

IYENGAR YOGA

HEALTH & WELLNESS

- Enhance physical, mental and emotional well-being
- Apply philosophy and practice of yoga to reduce stress
- Become a qualified Iyengar Yoga instructor

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“The aim of yoga is to calm the chaos of conflicting impulses.”
– *Yogacharya B.K.S. Iyengar*

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“Your body exists in the past and your mind exists in the future. In yoga, they come together in the present.”

– *Yogacharya B.K.S. Iyengar*



WHAT IS IYENGAR YOGA?

Iyengar Yoga is a method of yoga whose practices have been mastered, defined and set forth by Yogacharya B.K.S. Iyengar. B.K.S. Iyengar, born December 14, 1918, is a world renowned yoga teacher from Pune, India who continues to write, teach, practice and inspire the millions who practice Iyengar Yoga throughout the world. B.K.S. Iyengar practices the classical form of yoga codified by Sage Pantanjali over 2,000 years ago. B.K.S. Iyengar is quoted as saying, “Words cannot convey the value of yoga. It has to be experienced.”

Iyengar Yoga uses asana (yoga postures) to develop awareness through movement and alignment of the physical body, and then evolves toward ever more subtle refinements and understanding. Students gradually learn safe yoga postures while enhancing their sense of physical and emotional well-being. Students are guided also in the practice of pranayama (breath regulation).

The Iyengar Yoga Institute at UC Riverside Extension is proud to be the first in the UC system to offer a sequential professional-level yoga curriculum developed in consultation with Yogacharya B.K.S. Iyengar.

BENEFITS OF IYENGAR YOGA PRACTICE

- Precision in yoga postures or *asanas* enhances physical and emotional well-being
- Alignment in an *asana* unites the body, mind and spirit and pain and injury is avoided
- Sequencing of an *asana* helps invigorate, calm and rejuvenate the body
- Time spent in an *asana* intensifies the effects of the poses within the individual
- Practice is open to everyone



All practice classes taught by
Certified Iyengar Yoga Instructors

IYENGAR YOGA PROGRAM CHECKLIST

IYENGAR YOGA, PART I (four quarters for a total of 8 units are required)	<input type="checkbox"/>
BASIC CONCEPTS OF YOGA 1 UNIT	<input type="checkbox"/>
CULTURAL HERITAGE OF INDIA 2 UNITS	<input type="checkbox"/>
PHILOSOPHICAL HISTORY OF FOUNDATIONS OF YOGA 2 UNITS	<input type="checkbox"/>
ANATOMY AND PHYSIOLOGY FOR YOGA, PART A 1.5 UNITS	<input type="checkbox"/>

FUNDAMENTALS OF YOGA

SPECIALIZED STUDY PROGRAM (14.5 units)

No previous experience is necessary.

IYENGAR YOGA, PART II (four quarters for a total of 8 units are required)	<input type="checkbox"/>
INTRODUCTION TO THE THEORY & PRACTICE OF PRANAYAMA (four quarters for a total of 4 units are required)	<input type="checkbox"/>
HISTORY OF INDIAN PHILOSOPHY, PART A 2 UNITS	<input type="checkbox"/>
HISTORY OF INDIAN PHILOSOPHY, PART B 2 UNITS	<input type="checkbox"/>
INTRODUCTION TO THE YOGA SUTRAS OF PATANJALI 2 UNITS	<input type="checkbox"/>
ANATOMY AND PHYSIOLOGY FOR YOGA, PART B 1.5 UNITS	<input type="checkbox"/>

YOGA THEORY AND PRACTICE PROGRAM (19.5 units)

Participants must have satisfactorily completed the Fundamentals of Yoga Specialized Study Program.

