

**IYENGAR YOGA ASSOCIATION
CONSTITUTION GUIDE
(PUNE 2004)**

Message from Guruji

As members are turning towards this method of yoga, I thought of framing a common constitution that can be followed by all Iyengar Yoga Associations and Institutes the world over.

It is not easy to work out a constitution that would satisfy all, yet a start has to be made and it is now ready.

As months and years pass on, new ideas may strike which can be incorporated after consultation with sister associations.

May this act as a key point for the growth of happiness and unity amongst us all and may yogic discipline grow under your capable and skillful cultivation of friendliness, compassion and gladness.

May I wish you all to experience the best of yoga and May Lord Patanjali guide you all.

BKS Iyengar
Pune 2004

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SOME IMPORTANT POINTS ABOUT THIS DOCUMENT

At long last the "standard guide for **All** Iyengar Yoga Associations" is finalised and here give to you. This document has been composed from already existing and functioning association constitutions, along with some adjustments that Guruji wishes to be present.

This document is intended as the “**base**” upon which Guruji requests all associations organise and structure themselves. It is **NOT** and **CANNOT** be the **ABSOLUTE/FIXED** way to organise all Associations. It is understood that there will be some differences from country to country according to the needs and the stage of growth in size and experience of each association. There may quite necessarily be differences in the way a country can incorporate these guides.

However, it is requested by Guruji that you endeavour to implement any changes and come into alignment with this document. It is also requested that you communicate with Guruji on any problems you have with doing that, in order that he knows and can guide your association. (*Guruji's comment – “Yes, here communication means amendment.”*)

This is **NOT** a **FINAL** document on Iyengar Yoga Association structure; over time it is inevitable that there will be further work, changes and refinement. For this Guruji requires the communication with those who are working with in the Associations. It is very important that you see this as a working guide and not a fixed set of rules and regulations.

We wish this to be a workable document, **NOT** a **RIGID** set of **RULES** and **REGULATIONS**, it is a way of structuring a situation that is workable for all, and meets the aims of the associations in furthering the work of Guruji, Yogacharya BKS Iyengar.

It is understood that some changes may require a formal application for a change in the way your association is registered in your country, it is understood that these changes can take up to a year for them to be ratified by you countries relevant authorising body.

COMMUNICATION is the key to making this work for the associations. Guruji wishes you to communicate with him, giving a clear account of any problems, questions and suggestions, **BUT** it is suggested that all the communications be clearly from your working Association or Association Committees, please **DO NOT** apply to Guruji on an individual basis. All correspondence and communication should clearly be from and on behalf of your fellow associates and Guruji's reply should be carried back and transmitted to those whom it concerns and to all members upon request.

IT IS REQUESTED THAT ALL YOUR MEMBERS (TEACHING AND NON-TEACHING) ARE INFORMED OF THIS DOCUMENT AND MADE AVAILABE TO THEM UPON THEIR REQUEST.

- a) Membership shall be **open to all practitioners of Iyengar Yoga in []**.
- b) Practitioners of Iyengar Yoga may join the Association in either of two ways:
 - i) by becoming a member of an affiliated Institute;
 - ii) by becoming an individual member;
- c) All members shall subscribe to the Association an annual sum (either through an affiliated Institute or directly to the Association) fixed in accordance with the provisions hereof shall be a member of the Association and shall be **entitled to attend and vote at general meetings** of the Association so long as the current subscription has been paid. **(or to vote via postal voting)**
- d) Teachers holding the RIMYI's teaching certificate and the Certification Mark must become teacher members of the Association and pay the teachers' professional subscription.
- e) An application for membership shall be in such form as the "Executive Council" may require and may be in different forms for different categories of membership.
- f) The Executive Council may at its discretion refuse to accept any person as a member of the Association.
- g) The Executive Council may terminate the membership of any person.
- h) A member whose subscription is more than three months in arrears shall cease to be a member
- i) The Executive Council shall maintain an up-to-date central record of all members and publish it annually.

4) REGIONS

This section is for countries where it is deemed that the membership would be better served if there were also regional associations.

- a) The Association shall be divided into Regions as defined from time to time by the Executive Council.
- b) All individual members of the Association shall be members of a Region.
- c) Individual members living near the border between Regions, or living in one Region and teaching in another shall have the right to make a choice of which Region to join.
- d) Any changes made by the Executive Council to the boundaries of the Regions and Regional representation shall be published in the next magazine and brought to the attention of the next Annual General Meeting.
- e) The Regional Representatives to the Executive Council shall constitute a Regional Forum. Arrangements may be made for the co-opting of additional Regional Forum members at the discretion of the Regional Representatives.
- f) Regional Forums shall act as conduits for information between the Executive Council and the members of their Regions.

5) INSTITUTES

Again, this section is for countries where it is deemed that the membership would be better served by properly constituted institutes in their region.

- a) Institutes of Iyengar Yoga in [] which are properly constituted, not-for-profit, democratically run, open to all practitioners and with aims and objects consistent with the Association, may affiliate to the Association.

- b) All the members of an affiliated Institute shall be members of the Association.
- c) Affiliated Institute members of the Association shall pay the basic annual subscription with their Institute membership subscription.
- d) Affiliated Institutes will:
 - i) collect subscriptions from their own members and forward the Association's portion to the Treasurer by a fixed date;
 - ii) provide a database of members' details to the Association by a fixed date;
 - iii) organise and fund proper elections for Institute Representatives by postal ballot;
 - iv) Distribute publications and other materials to their members as required by the Executive Council.
- e) Non-affiliated Institutes can subscribe as 'friends' of the Association.

6) EXECUTIVE COUNCIL: FUNCTION

- a) An Executive Council shall be elected to control and provide for the administration of the affairs of the Association and in particular to determine and give effect to the policies of the Association, in pursuance of the above Aims and Objects.
- b) The Executive Council shall authorise the appointment or the dismissal of any staff deemed necessary to the efficient running of its business and shall approve the job description, functions and remuneration of any staff so appointed.
- c) The Executive Council shall determine the budget of the Association and shall maintain proper accounting records and arrange for the preparation of annual statements of account for the Association.
- d) The Executive Council may appoint and pay such legal and financial advisors as shall from time to time be necessary for carrying out the work of the Association.

