



The  
Inner Yoga  
Trust

# The Inner Yoga Trust

## IYT500 Teaching Diploma

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Prospectus

Year 1: The Structure and Practice of Yoga

Year 2: The Path of Yoga

Year 3: Passing the Teaching On

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**IYN**  
INDEPENDENT  
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## IYT500 Teaching Diploma Prospectus

The Inner Yoga Trust has been delivering yoga teacher training courses throughout the UK since 1993. Our courses are open to students looking to deepen and explore their personal practice and understanding of yoga, as well as those who wish to qualify as yoga teachers holding the highest professional 500 hour standard.

### What is Inner Yoga? The basis of our teaching

Inner yoga is movement from the core of our being. The body has the intelligence to know how it needs to move. The classical yoga postures, the asanas, originally developed from this intelligence. The structure developed for the asanas is known as Hatha yoga. Inner yoga takes these classical asanas, together with the philosophy of yoga and its spiritual aspects, and teaches them in a way that can transform the body, mind and emotions, touching the heart of our being.

This teaching asks you to be open, to experiment, to practice and to take yoga into your life. When yoga is taken in this spirit it brings you the ability to remedy all sorts of imbalances in the body, mind and spirit; it develops your intuition (tuition from within) to give you an inner understanding of yourself and others. It is from this place of inner knowing that we encourage our teachers to teach others, guiding them onto a pathway of self-help, self-responsibility and development of their own intuition through the practice of yoga.

### Scaravelli-inspired yoga

The term 'Scaravelli inspired yoga' was originally suggested by Diane Long, a student of Vanda Scaravelli for 25 years, as being a more appropriate way of describing her own teaching. The focus of this way of movement is based on the movement of the spine and the movement of the hips and shoulders. We bring this awareness of movement into our asana teaching, learning to strengthen and firm

the inner body, the core of our being, and to relax and soften the outer 'holding on'.

The Inner Yoga Trust has been influenced by the teaching of Vanda Scaravelli since 2000 through the direct teachings of Diane Long and Sophy Hoare, who were both long time students of hers.

## Inner Yoga Trust Accreditation

The Inner Yoga Trust is a Registered School with the Independent Yoga Network.

## Modular approach

The IYT500 diploma is structured into three independent modular courses that are each delivered over a period of one year. This modular structure allows you to complete the diploma over a time period suitable for your practice. In Years 2 and 3 all of the 290 contact hours are delivered in a residential retreat setting, providing the right environment for your journey of self-transformation, through the practice of yoga, to unfold.

A minimum of 350 hours of this 500 hour course are delivered as direct contact hours with the course tutor(s).

## Year 1: The Structure and Practice of Yoga

Minimum of 60 contact hours

The IYT Year 1 Structure and Practice of Yoga Foundation Course is delivered over five or six non-residential weekends. There is a focus on the different parts of the body, learning about anatomy as it applies to asanas (postures), whilst simultaneously working with whole body connections, combining a mix of asana practice with the theoretical teaching of anatomy. Throughout the year, the course introduces students to the philosophy of yoga, pranayama (breathing practices), meditation, the bandhas, mudras, chakras and the body-mind, Sanskrit, chanting and the history of yoga.

The course aims to develop and deepen each student's personal yoga practice and to support them in determining whether to continue on to the subsequent two years and the full diploma. It is suitable for students who have practised yoga for a minimum of two years.

## Year 2: The Path of Yoga

Minimum of 145 contact hours

Year 2 is a fully residential course comprised of five weekends and one week-long retreat. Throughout the year, students focus on their individual practice, anatomy and physiology as it relates to the yoga asanas (postures), together with the philosophy of yoga. Continuing on from the first year in developing the students' own understanding and practice of yoga, the course content includes yoga philosophy (the *Yoga Sutras of Patanjali*, the *Bhagavad Gita* and the *Hatha Yoga Pradipika* are some of the course text books), pranayama, meditation, mudras, bandhas, Sanskrit, chanting, satsang and introducing kriyas.

## Year 3: Passing the Teaching On

Minimum of 145 contact hours

Year 3 is also a wholly residential course comprised of five weekends and a week-long retreat. Throughout Year 3 the emphasis is on the teaching of yoga and the class structure as well as the role and responsibilities of being a yoga teacher and the degree of professionalism required. We believe that each of us can only teach from our own transformation – surrendering to the effects of yoga on the body, soul and psyche.

Students are welcome to attend both Year 1 and Year 2 for their personal development and to deepen their own practice and understanding of yoga. In order to qualify as a teacher and be awarded the IYT500 teaching qualification, students must complete all three years.

Please refer to each individual Course Syllabus for full details of the course content, its aims and objectives, specific course requirements and the full list of course text books.