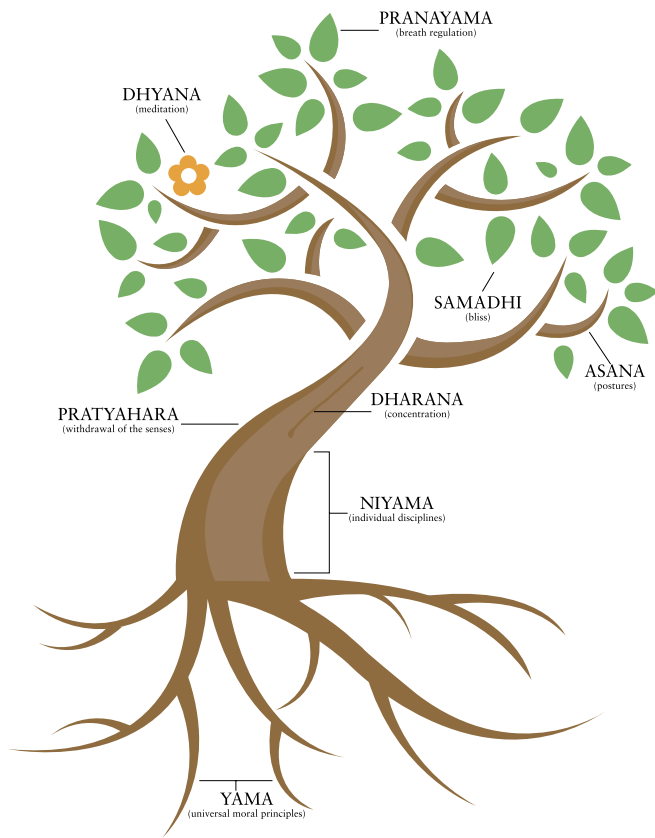
IYENGAR YOGA, PART III (four quarters for a total of 8 units are required)	<input type="checkbox"/>
PRANAYAMA THEORY AND PRACTICE (four quarters for a total of 4 units are required)	<input type="checkbox"/>
SURVEY OF SELECTED WORKS: BHAGAVADGITA 2 UNITS	<input type="checkbox"/>
ETHICS OF YOGA INSTRUCTION .5 UNIT	<input type="checkbox"/>
TEACHING IYENGAR YOGA POSTURES: STANDING POSES 2 UNITS	<input type="checkbox"/>
TEACHING IYENGAR YOGA POSTURES: SEATED & FORWARD POSES 2 UNITS	<input type="checkbox"/>
TEACHING IYENGAR YOGA POSTURES: INVERTED POSES 2 UNITS	<input type="checkbox"/>
YOGA WORKSHOP: YOGA FOR SENIORS .5 UNIT	<input type="checkbox"/>
YOGA WORKSHOP: YOGA FOR BACK PAIN .5 UNIT	<input type="checkbox"/>
YOGA WORKSHOP: YOGA FOR STRESS .5 UNIT	<input type="checkbox"/>
CPR AND BASIC FIRST AID 1 UNIT	<input type="checkbox"/>
SUPERVISED STUDENT TEACHING 3 UNITS	<input type="checkbox"/>

YOGA TEACHER TRAINING (26 units)

Participants must have satisfactorily completed the Yoga Theory and Practice Program.

PRACTICAL EXPERIENCE

The Iyengar method of yoga integrates the eightfold path of Sage Patanjali's Astanga Yoga to promote the physical, mental and spiritual well-being of humanity.



The curriculum is designed as a series of sequential programs that cover the theory and practice of the art, science and philosophy of yoga. The series of classes includes a specialized study program in the Fundamentals of Yoga and certificates in Theory and Practice and Teacher Training. The curriculum covers yogic philosophy, anatomy, physiology, history and Indian culture with a focus on the experience of actual practice.

Classes in the certificate programs are designed to prepare students for the Teacher-in-Training

assessment exam administered by the Iyengar National Association of the United States. All practice classes are taught by Certified Iyengar Yoga instructors.

Iyengar Yoga seeks a level of refinement that transforms the consciousness of each practitioner according to individual capacity and degree of effort. Whether you are interested in deepening your own practice or teaching yoga to others, this program will give you a solid foundation on all aspects of yoga.

General yoga classes open to all

- Beginning Iyengar Yoga
- Iyengar Yoga, Part I for those interested in an introduction to the Iyengar method of yoga practice
- General Iyengar Yoga practice class for those with one or more years of Iyengar Yoga

Workshops

A variety of yoga philosophy and theory classes designed for those interested in deepening their understanding of the foundations of yoga:

- Weekend workshops offered by senior Iyengar Yoga instructors
- Basic Concepts of Yoga*
- Cultural Heritage of India*
- Philosophical History of Foundations of Yoga*
- Anatomy and Physiology for Yoga, Part A*

* No previous yoga experience necessary

UNIVERSITY OF CALIFORNIA RIVERSIDE EXTENSION

PROGRAM INFORMATION

For more information about this program, please contact us at:

Phone: (951) 827-5801

E-mail: yoga@ucx.ucr.edu

Web site: www.extension.ucr.edu/yoga

“Individual growth is a must, and yoga develops each individual.”
— *Yogacharya B.K.S. Iyengar*

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