7) EXECUTIVE COUNCIL: MEMBERSHIP

- a) The Executive Council shall consist of (Regional) Elected Representatives and four Honorary Officers: Chair, Vice Chair, Secretary and Treasurer .
- b) Each Region shall elect Regional Representatives to the Executive Council:
 - i) One Representative from each affiliated Institute within that region with between 50 and 300 members, or two Representatives from affiliated Institutes with more than 300 members. These Representatives, hereinafter referred to as Regional Representatives (Institute), to be elected from the members of that affiliated Institute by postal ballot organised and funded by that Institute.
 - ii) One Representative of the individual members from each Region with between 30 and 60 individual members in the region, or two Representatives from Regions with more than 60 individual members. These representatives, hereinafter referred to as Regional Representatives (Individual), to be elected by postal ballot of all individual members in the Region organised and funded by the Association.
- c) Members in affiliated Institutes that are too small to qualify for a Regional

- Representative (Institute) will be eligible to vote in elections for the Regional Representative (Individual) in that Region.
- d) In Regions which have too few individual members to qualify for a Regional Representative (Individual), those individual members will be eligible to vote in elections for a Regional Representative (Institute) in a nearby affiliated Institute.
 - e) **Elections by postal ballot** shall be carried out in accordance with procedures decided by the Executive Council.
 - f) In the case of members being dissatisfied with election procedures in their Region, complaint may be made to the Executive Council
 - g) In order to be eligible to stand for election as a (Regional) Elected Representative, members must be either:
 - i) teacher members;
 - ii) non-teaching members who have
 - (1) signed a document affirming commitment in their Yoga practice to the Iyengar method only;
 - (2) practised for a period of at least 4 years;
 - (3) at the point of nomination, have provided the signature of their regular Iyengar Yoga teacher and listed their Iyengar Yoga teachers over the designated period.
 - h) **The majority of the members of the Executive Council shall be teacher members** of the Association. If this majority is not achieved by the normal election process the Executive Council may co-opt sufficient additional teacher members as full members of the Executive Council to achieve that majority.
 - i) A **significant minority** of the members of the Executive Council **shall be non-teaching members of the Association**. If this number is not achieved by the normal election process the Executive Council may co-opt sufficient additional non-teaching members as full members of the Executive Council to achieve that significant minority.
 - j) The Executive Council shall, from time to time, determine the number of non-teaching members it deems to be a significant minority.
 - k) (Regional) Elected Representatives shall be elected for a period of **three years** and shall be eligible for re-election for **1x further term**, thereafter there must be a **gap of three years** before they can stand for further election.
 - l) If a (Regional) Elected Representative resigns before the end of his/her three year term, the individual (or institute) members, as applicable, shall elect a **replacement by postal ballot**.
 - m) A member of the Executive Council shall cease to hold office if he or she:
 - i) becomes incapable by reason of mental disorder, illness or injury of managing and administering his or her own affairs;
 - ii) is absent without permission of the Executive Council for three or more consecutive meetings and the Executive Council resolves that his or her office should be vacated;
 - iii) notifies the Executive Council of his or her wish to resign.
 - n) The Executive Council shall maintain an up-to-date list of (Regional) Elected Representatives and publish it annually.
 - o) If a (Regional) Elected Representative is unable to attend a meeting of the Executive Council, the Regional Forum may appoint another Regional Forum

member as a substitute. This substitute will not have the right to vote in meetings of the Executive Council.

- p) It shall be the responsibility of the (Regional) Elected Representatives to report back to the members (of the Regions) on the discussions and decisions of the Executive Council and in return to convey local opinions to the Executive Council.

8) HONORARY OFFICERS

- a) The Honorary Officers of the Association shall be the Chair, the Vice-Chair, the Secretary and the Treasurer.
- b) The Honorary Officers of the Association shall be nominated by the Executive Council from within their own membership. Where more than one nomination is made for any position, the election shall be by postal ballot of all members of the Association.
- c) When a (Regional) Elected Representative is elected as an Honorary Officer, a further (Regional) Representative may be elected to replace them for the period of office of that Honorary Officer.
- d) Honorary Officers may hold office for **three years but can only hold that office twice**.
- e) The Executive Council may appoint such other officers as may from time to time be found necessary for carrying out the work of the Association.

9) MANAGEMENT COMMITTEE

- a) The Management Committee of the Association shall comprise the Honorary Officers of the Association and the Chairs of the Ethics & Certification Standing Committee and the Assessment & Teacher Training Standing Committee.
- b) The Management Committee shall manage the Association on a day-to-day basis in accordance with the policies and budget set by the Executive Council and report to each meeting of the Executive Council.
- c) Other Standing Committee Chairs may be co-opted as necessary by the Executive Council to be members of the Management Committee.

10) STANDING COMMITTEES

- a) There will be Standing Committees as determined from time to time by the Executive Council each with a designated task (see Appendix B).
- b) These Standing Committees will be made up of **members of the Executive Council** and of **co-opted members, subject to approval by the Executive Council**.
- c) The members of the **Ethics & Certification Standing Committee and Assessment & Teacher Training Standing Committee shall all be teacher members of the Association**.
- d) All members of the Standing Committees shall have equal voting rights within their committees.
- e) Chairs of Standing Committees shall be members of the Executive Council.
- f) Policy proposals by the Standing Committees shall be subject to ratification by

- the Executive Council.
- g) All members shall have tenure of **3 years** except the Ethics & Certification Committee and the Assessment & Teacher Training Committee, whose members shall have a tenure of **5 years**. **Members may stand for a second consecutive term, but there must then be a gap of 1x term before anyone can occupy the same position.**
 - h) All Standing Committees to meet as necessary but at least twice per year.
 - i) Any proposals by a Standing Committee to commit expenditure on behalf of the Association shall be referred to the Treasurer for approval before implementation.

11) GENERAL MEETINGS

- a) In each year there shall be an Annual General Meeting of the Association which shall be held not later than six months after the end of the financial year of the Association and such other General Meetings as the Association may determine.
- b) All members of the Association shall be entitled to attend and vote (**or vote by postal ballot with a return by date of those votes set by the Executive Council**) at all general meetings of the Association so long as the current subscription has been paid.
- c) Every Member shall have one vote.
- d) The normal business of an Annual General Meeting shall be:
 - i) to approve the minutes of the previous Annual General Meeting;
 - ii) to receive reports from Executive Council, Officers and Standing Committees;
 - iii) to receive and approve the accounts of the Association;
 - iv) to appoint a reputable firm of accountants to verify the accounts of the Association in accordance with [] law for the following year.
- e) Any other business at an Annual General Meeting and all business at an Extraordinary General Meeting shall be deemed to be special, and notification of it shall be circulated to members in the notice of the meeting which must be received by post at least 28 days before the date of the meeting, providing that accidental failure to notify any member shall not invalidate the meeting.
- f) Every matter shall be determined by a majority of votes of the members of the Association present and voting on the question but in the case of equality of votes the Chair of the meeting shall have a second or casting vote.
- g) Every matter shall be decided in the first place on a show of hands but the Chair may order a poll and must do so if requested by more than 15 members.
- h) 28 days notice of any General Meeting shall be given to each member by post, providing that the accidental failure to notify any member shall not invalidate the meeting.
- i) Motions submitted by members for consideration at a General Meeting shall be proposed and seconded and must be received in writing by the Secretary not less than 40 days before the meeting.
- j) An Extraordinary General Meeting may be called by the Executive Council or shall be called at the request, in writing, of not less than 10 percent of the membership of the Association. The proposals, in full, shall be placed before the

- Executive Council and sent to the members in the notice of the meeting.
- k) The quorum for any General Meeting shall be 60 members, including not less than 10 members of the Executive Council.
 - l) The Secretary or other person appointed by the Executive Council shall keep a full record of proceedings at any General Meeting.

