

Iyengar Yoga Napa Valley

Yoga Study Group – 2017

Expand Your Understanding of Yoga



Taught by Jaki Nett – Sr. Level Certified
& Allan Nett – Jr. Int. III Certified

Levels of Students:

- Preparing for IYNAUS Certification
- Continuing Second Year Yoga Proficiency
- Re-entry: (Students who have studied yoga and are re-entering into the Study Group)

- Sharpen Your Teaching skills
- Unravel the Mystery of Musculoskeletal Anatomy as Applied to Yoga Asana
- Pranayama and Yogic Philosophy.

MONTH	FRIDAY	SATURDAY	SUNDAY
JANUARY		14	15
FEBRUARY		18	19
MARCH	17	18	*
APRIL		8	9
MAY		20	21
JUNE **	16	24	25
JULY		15	16
AUGUST RETREAT: 4TH – 11TH (IYNAUS Candidates Are Required to Attend 7th – 11th.)			
SEPTEMBER		16	17
OCTOBER		21	22

* March meets on Friday & Sat. (only) ** June meets also on Friday: 9 - 12 noon, 2 – 5pm

Weekend Schedule

<u>Day</u>	<u>Course Title</u>	<u>Class Time</u>
Friday	Asana Practice	9:00 – noon
	<i>Lunch</i>	12 – 2pm
	Anatomy & Asana	2 – 3:30pm
	<i>Break</i>	15 min
	Yoga Philosophy	3:45 – 4:45pm
	Pranayama/ Q & A	4:45 – 6:00pm
Saturday	Yoga class	9 – 10:30am
	<i>Break</i>	10:30 – 10:45
	Yoga Philosophy	10:45 – noon
	<i>Lunch</i>	12:00 – 2pm
	Q & A	2:00 – 3:00pm
	Asana Practice	3:00 – 5:30pm
Sunday	Pranayama	9 – 10:00am
	<i>Break</i>	10 – 10:15am
	Asana Practice	10:15 – 12:30pm
	<i>Lunch</i>	12:30 – 2:30pm
	Yoga Philosophy	2:30 – 3:30pm
	<i>Break</i>	3:30 – 3:45
	Anatomy	3:45 – 5:00pm

110 Class Room Hours

Course work requirements for Students Preparing for IYNAUS Certification: (Iyengar Yoga National Association of the United States)

- Attend monthly Study Group classes.
- Attend a weekly class with Jaki or Allan (If this is not possible we will find a compromise)
- Establish a home practice.
- Set up and instruct a yoga class.
- Study the required reading set down by IYNAUS for Introductory Level Certification.
- Apprentice 12 classes
- Present Videos of (3) Classes recorded while you were teaching
- Pass in all assignments.
- Take a workshop approved by IYNV with a certified instructor.

Additional Preparation for IYNAUS Certification Requirements:

- **Have studied continually with a certified Iyengar Instructor for 3 years.**
- **Have passed in all required work for IYNV Year 1 Study Group or have studied in an Iyengar Yoga Teaching program.**
- **Become a member of IYNAUS.**
- **Cost \$2,700**

Continuing Second Year Yoga Proficiency & Re-entry Students

- **Attend monthly Study group classes.**
- **Attend a weekly class with Jaki or Allan. (If this is not possible, we will find a compromise)**
- **Establish a home practice.**
- **Set up a yoga class. (Optional)**
- **Complete all assignments.**
- **Cost \$2,500**

Absentee policy:

You are permitted to miss 4 class days.

All missed class days are to be made-up during the week day part of the August Retreat.

For more information Contact: jaki@iynv.com