### Why are our courses residential?

Students who complete our Year 2 and Year 3 courses benefit from receiving 290 contact hours that are delivered in an immersive, yoga retreat setting. The residential aspect is a fundamental part of our teacher training and is reflected in the depth of teaching given by our course tutors. The supportive and nurturing retreat environment, led by our experienced tutors, offers students the opportunity to experience on a personal level the transformational effects that yoga can bring.

The retreat venues we use provide peaceful and beautiful surroundings that are ideally suited to the deep nature of our work.

Venues are located in the UK/Eire and usually within the area in which the course is being taught.

Students have to make a significant commitment to making space in their day-to-day lives and attend the weekends and retreat weeks. It isn't easy to give ourselves this amount of time and space away from home especially when we may have demanding jobs, young children and/or partners, but the benefits of doing so are invaluable. You can find out more about the residential aspects and read some of our diploma graduates' personal experiences of the retreat structure on our website.

If you are considering whether to qualify as an IYT500 yoga teacher, you are welcome to join one of our informal retreat weekends. These are held separately from the diploma course weekends but follow the same structure. These retreats are attended by many of our teaching members throughout the year as part of their continuing training and practice. More information and online booking is available via the website.

## The idea of yoga as therapy

Many people use the term 'yoga therapy' – this term is not specifically used in our course as we feel that all yoga is therapy; that is, it is a way of working on oneself to release, heal and find our centre. The teacher is not a 'therapist' in that they are not there to 'fix' others, but through the development of their own intuition and understanding, they will gradually be able to 'see' how students can take responsibility for helping themselves and be able to help them set out a daily programme of practice in order to do that. We feel it is important that developing yoga teachers do not put themselves in the role of 'therapist', especially from the psychological angle, although this question is bound to surface and is covered in depth during Year 3.



## Teaching methods

Each course is an experiential process in which you as a student are engaged. The written work and practice that follows one weekend informs the next, and the subject matter of each permeates all aspects of that weekend's teaching.

### **The courses are taught through:**

- practical sessions, demonstrations, verbal instruction and constructive feedback
- partner work, group work and workshops
- philosophy: lectures, meditation on chosen passages followed by sharing and discussion of our individual experiences
- open forum and one to one tutorials
- students having responsibility for organising course venues (Year 3 only)
- informal question and answer sessions
- group interaction.

## Resources

Students receive a course information pack at the beginning of the course, plus study handouts at each weekend. Students are expected to bring their own mats, blocks, belts, blankets and copies of all the course text books. Tutors provide additional reference books, posters and visual aids to support the teaching.

## Written work

Correspondence and written work is also part of the course. The written work is not intended to show intellectual understanding nor is it required in order that tutors can judge students. It is intended as part of the process by which students take time to assimilate, understand and integrate what they are learning and to assist in the

development of their intuition. Reflective feedback is given on the written work. Full details are given in the course syllabus.

## Assessment

Student's assessment is continuous throughout the course.

## Costs 2018-19

### **Year 1 The Structure and Practice of Yoga Foundation Course:**

£580 - £790 (subject to course location) Payment terms are set by each course tutor. For those paying in full before the start date a discount may be available at the discretion of the course tutor.

### **Year 2 The Path of Yoga: £1,790**

### **Year 3 Passing the Teaching On: £1,790**

Year 2 and Year 3 course fees are payable by a non-refundable deposit of £593 on acceptance of your place and the outstanding balance payable by monthly standing order. A 5% discount is applied when paying course fees in full before the course start date.

Student membership of the IYT is a requirement for all students enrolled on our IYT500 course modules. All student members receive discounts on IYT workshops and retreats, regular eNewsletters, access to our Members Only section of the website giving access to many teaching articles and guidance documents plus 25-40% discounts with Yogastudio.co.uk.

### Course Fees include:

- all teaching fees including visiting and specialist teachers

- written and correspondence parts of the course (evaluation of your written work, replies to letters, emails and telephone conversations)
- personal interviews and one to one mentoring and support from your course tutor(s)
- all handouts and course administration
- access to our Members Only section of the website which includes many articles and guidance documents.

### Course Fees exclude:

- IYT student membership for Years 1, 2 and 3 - currently £15 per year
- Year 2 and Year 3 – accommodation costs of between £800 and £1,200 per year for the five weekends and one retreat week per year. These are kept to a minimum whilst allowing for reasonable comfort and the majority of venues offer various accommodation options to help reduce the overall cost, according to each student's needs. Your course administrator will help the group to set up a payments scheme for accommodation deposits, which are payable in advance of each weekend.
- student teaching insurance – currently £23 per year through our member discount scheme with Balens Insurance.
- Year 3 external assessment of your own class – £60 plus tutor's reasonable travel expenses.

