 steps of B.K.S. Iyengar’s teaching model:
 1. Introduce the asana by saying its Sanskrit name, and then the Dutch name.
 2. Demonstrate the asana.
 3. Perform the asana together with the students, while at the same time teaching and observing.
 4. Ask the students to do the asana on their own, to see what is wrong in their pose, to give them feedback by demonstration, rather than only theory.
 5. Observe whether the students respond and follow the instructions. The teacher should only introduce new points if the majority of the group understands the given instructions.
- Apply safe and effective teaching methods for the asanas within the syllabus in question and the previous syllabi, in accordance with the method of B.K.S. Iyengar.
- Know how to adjust the tempo and the sequencing of a lesson to the students’ capacities, how to effectively demonstrate the asana, how to give precise instructions, and how to maintain your presence of mind while teaching, to comply with the students’ needs, including older students and those with simple medical problems.
- Know the ethical guidelines for teachers.

Theory Examination (written) for Intermediate Junior I

To judge your theoretical knowledge, you will receive a questionnaire from Pauline Daniels, after you've sent your inscription forms (**ultimately 2012 January 21th**). You must fill out the questionnaire about your Intermediate Junior I yoga practice, and answer all the questions truthfully and completely. **Send this form ultimately 2012 February 19th, with four copies by certified post,** to contact person Pauline Daniels.

Names of the Members of the Examination Committee

Barbara Queirolo	Patrizia Semperboni
Berber Schönholzer	Pauline Daniëls
Kerry Reinking	Kristien Van Reusel

Address data contactperson:

Pauline Daniels
Bilderdijskade 36 III
1053 VD Amsterdam
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e-mailaddress: danielspm@kpnplanet.nl

Assesment: Intermediate Junior Level 1, March 2012

Teaching of inversions (candidates teach one student each):

Salambha Sirsasana, Salambha Sarvangasana. Eka Pada Sarvangasana, Halasana

Class teaching: candidates are to teach TWO of the asanas in the order listed below (5minutes teaching allowed for each asana: one Introductory asana and one Junior level 1 asana)

- Tadasana
- *Utthita Parsvakonasana*
- *Virabhadrasana 1*
- *Parsvottanasana*
- PRASARITA PADOTTANASANA 2
- **UTTHITA PARVA HASTA PADANGUSTHASANA** (with/without support)
- URDHVA PRASARITA EKAPADASANA
- *Uttanasana*
- ADHO MUKHA VRKSASANA (hands sideways; against wall)
- **PINCHA MAYURASANA** (against wall)
- *Salamba Sirsasana 1* (independent 6-8 mins)
- MAHA MUDRA
- ARDHA BADDHA PADMA PASCHIMOTTANASANA (2 mins each side; both hands hold foot, ref: Gem Plate 27)
- Paschimottanasana
- Baddha Konasana (1 min sitting, 1 min fwds)
- UPAVISTHA KONASANA (1 min sitting, 1 min fwds)
- UBHAYA PADANGUSTHASANA
- PURVOTTANASANA
- ARDHA MATSYENDRASANA 1 (entwining arms or with bent elbow)
- *Bharadvajasana 1* (final pose)
- *Bharadvajasana 2*
- GOMUKHASANA (final pose)
- EKA HASTA BHUJASANA
- LOLASANA
- SWASTIKASANA & SUPTA SWASTIKASANA
- URDHVA PRASARITA PADASANA
- JATHARA PARIVARTANASANA (legs bent)
- PARYANKASANA
- **BHEKASANA**
- *Adho Mukha Svanasana*
- *Chaturanga Dandasana*
- *Urdhva Mukha Svanasana*
- *Ustrasana*
- Dhanurasana & PARVA DHANURASANA
- URDHVA DHANURASANA (from chair)
- DWI PADA VIPARITA DANDASANA (chair support, interlocked hands behind head)
- *Salamba Savangasana 1* (8mins)
- SALAMBA SARVANGASANA 2
- EKA PADA SARVANGASANA
- **HALASANA** (see plate 241 "Light on Yoga")
- *Halasana* & PARVA HALASANA (feet on floor)
- SETUBANDHA SARVANGASANA (dropping back)
- Savasana

Pranayama for Intermediate Junior I

44. Ujjayi (stages 5 to 8) 45. Viloma (stages 4 to 5) 46. Kapalabhati

NB Level 1 asanas are in capitals and the important ones in **bold**. The important asanas from previous levels are shown in *italic*.