12) FINANCE

- a) Members shall pay a subscription at such rate or rates as the Executive Council shall decide and the Executive Council may determine different rates of subscription for different categories of membership.
- b) The financial year of the Association shall be determined by the Executive Council.
- c) The Executive Council shall nominate a firm of reputable accountants to verify the accounts in accordance with [] law before they are presented to the Annual General Meeting.
- d) The Executive Council shall cause proper books of accounts to be kept with respect to:
 - i) all sums of money received and expended by the Association and the matters in respect of which such receipts and expenditure take place.
 - ii) the assets and liabilities of the Association.
- e) The books of accounts shall give a true and fair view of the affairs of the Association.
- f) The books of accounts shall be kept at such place and shall be available for inspection by any member at such time as the Executive Council shall decide.
- g) The Executive Council shall maintain such banking account or accounts in the name of the Association as it thinks fit into such of which as may be appropriate shall be paid all sums of cash for the time being belonging to the Association (other than petty cash not exceeding a sum to be agreed by the Executive Council). Cheques shall be signed by two members of the Executive Council who shall be office bearers.
- h) All sums of cash at any time standing to the credit of the said banking accounts and not required for immediate working purposes shall be invested by the Executive Council to any special trusts attached thereto any such sum may be invested in securities for the time being authorised by law for the investment of trust funds or in such other investments (including the purchase of freehold or leasehold land) as the Executive Council shall on the advice of its financial advisors given at the time of the investment select
PROVIDED as follows
 - 1) Subject as hereinafter provided an investment shall be so made that of the total funds of the Association then invested not less than half in value shall be invested in securities for the time being authorised by law for the investment of funds.
 - 2) Subject to the aforesaid limitations investments may be transposed as the Executive Committee acting on the advice of its financial advisors sees fit.

13) RULES AND STANDING ORDERS

- a) The Executive Council shall have power from time to time to make, repeal or alter rules, regulations and standing orders for the management of the Association and its affairs (including Teacher Training, Assessments and Certificates), for the division of the Association into Regions and the conduct of elections, for the conduct of business by the Executive Council or any Standing Committee and for any of the matters or things within the power or under the control of the Executive Council provided that the same shall not be inconsistent with this Constitution.
- b) A copy of any such rules, regulations or standing orders shall be appended to the Constitution and made available to the Association President Yogacharya BKS Iyengar and notice shall be made to all its members.

14) ALTERATIONS TO THE CONSTITUTION

- a) The Constitution shall be amended, either in whole or in part, only at an Annual General Meeting or at an Extraordinary General Meeting called for that purpose.
- b) Any alteration to the Constitution must receive the assent of not less than three-quarters of the members present and voting in person at the General Meeting.
- c) Notification and provision for postal voting must be made available to the members giving 28 days notification.
- d) Any decided alteration to the constitution shall be presented for approval to Yogacharya BKS Iyengar.

15) DISSOLUTION

- a) The Association shall be dissolved, following a proposal by the Executive Council, by either:
 - i) a resolution approved by three-quarters of members present and voting in person at an Extraordinary General Meeting called to dissolve the Association; or
 - ii) a resolution approved by three-quarters of members voting in a postal ballot.
 - iii) Or, at the insistence of the President of the Association, Yogacharya BKS Iyengar
- b) Any disposable assets remaining upon dissolution of the Association after satisfaction of any outstanding liabilities shall be given or transferred to the Light on Yoga Research Trust (Mumbai) or such other non-profit making Iyengar Yoga body as the membership may decide.

**RULES AND STANDING ORDERS OF THE
IYENGAR YOGA ASSOCIATION OF [**

]

1) FUNCTIONS OF OFFICERS

- a) The Chair has the responsibility for chairing the meetings of the Association and of the Executive Council, the Management Committee and the Planning Committee. The Chair has the responsibility for representing the work of Association to outside bodies. The Chair has the overall responsibility for co-ordinating the work of the officers and facilitating communication between the Standing Committees. The Chair shall sign the minutes when they have been agreed as a correct record.
- b) The Secretary has the responsibility for the administration of the Executive Council and the Management Committee and for calling meetings of the Association, Executive Council or Management Committee on agreed dates. The Secretary shall be responsible for keeping an accurate record of business conducted at any meeting of the Executive Council or any committee of the Association.
- c) The Treasurer has the responsibility for the administration of the finances of the Association in accordance with the instructions of the Executive Council. The duties include preparation of the annual budget in liaison with the Standing Committees, controlling expenditure to budget, chairing the Finance Committee, for proper keeping of the accounts of the Association and for having annual accounts reviewed and approved by accountants in accordance with [] law and accounting procedures. The Treasurer shall have the power to give receipts for monies received by the Association.
- d) The Vice-Chair shall work closely with the Chair and shall help the Chair with the performance of his or her office. In the absence or disability of the Chair, the Vice-Chair shall assume all the duties and powers of the Chair. The Vice-Chair shall assume other duties and powers for the Association as may from time to time be assigned to him/her by the Executive Council.
- e) **There will be a 3 year cycle of elections for Honorary Officers (Year 1: Chair and Vice-Chair; Year 2: Treasurer; Year 3: Secretary).**

2) MEETINGS AND PROCEEDINGS OF THE EXECUTIVE COUNCIL AND THE STANDING COMMITTEES

- a) The Executive Council shall hold a minimum of three meetings per year and not more than five months shall elapse between such meetings.
- b) A special meeting may be called at any time by the Chair or by any two other members of the Executive Council together with an Officer upon not less than 14 days notice being given to the other members of the Executive Council of the matters to be discussed but if the matters include the appointment of a co-opted member then not less than 21 days notice must be given.
- c) There shall be a quorum when at least one third of the number of members of the Executive Council for the time being are present at a meeting provided at least one half of the regions are represented.
- d) Every matter shall be determined by a majority of votes of the members of the

