

Online study for Iyengar Yoga certified teachers. The timetables below name the subjects to be delivered each term. The material includes articles, audio class extracts and video study resources focussed to each subject. These subjects are self-directed learning units and can be enrolled sequentially to cover the full program in 3 years, or enrolled individually by term. Their aim is to deliver input and areas of focus for home study and practice.

Please note: the subject run aligned with the Professional development program offered by Yoga Mandir in Canberra. Online study should not be viewed as an alternative to hands on study with a senior teacher.

Subject timetable for 2016

Term	Code	Subject Description
2016 term 1 Tapas Year	P-01	Introducing pranayama
	SP01-08a	Standing asanas focus
	I-01-06	Inversions part 1
	T-Ph03	Kriyayoga part 2
2016 term 2 Tapas Year	P-02	Pranayama setups
	BB01-04	Backbends part 1
	I01-06	Inversions part 2
	T-Ph20	What is Yoga
	T-Ph02	Distinguishing features of Iyengar Yoga
2016 term 3 Tapas Year	P-03	Ujjayi lying
	SP01-08	Standing asanas part 3
	S01-02	Seated asanas
	T-Ph04	Twin pillars part 2
2016 term 4 Tapas Year	P-04	Viloma lying
	I01-06	Inversions part 4
	R01-02	Restoratives
	T-Ph09	Vrttis and Klesas
	T-Ph21	The link between asana and pranayama

Subject timetable for 2017

Term	Code	Subject Description
2017 term 1 Svadyaya	P-05	Bhramari
	T01-02	Twisting
	I01-06	Inversions part 1
	T-Ph06	Evolution/ Involution
	T-Ph11	Sequence, sheaths and sariras
2017 term 2 Svadyaya	P-06	Art of sitting
	FB01-02	Forward bends part 1
	BB01-04	Backbends part 2

	T-Ph19	Remedial assessment framework
	T-Ph22	Yogic imprinting
2014 term 3 Svadyaya	P-07	Ujjayi sitting
	SP01-08	Standing asanas part 2
	T01-02	Twisting
	T-Ph02	What distinguishes Iyengar Yoga part 2
	T-Ph05	Progression in understanding
2014 term 4 Svadyaya	P-08	Viloma sitting
	I01-06	Inversions part 4
	R01-02	Restoratives
	T-Ph10	Mind body breath
	T-Ph23	The conscious pause

Subject timetable for 2018

Term	Code	Subject Description
2018 term 1 Isvara Pranidhana	P-09	Kumbhaka
	P-13	Surya and Chandra Bhedana
	S01-02	Sitting asanas
	T-Ph01	Iyengar & Patanjali part 2
	T-Ph12	Conjunction and dissociation
2018 term 2 Isvara Pranidhana	P-14	Nadi Sodhana
	FB01-02	Backbends part 3
	I01-06	Forward bends part 2
	T-Ph24	Restraining citta
	T-Ph26	Prana and Pranayama
2018 term 3 Isvara Pranidhana	P-11	Digital pranayama
	I01-06	Inversions part 3
	T01-02	Twisting
	T-Ph19	Remedial assessment framework
	T-Ph07	Karmendriyas/ Jnanendriyas
2018 term 4 Isvara Pranidhana	P-10	Bhastrika Kapalabhati
	P-12	Anuloma/ Pratiloma
	SP01-08	Standing asanas part 4
	R01-02	Restoratives
	T-Ph25	Considering samyama