### Help with your course costs

The IYT offers a small number of bursary awards that are funded by our Abundance Club. One bursary is awarded per course. Accommodation costs are not covered by the bursary scheme. If financial circumstances are preventing you from following a yoga

teaching path, please contact the course tutor. All applications are treated in strict confidence and are assessed on an individual basis by our board of trustees.

## How to register

Please contact the course tutor or administrator for the course you wish to enrol on to discuss the specific details relating to that course. You will be asked to complete an application form which you must submit to the course tutor and you may be asked to join one of their workshops in order for you to familiarise yourself with their teaching.

All current IYT500 course modules that are available are listed on the Events page of our website. Please contact the IYT Co-ordinator, Janis Binnie, if there is no course listed in your area as there may be one scheduled but not yet published.

## IYT500 Course Tutors and Support

### Diploma Course Principals and Tutors

All IYT course tutors attend regular classes and workshops with Diane Long or her students so the influence of Vanda Scaravelli's teaching is evident in all our asana teaching. Course tutors regularly meet together for practice and inspiration and undertake full CPD training.

#### Jenny Beeken, Course Principal

Jenny is co-founder of the IYT and author of six books on yoga and meditation. In 1979, having been teaching yoga to both staff and pupils at secondary school when she was meant to be teaching physics, Jenny travelled to India to study yoga under B.K.S. Iyengar. Her studies with him then, and subsequently in 1981 in London are still a source of great inspiration, knowledge and understanding.



Working with many leading and influential teachers she gained a deep understanding of the inner body, inner awareness, and movement, which has been developed through her own extensive practice. During the last fifteen years Vanda Scaravelli's influence has come through the teachings of Diane Long and Sophy Hoare. The emphasis in her teaching is on the balance of the inner energies and healing oneself and others through yoga.

## Pauline Sawyer, Course Principal

Pauline is co-founder of the IYT and has practised and taught yoga since 1979 and took her Iyengar Elementary Certificate in 1987. Her deep insight and understanding of the body and its link to the mind and spirit comes through her personal practice and extensive study of other disciplines.



Pauline's teaching is informed by her work with (and study of) Kofi Busia, Jenny Beeken, Victor Van-Kooten, BKS Iyengar, Diane Long (her current teacher) and Sophie Hoare. Her teaching demonstrates a deep understanding of the inner body, inner awareness and movement. Pauline brings her insight and intuitive awareness into her teaching, emphasising the balance of the inner energies and healing oneself and others through yoga.

## Bridget Whitehead, Course Tutor



Bridget has been practising yoga since 1989 and teaching since 1999. Most of her training has been with Jenny Beeken and Pauline Sawyer. Bridget is passionate about the healing effects of yoga and its ability to transform and change people's lives.

## Sue Peggs, Course Tutor

Sue has a creative approach to teaching both the physical body and the philosophy of yoga. She has trained extensively with the Inner Yoga Trust and also worked with Sophie Hoare. Through her teaching she aims to give people the feeling that they have connected with and moved both their body and mind.



## Lesley Charters, Course Tutor



Lesley has been teaching yoga since 2007, when she completed the IYT500 diploma. Lesley went on to train with the IYT for a further 6 years in order to train other teachers and is a visiting tutor on the IYT500 courses teaching the PPT module. Lesley taught chemistry in schools and colleges in the UK and abroad for the first 16 years of her teaching career. She is interested in the transformative effect that a regular yoga practice has on the mind, body and emotions.

## Sanskrit and Chanting Specialist Tutor

### Sarah Waterfield

From 2005 to 2012 Sarah was one of the IYT course tutors. Her current role with the IYT is as a specialist tutor teaching Sanskrit and Vedic chanting. Sarah has a life-long interest in language, sound and music and has taught the Chanting and Sanskrit modules on the IYT500 course since 2005.



In 2013 she completed an intensive two year course with the 'Sannidhi of Krishnamacharya Yoga' to become a teacher of traditional Vedic chanting. This thorough and traditional training has deepened her knowledge of Sanskrit, her understanding of the yoga texts, and also her teaching of sound and chanting. She continues to have regular teaching from her teacher Radha Sundararajan in South India. Sarah has a deep love, respect and enthusiasm for Sanskrit, sound and chanting as an essential and original aspect of yoga, a practice that can transform, educate, nurture and heal.

## Year 1 The Structure and Practice of Yoga Course Tutors

In addition to the diploma course tutors there are a number of experienced IYT500 tutors qualified to teach Year 1 of the course.

### Teaching Assistants

Course tutors are assisted by experienced IYT500 teachers who have completed the first stage of the advanced teacher training development programme. The tutors are supported by a course administrator, also a qualified IYT500 teacher, who is undertaking the first stage of our advanced teacher training programme.

