

# Iyengar Yoga Association of the Netherlands

Information for Examination Candidates

## INTERMEDIATE JUNIOR III Examination



2012

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## **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 Introductory I and Introductory II. Since 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 Introductory I and II 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 III examination, a candidate must:

- Be trained by a certified teacher with a minimum of an Intermediate Senior I 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 III (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](http://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 Intermediate II certificate for at least 1 year
- Possess the Trade Mark.
- Be a member of the B.K.S. 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 III**

*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)**

1. Chapters 1 through 6 of the Bhadavad-Gita.
2. Book III (Vibhuti Pada) in *Light on Yoga Sutras of Patanjali*
3. 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. How to bring the teachings of Patanjali into the teaching of asana and pranayama
2. How to show and correct an action on a student in a class
3. How to modify poses, within the context of a class, for a student with a knee problem, back problems, or menstruation

### **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 III**

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 III yoga practice, and answer all the questions truthfully and completely. Send this **written exam ultimately 2012 February 19<sup>th</sup>, 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  
Bilderdijkkade 36 III  
1053 VD Amsterdam  
tel.: 020 6188319  
e-mailaddress: [danielspm@kpnplanet.nl](mailto:danielspm@kpnplanet.nl)

**Assesment: Intermediate Junior Level 3, March 2012**

**Teaching of inversions** (candidates teach one student each):

Salambha Sirsasana, Parsva Sirsasana, Parsvaikapada Sirsasana, Salambha Sarvangasana, Parsvaikapada Sarvangasana, Halasana, Parsva Halasana, Karnapidasana & Supta Konasana.

**Class teaching:** candidates are to teach TWO of the asanas in the order listed below , 8 minutes teaching time allowed for the Introductory/Junior level 1/ 2 asana and 7 minutes teaching time for the Junior level 3 asana

1. Tadasana	18. MARICHYASANA 2
2. Utthita Hasta Padangusthasana 1 & 2 (front, independent 1 & 2. Hand holding feet, final: head to knee)	19. ARDHA MATSYENDRASANA I (arm straight, hand holding foot)
<b>3. PARIVRTTA UTTHITA HASTA PADAN- GUSTHASANA</b>	20. PAROVA UPAVISTHA KONASANA
4. Parivrtta Trikonasana	21. PARIVRTTA UPAVISTHA KONASANA
5. Parivrtta Parsva Konasana	<b>22. PARIVRTTA JANU SIRSASANA</b>
6. Parivrtta Ardha Chandrasana	<b>23. PARIVRTTA PASCHIMOTTANASANA</b>
7. ARDHA BADDHA PADMOTTANASANA (classical pose)	<b>24. AKARNA DHANURASANA I &amp; II</b>
8. Uttanasana (full pose)	25. MALASANA 3 (arms round legs & back LOY pl 319, 320)
9. ADHO MUKHA VRKSASANA (palms fwd, then back like Mayurasana with hands apart & 45 cm from wall)	<b>26. KURMASANA 2 (arms extended backwards, pl 365)</b>
10. PINCHA MAYURASANA (palms down, then up)	27. EKA PADA SIRSASANA (leg round head)
11. Sirsasana (3 mins)	<b>28. BHUJAPIDASANA</b>
12. <i>Parsva Sirsasana</i>	<b>29. JATHARA PARIVARTANASANA (legs straight)</b>
<b>13. PARIVRTTAIKAPADA SIRSASANA</b>	<b>30. URDHVA DHANURASANA I (from ground)</b>
14. PAROVAIKA PADA SIRSASANA (foot to floor)	<b>31. DWI PADA VIPARITA DANDASANA (el- bows supported, feet on one foot high sup- port; then with feet on floor, knees bent. In- dependently.)</b>
15. Janu Sirsasana	<b>32. SETU BANDHA SARVANGASANA (up to Sarvangasana)</b>
16. ARDHA BADDHA PADMA PASCHIMOT- TANASANA (classical)	<b>33. URDHVA PADMASANA in SARVANGA- SANA (if possible)</b>
17. <i>Matsyasana in Padmasana</i>	<b>34. PINDASANA in SARVANGASANA</b>

35. Savasana

### **Pranayama Intermediate Junior III**

- Ujjayi XI and XII (to capacity without strain)
- Viloma VII and VIII
- Brahmari IV A and IV B
- Kapalabhati III
- Bhastrika III
- Savasana

N.B. Asanas from this level are in CAPITALS and the important ones in **bold**. Those important from a previous level are shown in *italic*. Assessors need to choose from the important asanas in **bold** of this and previous certificates to see if practice is maintained or not.