- Executive Council present and voting on the question but in the case of equality of votes the Chair of the meeting shall have a second or casting vote.
- e) Every matter shall be decided in the first place on a show of hands but the Chair may order a poll and must do so if requested by more than five members.
 - f) If the matter is the election of a representative to the Executive Council, or a change in the Constitution of the Association then there must be provision made for a postal ballot.
 - g) The Executive Council shall keep minutes, in books kept for the purpose, of the proceedings at meetings of the Executive Council and any Standing Committee.
 - h) The Executive Council may from time to time make and alter rules for the conduct of their business, the summoning and conduct of their meetings and the custody of documents. No rule may be made which is inconsistent with this Constitution.
 - i) One third of the (Regional) Elected Representatives shall be elected each year for a three year term.
 - a) The Executive Council shall determine which Regional Representatives shall be elected in each year, taking account of the need to ensure that, in those Regions where there are two or more Representatives, their terms of office should not be concurrent.
 - j) Standing Committee minutes will be circulated to the Management Committee and all Standing Committee Chairs, and the administrator, by the relevant Standing Committee Chair. They will be posted on the web site after approval by the Executive Council.
 - k) The Chair of the Executive Council will be responsible for overseeing communication between Standing Committees, in particular ensuring the consistency and harmonisation of their recommendations.
 - l) (Regional) Elected Representatives shall communicate concerns and feedback from the general membership to the relevant Standing Committee. If the members are not satisfied with the response of the Standing Committee, the Regional Representative may ask the Chair or Secretary of the Association to place the item on the agenda of the next meeting of the Executive Council.
 - m) Members of the Executive Council and Standing Committees shall be indemnified whilst carrying out their duties for the Association.

3) INSTITUTES

- a) **Affiliated Institutes shall distribute the magazine of the Association (unless subscribing to the Association mailing service).**
- b) **Institutes not wishing to affiliate to the Association may subscribe as Institute Friends of the Association for a small annual fee to be set by the Executive Council. This will not entitle their members to be members of the Association nor allow the institute representation on the Executive Council. They will receive information concerning conventions and other events and will receive 2 copies of the magazine of the Association for their Institute and will be entitled to a free listing in the magazine.**
- c) **Institute Friends of the Association shall be required to make individual membership forms and other materials freely available to their members.**

4) REGIONS

- a) **Individual members of the Association shall indicate on their membership renewal form to which Region they wish to belong for that year.**

5) FINANCE

- a) **The Regional Representatives to the Executive Council constituting a Regional Forum shall maintain such banking account or accounts in the name of the Region as it thinks fit into such of which as may be appropriate shall be paid all sums of cash for the time being belonging to the Region. Cheques shall be signed by two members of the Regional Forum, at least one of whom shall be a member of the Executive Council.**
- b) **The Regional Representatives constituting a Regional Forum shall cause proper books of account to be kept with respect to all sums of money received and expended by the Forum and the matters in respect of which such receipts and expenditure take place.**
- c) **The books of account shall be kept at such place and shall be available for inspection by any member at such time as the Executive Council shall decide.**
- d) **The books of account shall be made available for inspection by the Finance committee at such time as the Executive Council shall decide.**

APPENDIX A:

**THE AIMS AND OBJECTIVES OF THE RAMAMAN1 IYENGAR MEMORIAL
YOGA INSTITUTE (RIMYI)**

1. To promote yogic education and impart yogic instruction for the development of and integration of human personality in all its aspects, physical, mental and spiritual, in accordance with the techniques evolved and developed by the Director, Yogacharya B. K. S. Iyengar, and as followed by Associate Directors Dr Geeta S Iyengar and Sri Prashant Iyengar.
2. To make proper arrangements for the teaching of Yoga and Yoga science.
3. To initiate aspiring individuals in Yoga irrespective of caste, colour, sex, religion and nationality.
4. To propagate the value of the yogic order of living to the intelligentsia and the masses in all forms of media without detracting from the dignity and value of the subject.
5. To initiate, encourage and guide in the works of methodology and techniques.
6. To print and aid in the writing of publications, books, articles, magazines and journals connected with the subject of Yoga.
7. To do all acts and things necessary to achieve the objects mentioned above either alone or in conjunction with any other person or institution.
8. To establish a library of Yogic literature.
9. To render Yogic advice and organise Yoga clinics where physical, nervous, and psychic disorders and diseases can be treated according to Yogic methods.
10. To arrange cultural and social programmes and/or Yoga performances on behalf of the Institute.
11. To make films either in black & white/or colour on Yoga Asanas, Pranayama and Meditation, with or without sound, and distribute the same for exhibition in schools

and colleges, educational institutions and elsewhere and/or making television films for the education and propagation of Yoga.

12. To train teachers and instructors in the science and art of Yoga, conduct tests, and award Certificates of merit to successful candidates.
13. To revive interest in the teachings of the ethical and spiritual philosophy of India.
14. To invite scholars, philosophers and others to give talks on Yoga.
15. To grant scholarships, or give monetary and/or other assistance, feeships, to students studying Yoga.
16. To give donations or contribute to any other public charitable institution.
17. To foster and develop correct meditative practice, and to make comparative studies in the meditative practices of East and West. In this way the Institute will contribute positively to the dialogue between different schools of philosophy.
18. To enter into agreements with other public charitable institutions or Trusts for running and conducting Yoga classes in conjunction with others and for the spread and propagation of the aims and objects of the Institute.

APPENDIX B:

STANDING COMMITTEES

ETHICS & CERTIFICATION COMMITTEE

The Chair of the Ethics & Certification Committee shall be a member of the Management Committee.

Duties:

- 1) To oversee the licensing of the Certification Mark to individual teachers in [].
- 2) To see that 60% of the income from the Certification Mark is sent to Yogacharya Sri BKS Iyengar or whoever else he nominates and the remaining 40% is used in whatever way the Association decides will spread the art, science and philosophy of yoga according to the teachings of Yogacharya Sri BKS Iyengar, subject to the approval of Yogacharya Sri BKS Iyengar or his nominee.
- 3) To undertake the administration of the Certification Mark and advise the Executive Council on infringements of persons or organisations unqualified to use it so that the Association can seek legal redress if necessary.
- 4) Arrange for the Service Mark for the association, and see that the fee is sent to Yogacharya BKS Iyengar.
- 5) To administer application for classes at the RIMYI in Pune.
- 6) To oversee the maintenance of high ethical and teaching standards for teachers and recommend to the Executive Council any action to be taken in accordance with the disciplinary procedures already in place.
- 7) To provide a forum for any complaints from within or outside the Association about any yoga-related conduct by members or the Association and implement a structured complaints procedure.
- 8) To provide a forum for any complaints related to the assessment or certification process and implement a structured grievance process with the approval of the Executive Council.

