

# Weekend Workshop and Teacher Training

with Randy Just in 2018

April 13-15 & June 22-24

Teacher Training

## Benefits of the course

- Effective communication
- Instructing clearly and succinctly
- Principles of sequencing
- Sharpening your skills of observation
- How and when to adjust students
- Methods for self-improvement
- Membership to the Iyengar
- Ability to teach refinements

## Program Requirements

To become a teacher in the tradition of B.K.S. Iyengar, it is necessary to have studied the method. You need to have a home practice and be devoted to the subject and willing to share it with students. You should be able to do all the asanas and pranayamas for your level of certification.

Students should attend weekly classes with a certified teacher or have at least 2 years of continuous study in the Iyengar method

## You must be a member of

The Iyengar Yoga National Association of the United States [www.iyngaus.org](http://www.iyngaus.org)  
The Iyengar Yoga Association of ( any regional chapter) like [www.iyase.org](http://www.iyase.org)

## Books required

Certification Manual - [www.iyngaus.org](http://www.iyngaus.org)

Light on Yoga & Light on Pranayama by B.K.S. Iyengar [www.iyngaus.org](http://www.iyngaus.org) or any book store

## Workshop open to students practicing yoga for one year

### Schedule

**Friday-** Workshop asana class 6:00pm-8:00pm **Open to all students practicing yoga for 1 year**

**Saturday** -Workshop asana class 10:00am-12:00pm **Open to all students practicing yoga for 1 year**

**Saturday** TT- 1:30pm-6:30pm

**Sunday-** Workshop asana and Pranayama 9:00-10:30 **Open to all students practicing yoga for 1 year**

**Sunday** -TT- 11:00am- 4:00pm

### Cost

TT & Workshop for both weekends Discounted price if received by February 1 \$ **450** after Feb. 1 \$**600**

TT only for one weekend \$**200**

Workshop for the 2 weekends only no TT- Discount price by February 1 \$**150**

**Or Pay per weekend \$45 for 2 hour workshop class or \$35 for 1 1/2 hour workshop class**



Randy Just is the director of the B.K.S. Iyengar Studio of Dallas. Randy is a certified Senior Intro 1 instructor and holds workshops and TT in his home town and cities all over the US. StudiOm is proud to host one of the most inspiring influential teachers around

His devotion to yoga and dynamic, precise teaching are apparent in every class and TT.

Join us for this fun filled weekend  
go to

[www.studiomyogaofms.com](http://www.studiomyogaofms.com)

to fill out application or

Contact Nichole

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