



How is IY a result of colonization?
 What is our role here & now? - not to exacerbate harm
 How do I bring the context/history into this space?
 How do we serve as gatekeepers or not?
 Explain WHY - Opening Statement

The Art, Science, and A Comprehensive Teacher Training, Apprenticeship, and Continuing Education Program

Hong Gwi-Seok CIYT Intermediate Senior I

2020 Dates:

Feb 7-9, May 8-10, Oct 2-4, Dec 4-6

Friday:

- 5:30-6:15pm Prāṇāyāma
- 6:30-8:30pm Āsana

Saturday:

- 1-3:30pm Āsana
- 4-5:30pm Yoga Philosophy
- 5:30-7 Pedagogy

Sunday:

- 11-1:30pm Āsana
- 2-3:30 Yoga in Society
- 3:30-5pm Pedagogy

An in-depth program for:

- Aspiring Certified Iyengar Yoga Teachers with **at least 1 year of recent and consistent Iyengar Yoga study**
- CIYTs preparing for higher levels of certification (up to Intermediate Junior III)

Important notes:

- If you are NOT an aspiring teacher, register for the **ASP Deep Study** track, which is open to all, and includes everything except Pedagogy.
- This program does NOT result in certification as an Iyengar Yoga Teacher. However, aspiring teachers will be actively mentored in preparation for certification (a multi-year process).
- Iyengar Yoga is a comprehensive method unto itself. This is NOT a program for teachers of other methods who wish to extract Iyengar methodology. The path of CIYT requires exclusive commitment to Iyengar Yoga.

**Pick up an application form at IYD or email kwisuk63@gmail.com.
 Contact Gwi-Seok if financial assistance is needed.**

TUITION FOR IYDC MEMBERS

(Nonmembers add 20%)

All 4 14-hour weekends \$600 / Single weekend \$180

Deep Study \$500 / Single weekend \$130

Āsana/Prāṇāyāma weekend workshops (3) \$80 / Single workshop \$35

Apprenticing teachers are expected to:

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| • Attend all ASP sessions: | 56 contact hours/year |
| • Register for and attend at least one weekly class: | 100 contact hours/year |
| • Assist weekly classes (at discretion of instructor): | 75 contact hours/year |
| • Assist Yoga Therapy class (at discretion of instructor): | 75 contact hours/year |
| • Practice daily at home and keep a log | 400 hours/year |
| • Keep up with reading and homework | 200 hours/year |

Total contact hours: 306 hours/year

Total non-contact hours: 600 hours/year

Required Books:

- LIGHT ON YOGA, BKS Iyengar
- PRELIMINARY COURSE, Geeta Iyengar
- INTERMEDIATE COURSE, Geeta Iyengar
- YOGA, A GEM FOR WOMEN, Geeta Iyengar
- LIGHT ON PRANAYAMA, BKS Iyengar
- LIGHT ON THE YOGA SUTRAS OF PATANJALI, BKS Iyengar
- TREE OF YOGA, BKS Iyengar
- LIGHT ON LIFE, BKS Iyengar

Highly recommended books:

- YOGA SUTRAS OF PATANJALI, Edwin Bryant
- Anatomy book of your choice
- Bhagavad Gita (required for Intermediate Junior teachers)
- Hatha Yoga Pradipika (required for Intermediate Junior teachers)

About Hong Gwi-Seok (aka Peggy Kwisuk Hong):

Practicing Iyengar Yoga since 1996 and teaching since 2001, Gwi-Seok is honored to teach regionally, nationally, and internationally. She pays great debt and homage to her teachers, Laurie Blakeney, Lois Steinberg, the Iyengar family in Pune, India, and many Senior Teachers in the USA and India. Also an activist, poet, dancer, and music-maker, she teaches Iyengar Yoga as a creative art form, a meditation, and a healing justice practice for ourselves and our communities. Her students describe her teaching as challenging yet compassionate, intelligent, and poetic. As a mentor, she provides rigorous, comprehensive feedback, while striving to be accessible and encouraging. She is committed to making the sacred art of Iyengar Yoga welcoming to all bodies, all abilities, and all income levels. Her yoga website is yoganun.weebly.com, and her poems and essays can be read at stillinsirsasana.blogspot.com. Follow her on social media at @iyengaryogagwiseok.

All sessions will take place at Iyengar Yoga Detroit, 2321 Caniff, Hamtramck, MI, 48212, www.iyengaryogadetroit.com. Iyengar Yoga Detroit Collective is a community-supported, member-driven cooperative, committed to making the practice and study of Iyengar Yoga accessible to all. We feature affordable classes with highly trained CIYTs (Certified Iyengar Yoga Teacher), for all levels and abilities, including several "Community Gift" (sliding scale) classes weekly for special populations. Questions: kwisuk63@gmail.com, 313-454-1401.