Membership:

- 6 (minimum 2 from Executive Council, preferably more), only Senior teachers ('Senior' defined as a minimum of Junior Intermediate Level II Certificate holder, and been to the RIMYI at least four times and one of those in the past 3 years, and has been successfully involved in assessment and teacher training). At least 2 members must have a full Part 3 Senior Intermediate certificate.
- Tenure 5 years

ASSESSMENT & TEACHER TRAINING COMMITTEE

The Chair of the Assessment & Teacher Training Committee shall be a member of the Management Committee.

Duties:

- 1) To have responsibility for the organisation of all assessments for each level as approved by Yogacharya Sri BKS Iyengar (Appendix C).
- 2) To appoint a Moderator to be the Assessment Co-ordinator, who will act as a collator of all information regarding all areas of assessment procedures (Appendix C). This appointment to be ratified by the Executive Council.
- 3) To propose the appointment of Moderators, which shall be ratified by the Executive Council.
- 4) To adjust the number of Moderators from time to time to cope with increases or decreases in numbers taking assessments.
- 5) To set a time limit on consecutive years of service of the Moderators
- 6) To require the Moderators to hold a minimum of two meetings a year to agree practical matters about the running of assessments. .
- 7) To oversee the appointment and training of approved Assessors from a list of suitably qualified candidates (see appendix C, clause 3).
- 8) To approve teacher applicants with the correct qualifications to run approved courses or to train teachers for certification.
- 9) To review teacher training procedures to bring them into line with the requirements of RIMYI and/or the requirements of national regulating bodies so long as these in no way contradict the requirements of RIMYI.
- 10) To organise in-service training for currently serving Assessors, Moderators and teacher trainers.
- 11) To from time to time, in accordance with rules laid down by RIMYI, review the requirements for candidates for teacher training.
- 12) To oversee the applications for teacher training courses throughout the [] to ensure that requirements for entering such a course are met.
- 13) To have the power to withdraw permission for individuals to train or assess teachers when standards are consistently not met.
- 14) To prepare teacher training programmes (to include requirements of the [] regulating authorities insofar as they are compatible with Iyengar Yoga teaching systems).
- 15) To liaise closely, and agree costs, with finance committee before cost of assessments is published.
- 16) To regularly seek feedback on assessment and teacher training from teachers at all levels of qualification.

Membership:

8 teacher members, with a minimum of 3 years Iyengar Yoga teaching experience (minimum 2 from Executive Council, preferably more; this Standing Committee to include at least 2 Moderators, 2 Assessors and 2 teacher trainers)

Tenure 5 years

ARCHIVES/RESEARCH COMMITTEE

(This committee is desirable but may not be practical in a small association, in which case those tasks may need to be taken up by other committees or volunteers)

Duties:

- 1) To record, store and manage data from the Chair, Treasurer, and any other relevant Executive Council member/standing committee. Also to collect, record and catalogue any information about Yogacharya Sri BKS Iyengar, Dr Geeta S Iyengar and Sri Prashant Iyengar and the RIMYI that the Executive Council finds necessary or as requested by the RIMYI.
- 2) Foster medical and psychological research and exchange research findings on yoga-related issues
- 3) Work with Finance Committee to secure funds and/or grants whenever possible.
- 4) To canvass the membership for ideas

Membership:

- 2 from Executive Council and some co-opted as necessary

COMMUNICATIONS COMMITTEE

Duties:

- 1) To produce a minimum of 2 magazines a year that will constitute the official journal of the Association for distribution to every member, as well as copies to the Association President.
- 2) To contact other associations
- 3) Draft any other leaflets, circulars, brochures, as required by the Executive Council.
- 4) Maintain the Iyengar Yoga Association web site.
- 5) Liaise closely with the PR Standing Committee.
- 6) Ensure that any articles, letters, publications etc. do not undermine the aims and objectives of the Association.

Membership:

- 4 members elected from the Executive Council and up to 2 co-opted members. The 4 Executive Council members constitute the Editorial Board of the magazine and website. If the Editorial Board fails to reach agreement on any editorial question then the matter shall be referred to the management committee of the Association which shall either make a decision itself or refer the matter to the Executive Council for a decision.

FINANCE COMMITTEE

The surplus and loss of conventions, and all fiscal responsibility shall be borne by the Association and be included in the functions of the Finance Committee.

Duties:

- 1) Financial fact-finding to advise the Executive Council of all matters relating to the financing of the Association's activities.
- 2) Preparation of the annual budget for presentation to the Executive Council and membership.
- 3) Research grants and other fund raising activities (in liaison with Archives/Research Committee).

Treasurer's Specific Duties:

- 1) Handle financial proposals & planning.
- 2) Chair committee.
- 3) In addition shall attend to those duties laid out under Rules and Standing Orders of the Iyengar Yoga Association of the [], Functions of Officers, paragraph c).

Administrator's Specific Duties:

- 1) Handle accounts.
- 2) Attend all meetings of this Standing Committee.

Membership:

- Treasurer, 1 other Executive Council member, and co-opted members.

EVENTS COMMITTEE

Again this committee is desirable but it depends on the size of the association

Duties:

- 4) Organise any conventions.
- 5) Co-ordinate events in [] if a teacher comes from India, or any other country outside the [], at the request of the Association.
- 6) The Committee will use local people to organise an event, with the Events Committee as co-ordinator, wherever possible.

Membership:

3 Executive Council members and 3 co-opted members

MERCHANDISING COMMITTEE

Desirable but depends on the size of the association.

Duties:

- 1) To be an outlet for Iyengar books & T-shirts (not including equipment) and shall operate on a not-for-profit basis.

Membership:

- 1 Executive Council member.
- co-opted members as necessary.

PUBLIC RELATIONS/PRESS COMMITTEE

PR will be a major activity for the Association and will be on the agenda of each Executive Council meeting.

Duties

- 1) Proactively to communicate the benefits of Iyengar Yoga to the public and the press etc.
- 2) Prepare a database of 'responses to specific questions' to be used as its source data.

This database to be approved by the Management Committee. Editorial guidance to be provided by the Management Committee.

- 3) Liaise closely with the Communications Standing Committee.

Membership:

- 3 Executive Council and one co-opted.

PLANNING COMMITTEE

The Chair of the Executive Council shall Chair the Planning Committee.

Duties

- 1) To keep the Association abreast of legislation and regulation regarding yoga your country.
- 2) To be the centre for creative thinking.
- 3) To be responsible for forward planning and policy by preparing 5-year plans for approval by the Executive Council.
- 4) To canvass membership for ideas.

Membership

- 3 Executive Council including an officer and co-opted members as necessary.