### School Board

The School Board is responsible for the development and delivery of the IYT500 diploma, as well as all our other courses, including the verification of each course, development of the school's CPD requirements and CPD programme. There are currently six School Members who meet regularly and liaise with the Trustees, the Co-ordinator and our members. School Board members are Pauline Sawyer, Bridget Whitehead, Lesley Charters, Chris Wyeth, Rose Thorn and Jane Stockton.

### Board of Trustees

As a registered charity we are governed by a Board of Trustees. The trustees are extremely proud to be the entrusted custodians of the organisation and work closely with the School Board to ensure that the Inner Yoga Trust's unique way of teaching benefits as many people as possible and is effectively shared through its like-minded community.

### IYT Administrator

Danielle McCullough is the Administrator of the Inner Yoga Trust and can be contacted by email on [enquiries@inneryoga.org.uk](mailto:enquiries@inneryoga.org.uk).



## Requirements for qualifying as an IYT500 teacher

In order to qualify as an IYT500 teacher you must:

- attend the whole course, making up any missed study days on alternative IYT courses
- complete and submit all written work by the date set by the tutor
- comply with the course requirements regarding silence, non-consumption of alcohol and non-smoking during course attendance
- have paid all course fees and any accommodation costs
- have successfully passed an individual teaching assessment.

Qualification is subject to the tutor's continuous assessment and a relevant IYT course certificate is issued on completion of each of the three courses.

At the end of Years 1 and 2 your progress and readiness to continue on to the next course is discussed in your 1 to 1 interview with your course tutor. If you do not complete or pass a course, including the written work, you will not receive a certificate for that course. You may be given additional time and opportunities for completing a course.

IYT500 students are entitled to use the IYT500 Student Teacher accreditation mark during Years 2 and 3. On successful completion our teachers are entitled to use the IYT500 Accredited Teacher mark and can advertise their classes on our Members Only online class listings.

## Deferring

If your personal circumstances make it difficult to continue with the course you have started, it is possible to defer as long as you can complete the course within 4 years of starting it. If you defer, no refunds are due.

## If you decide to leave the course

On very rare occasions a student chooses not to complete a course. In these circumstances, you are asked to give one month's notice of your intention to leave by talking to your tutor in person or by phone and your decision then put in writing or email. If someone leaves the course early it affects the other members of the group so you are also asked to contact them and let them know you are leaving. Course fees are non-refundable although individual circumstances will be taken into account.

## Equal Opportunities

The Inner Yoga Trust treats all students in an open and fair way free from partiality and prejudice. We welcome applications from anyone regardless of ethnicity, sexual orientation, age or disability. We will do our utmost to adapt our teaching to each individual's needs within our limited resources.

## Policies

**Alcohol and Recreational Drugs:** there will be no smoking, alcohol or recreational drugs during the weekends and retreat weeks (Years 2 and 3) as it works against the effect of yoga and it is unpleasant for others to be in close proximity. However ongoing support is given to those asking for assistance in this area.

**Note Taking:** we require that you do not take notes or use any recording equipment during the class as this can cause distraction to yourself and others causing students to miss the essence of the teaching.

**Mobile Phones:** you are requested not to make mobile phone calls, check messages or send texts during the silent times of Years 2 and 3 weekends and retreat weeks.

Catering: during the residential weekends and retreat weeks in Year 2 and Year 3 all meals are vegetarian.

## Support

Our courses are structured so as to provide each of our students with a supportive and nurturing environment as they grow and develop as yoga teachers and, for many, experience the deeply transformative aspects of yoga.

In addition to the one to one mentoring from your course tutor, during Year 2 and 3 you will choose or be assigned an 'anchor partner'. You are encouraged to connect and communicate with your anchor partner and fellow students between weekends. You are welcome to email or phone your tutors at any reasonable time during the course. Throughout the courses, students are supported by their teachers, course administrators and fellow students. Strong, supportive connections develop that often continue long after the course ends.

## Our Lineage

Although the Inner Yoga School does not have formal links with any specific teaching practice, there is a very specific tradition that we honour. This came from the teachings of *Shri T. Krishnamacharya*, down through his brother-in Law, *Shri B.K.S. Iyengar* who brought this teaching of yoga to the west through his teaching of the violinist Yehudi Menuhin.

Shri B.K.S.Iyengar and Shri.T.K.V.Desikachar both taught Vanda Scaravelli in Florence and Gstaad when they were visitors in her homes. Shri T.K.V.Desikachar is Shri T.Krishnamacharya's son.

## Acknowledgements

### **Joan Hodgson, Jane Malcomson and Sally Townsend**

All brought their considerable experience to bear in developing the school and its teachings. Their influence continues to be deeply felt within the Inner Yoga Trust.