APPENDIX C

PROCEDURES FOR TEACHER TRAINING, ASSESSMENTS AND CERTIFICATES of the IYENGAR YOGA ASSOCIATION OF THE []

1) Certificates of the Ramamani Iyengar Memorial Yoga Institute

- a) The following are the grades of Certificate:-
 - i) Introductory Certificate Level II.
 - ii) Intermediate Junior Certificate, Levels I, II and III.
 - iii) Intermediate Senior Certificate Levels I, II and III.
 - iv) Advanced Junior Certificate Levels I, II, and III.
 - v) Advanced Senior Certificate Levels I and II.
- b) Each certificate has a separate syllabus and Members are expected to adhere to the syllabus appropriate to their certificate.
- c) Certificates are gained by:-

Either,

- (1) Demonstrating an adequate standard of practice, teaching and theory at an approved and authorised assessment of the Association.

d) Or,

- (1) Recommendation of
 - (a) the Ramamani Iyengar Memorial Yoga Institute;
 - (b) the Executive Council of the Association.

2) Grades and Levels of Certificates

- a) Introductory Certificate:-
 - i) The Introductory Certificate is graded into two parts, Level I and Level II.
 - ii) A minimum of six months to a year must pass before a candidate who has passed a
Level 1 Assessment may take a Level II Assessment.
 - iii) The Association's Provisional Introductory Certificate (Level I) is awarded only
upon attaining a Level I pass in an assessment so that they are then eligible to train to appear for Level II, which is a Ramamani Iyengar Memorial Yoga Institute (RIMIY) Certificate.
 - iv) Introductory Level I trainee teachers must complete Introductory Level II within two
years of completing Introductory Level I or they must retake the Level I Assessment.
 - v) The Introductory Certificate is intended for teaching generalised and public classes.
 - vi) Before the teaching of individual pupils, specialised classes, or the training of teachers is undertaken, higher Certificates are required.

A minimum of eighteen months must pass before an Introductory Level II Certificate holder may apply for Intermediate Junior Level I.

- b) The Intermediate Junior Certificate:-
 - i) The Intermediate Junior Certificate is graded into three parts, Level I, Level II, and Level III.
 - ii) Each part has its own syllabus and is separately assessed.
 - iii) Upgrading from Level I to Level II, or from Level II to Level III, will take place not less than six months after gaining the previous Level.
 - iv) Teachers may teach the level of Intermediate Junior syllabus belonging to each Intermediate Junior Level I, II or III assessment they have passed.
 - v) Only holders of Intermediate Junior Level II and higher certificates may conduct therapeutic yoga classes.

A minimum of eighteen months to two years must pass before an Intermediate Junior III Certificate holder may apply for Intermediate Senior Level I.

- c) The Intermediate Senior Certificate:-
 - i) The Intermediate Senior Certificate is graded into three parts, Level I, Level II, and Level III.
 - ii) Each part has its own syllabus and is separately assessed.
 - iii) Upgrading from Level I to Level II, or from Level II to Level III will take place no less than six months after gaining the previous Level.
 - iv) Teachers may teach the level of Intermediate Senior syllabus belonging to each Intermediate Senior Level I, II or III assessment they have passed.
 - v) Level III is also done by the governing body like all the other levels and not the Ramamani Iyengar Memorial Yoga Institute (RIMYI) in Pune.
 - vi) Regarding Intermediate Senior Level III, the Association can assess and revalidate at this level. Where the assessor is not available for Senior Intermediate Level III then Yogacharya B.K.S. Iyengar will assess that person, seeing their practice directly in Pune or they will send photos to Pune showing their practice and teaching of asanas from that level syllabus. The theory examination can be done in the U.K.

- d) The Advanced Certificate
 - i) This Certificate is only awarded on the recommendation of the RIMYI .

3) Teacher Trainers and Teacher Training Courses

Members of the Association may apply to the Executive Council or to the Assessment & Teacher Training Committee to run approved courses or to train teachers for the Association and B.K.S. Iyengar Yoga Teaching Certificates.

- a) Requirements for teacher trainers:
 - i) An Iyengar Yoga certified teacher qualified to train teachers must:
 - (1) Teach Yoga according to the methods set forth by Yogacharya Sri B.K.S. Iyengar.
 - (2) Not mix contradictory or incompatible elements from other disciplines in his/her teaching.
 - (3) Clearly distinguish Iyengar work from any related/associated/compatible disciplines he/she may draw upon, such as anatomy, physiology, philosophy.
 - (4) Acknowledge the governing influence of Yogacharya Sri B.K.S. Iyengar on his or her own yoga practice and teaching.
 - (5) Have attended classes at the Ramamani Iyengar Memorial Yoga Institute (RIMYI) at least four times and one of those in the past three years.
 - (6) Maintain a regular and consistent personal practice of Asana and Pranayama
 - (7) Be certified at Intermediate Junior Level II for at least two years or be certified at a higher level so there is a minimum of **one level gap between their certificate and those they are training**.
 - (8) Supply information about themselves and their proposed scheme of training.
 - (9) Have attended regularly to observe an existing teacher training class for 2 years and be approved by the class tutor.

Permission will normally be given by the Executive Council on the recommendation of the Assessment & Teacher Training Committee.

- b) The general criteria required to run courses to train teachers for the Introductory Certificate or to train teachers who wish to upgrade their certificate are any of the following: -
 - i) Introductory Certificate training courses
 - (1) An Advanced Certificate.
 - (2) An Intermediate Senior Certificate.
 - (3) An Intermediate Junior Certificate Level II which has been held for 2 years.
 - (4) Courses may also be conducted by any such members of long-standing and maturity as may from time to time be named by the Executive Council, in conjunction with the Assessment & Teacher Training Committee.
- c) The criteria for training teachers who wish to upgrade their certificate are any of the following:-

- i) Intermediate Junior Certificate Training:
 - (1) An Advanced Certificate.
 - (2) An Intermediate Senior Certificate.
 - (3) An Intermediate Junior Certificate which has been held for 4 years.

- ii) Intermediate Senior Certificate Training:
 - (1) An Advanced Certificate.
 - (2) Intermediate Senior Certificate holders who have been training teachers for 3 years, or who have held their Intermediate Senior certificate for 5 years.

NB If there is an area requiring a teacher training course and no qualified and authorised teacher is available then the senior-most teacher in that area should apply to the Assessment & Teacher Training Committee for assistance

4) Organisation and Running of Assessments

- a) The Assessment & Teacher Training Committee shall appoint from among its number an Assessment Co-ordinator to act as a collator of information regarding all areas of assessment procedure.

- b) Arranging the assessment:-
 - i) Candidates shall receive a letter notifying them of the date, time, venue, cost and format of the assessment.

- c) The Officers on the assessment:-
 - i) A Moderator shall be assigned to each assessment, on behalf of the Assessment & Teacher Training Committee , by the Assessment Organiser and on a rota system.
 - ii) The Moderator and Assessors shall not have tutored the assessees.
 - iii) Their duties shall be outlined to them, and they shall confirm their willingness to fulfil them.
 - iv) The Moderator - with the agreement of the Assessors - may modify the programme of the day.

- d) The size of the assessment:-
 - i) Number of Officers:
 - (1) There shall be one Moderator and three Assessors at the Introductory Assessments.
 - (2) There shall be one Moderator and two Assessors at the Intermediate Junior Assessments.

 - ii) Number of candidates:
 - (1) There shall be a minimum of 6 and a maximum of 8 on the Introductory Assessments.

(2) There shall be a minimum of 4 and a maximum of 8 on the Intermediate Junior Assessments.

e) Organisation of the assessment.

The Assessment Organiser shall notify the candidates, Moderator, and Assessors of the date and the venue of the assessment and make sure that each group of persons receives the relevant information.

i) Candidates shall:-

- (1) Receive their Theory questionnaires and other papers so that they can be completed and returned in good time.
- (2) Bring any papers or scripts not requiring prior submission to the assessment, making sure that they have been checked by the training course tutors.
- (3) Be made aware what the Assessors are looking for when assessing.

ii) Moderator and Assessors.

The Assessment Organiser shall:-

- (1) Ensure that Moderator and Assessors receive letters requesting their presence in good time.
- (2) Receive copies of the candidates' submitted completed questionnaires in good time.
- (3) Receive details and guidelines of the current format of assessments in good time.
- (4) Be provided with details regarding the officiating Moderator, other Assessors, the Assessment Organiser et cetera.
- (5) Ensure that the Moderator sends the names and addresses of the candidates, the results, and details of the Moderator, Assessors and Trainee Assessors to the assessment to the Assessment Co-ordinator.

iii) For the Assessment Day, the Assessment Organiser shall arrange for the following to be provided;

- (1) A suitable hall for the practice and teaching sessions;
- (2) Relevant marking forms and sheets for Moderator and Assessors;
- (3) Where required, a volunteer to call the poses for the practice session and to help keep the programme to time;
- (4) Arrangements for refreshments, which should be made completely clear in all correspondence to candidates, Assessors, and Moderator;
- (5) Suitable students to act as "guinea-pigs" for the teaching sessions;
- (6) A room for the Moderator and Assessors to discuss the assessment in private.

NB. During assessments, where candidates are found to be mixing methods of teaching, or where standards are found to be substantially below those expected by the Association, the Assessment & Teacher Training Committee shall be informed so that it can take appropriate action.

5) Officers responsible for overseeing assessments

- a) Moderators.
 - i) The Executive Council shall appoint, or cause to be appointed on the recommendation of the Assessment & Teacher Training Committee, Moderators to oversee the Assessments for Certificates.

- b) Criteria for Selection of Moderators.
 - i) The recommendations of the current Moderators shall by the Executive Council be sought when selecting future Moderators.
 - ii) A potential Moderator shall be mature, responsible and sincerely devoted to Iyengar Yoga .
 - iii) A potential Moderator shall hold the Advanced / Intermediate Senior Certificate.
 - iv) A potential Moderator shall be both actively involved in the Iyengar movement and the assessing of teachers.
 - v) A potential Moderator shall have had successful teacher training experience.

- c) At each approved and authorised assessment of the Association a member of the Panel of Moderators shall be present. The Moderators' duties are:-
 - i) to represent the Association and the Assessment & Teacher Training Committee,
 - ii) to supervise the running of the assessment,
 - iii) to ensure fairness, that is to ensure the declared standards of the Assessment & Teacher Training Committee are applied properly and impartially,
 - iv) to ensure that standards across the country are uniform,
 - v) to guide and assess Trainee Assessors and provide a record of their performance as an assessor to the Trainee Assessor and to the Assessment Co-ordinator.

- d) At each approved and authorised assessment of the Association, approved Assessors of the Association shall also be present. The Assessors are responsible for marking candidates according to agreed guidelines, and for recommending successful applicants for the Association's Certificates. If there is no agreement amongst the Assessors, the Moderator will discuss the disagreement with the Assessors and endeavour to reach agreement. In the event of no agreement being reached the Moderator's decision is final.

- e) Requirements for Assessors and Trainee Assessors
 - i) A Trainee Assessors for the Introductory Certificate shall:-
 - (1) Have held an Intermediate Junior Level II Certificate for a minimum of two years and be currently teaching.
 - (2) Obtain a signature from a teacher trainer or senior teacher before attending an Assessment as a Trainee. They shall be confirmed in this status by the Assessment & Teacher Training Committee.

- (3) Attend four Introductory Assessments over two years, two at Level I and two at Level II, where their practice marks are not included in the final result.
- (4) For assessing higher level certificates the trainee assessor must attend two assessments at each level as a practice assessment.
- (5) Obtain signatures of approval from at least two separate Moderators before their name can be submitted to the Assessment & Teacher Training Committee for instatement as a full Assessor.
- (6) At the discretion of the Assessment & Teacher Training Committee teachers who have tremendous maturity after teaching 10, 12 years or more are eligible to assess Introductory Certificates and train teachers for the certificate even if their own certificate level does not qualify.
- ii) For all other levels the Assessor shall be at least **a gap of one certificate level above the level being assessed** i.e. to assess at a Junior Intermediate Level II Certificate the assessor must be a Senior Intermediate Level I or above.
 - (1) All Assessors shall have attended classes at RIMYI 4 times and one of those within the past three years.

6) Format of Assessment Day

- a) General details for guidance.
 - i) Candidates will be separately assessed on their practice, teaching and theory, to ascertain the competence of each.
 - ii) Assessments consist of a theory, a practice and a teaching session. Though the theory section may be taken at a separate time.
 - iii) The asana practice will take approximately one-and-a-half to two hours.
 - iv) The teaching session will be conducted and assessed in two parts -
 - 1)The teaching of Sirsasana and Sarvangasana as required by the Moderator and Assessors.
 - 2)The teaching of other postures.
 - v) Candidates will be given postures to teach, chosen by the Moderator and Assessors, and their teaching competence assessed.

After the practice session there will be a short break for light refreshments. During this break discussion and marking of the asana session by the Moderator and Assessors will take place. The postures to be taught by the candidates will be chosen during this break.

- b) At the conclusion of the Assessment,
 - i) Introductory candidates will be sent their results by post;
 - ii) Intermediate candidates will be given their results after each Level I, II or III Assessment along with helpful remarks from the Moderator and Assessors about their performance;
 - iii) ALL candidates will later be informed in writing of the result of their Assessment, and a record kept by the Assessment Co-ordinator on behalf of

the Assessment & Teacher Training Committee.

- c) Particular details
 - i) The Introductory Assessment
A Level I or Level II pass is separately awarded for each of the asana and teaching sessions.
 - ii) The Intermediate Junior Assessment
Each Level of the Assessment will be separately assessed, and has a separate syllabus.
 - iii) The Intermediate Senior Assessment
Each Level of the Assessment will be separately assessed and has a separate syllabus.

7) Qualifications required of Candidates for Assessments

- a) The Association's certificates are normally awarded to candidates who have trained with an approved teacher trainer, and passed an approved Assessment.
- b) on passing an approved assessment and after having
The Introductory Certificate Assessment.
 - i) Before enrolling for teacher training the student shall have done a minimum of three years of study with a qualified teacher member of the Association .
 - ii) Before applying for Level I Introductory Assessment, candidates shall have been trained by a teacher trainer, who is approved by the Association, for at least 1 year and completed at least 60 hours of study. Before applying for Level II Introductory Assessment, candidates shall have continued on the course and completed a further 60 hours of study. (minimum 120 hours in total). It is not mandatory to have a "course" to get a certificate or to upgrade.
 - iii) In exceptional circumstances the Executive Council of the Association may waive part of these requirements.
- c) The candidate requires two recommendation letters, one from their teacher trainer and one from a senior assessor of the association who can see if their confidence is at the level for the examination.

NB. Candidates becoming pregnant during teacher training shall not continue on the training course

8) Finances of Assessments

- a) The assessment fee to be paid by candidates for each assessment shall be set by the Executive Council of the Association. This fee will be collected in advance of each Assessment, from each candidate, by the Assessment Organiser.
- b) The Assessment Organiser with the Treasurer shall reimburse the Moderator and Assessors with their expenses after the Assessment.
- c) Such expenses shall be deducted from the fees taken.
- d) Any monies remaining shall be sent to the Treasurer of the Association.
- e) Where there is a deficit, application may be made to the Executive Council for a

- refund, which shall be considered on its merits.
- f) Successful candidates shall have free teacher membership of the Association until the ending of the financial year.

9) Maintenance of Standards

- a) The Executive Council undertakes to actively dissuade unqualified persons or non-teaching members of the Association from using the name of Yogacharya Sri B.K.S. Iyengar.
- b) When necessary steps will be taken to inform suitable and relevant bodies.
- c) The Assessment Co-ordinator shall maintain, on behalf of the Association, the Executive Council and the Assessment & Teacher Training Committee, the following;
- i) A list of authorised teacher trainers and teacher training courses.
 - ii) A list of Moderators.
 - iii) A list of authorised Assessors.
 - iv) A list of Trainee Assessors.
- d) The Assessment & Teacher Training Committee, shall be responsible for additions to and deletions from the above lists.
- e) All lists are to be freely available to all members, shall be kept under constant review, and updated and printed in the Association magazine yearly.
- f) Where the candidates of a teacher trainer consistently fail the Association assessments, guidance shall be given to that trainer. Shall the failures continue, their name should be removed from the list of authorised teacher trainers.

NB An annual day for ALL teachers, teacher trainers, Assessors and Moderators shall be held to keep the Association's procedures under review. All approved teacher trainers, Moderators and Assessors are expected to make their best endeavours to attend.

10) Validity of Certificates

To hold a valid certificate all teacher members must;

- a) Be licensed by paying an annual fee for the Certification Mark.
 - b) Be members of the Association and be up to date with their subscriptions.
 - c) Undertake continuing education as required for the teaching certificate held, by attending;
 - i) classes at RIMYI,
- or
- ii) Yoga conventions and Yoga days organised by the Association,
 - iii) workshops or classes with senior teachers.

Failure to renew the Certification Mark or membership of the Association will mean that a Certificate becomes invalid. To be entitled to call themselves Iyengar Yoga teachers all teachers must be licensed through the annual purchase of the Certification Mark and be members of the Association.

11) Appeals in Assessments

The following procedure is to be followed in a dispute or grievance in the assessment procedure either by the association or by the candidate.

- a) If the Association is not satisfied with the evaluation made at the time of an assessment, it shall so inform the applicant. The applicant may within twenty (21) days thereafter by written notice to the Association request an explanation as to why the assessment panel has concluded that the applicant has not met the standard for certification at the level applied for and ask for a review of that decision by the moderator who oversaw the assessment.
- b) On receipt of a notice made under a), the Association shall require the moderator who was present at the applicants assessment, within fourteen (14) days, to discuss the decision with the applicant. Based on the scores of the marking sheets and the assessments panels notes, the moderator will explain verbally and in writing why the applicant did not pass the assessment.
- c) If the applicant is not satisfied he/she may appeal within fourteen (14) days to the executive committee of the Association, which will upon receipt of such appeal appoint a Certification Appeals Committee consisting of the moderator, an experienced assessor not present at the application's assessment and the president of the Association (the "CAC")
- d) The CAC will be entitled to ask for written reports prepared by the moderator and the assessor, as well as the marking sheets and any written reports from the assessors present at the relevant assessment.
- e) If, after consideration of all such information and after giving the applicant an opportunity to be heard, the CAC decides either that the assessment process was not carried out fairly or that the applicant does conform to the standard for the level applied for, then the Association shall grant a certificate at that level.
- f) If, having carried out the procedure outlined above, the CAC decides that the applicant does not reach the standard for the level for which the applicant has applied, the applicant will be informed that he/she has not passed the assessment. There will be no appeal from the decision of the CAC.
- g) Any applicant who does not pass assessment is entitled to make a future application and, if complying with the application requirements at that time and achieving the standard for the level for which he/she has applied will then receive a certificate for that level.

12) Disciplinary Procedures

- a) Any complaints and allegations relating to the professional conduct of teacher members of the Association will be investigated and the appropriate action taken in accordance with the Disciplinary Procedures set out in Appendix D.

matter further.

Duties and Powers of the Investigations Panel

- 4) The Investigations Panel shall cause inquiries to be made to establish the facts and circumstances of the matter by whatever means it considers appropriate including usually raising questions directly with the member : The member shall be informed upon the raising of any question with him/her that such questions are asked in connection with possible disciplinary proceedings.
- 5) The identity of the complainant in any case shall be made known to the member, unless the Investigations Panel determines that there are compelling reasons why the complainant should not be so identified, taking into account, inter alia, the need for the member to fully understand the case against him/her.
- 6) If, having undertaken appropriate initial inquiries, the Investigations Panel decides that there is no prima facie case for disciplinary action, it will inform the Chairman and the Secretary of the Executive Council and the Secretary will write to the complainant (where applicable) informing him/her of its decision.
- 7) The Secretary will also, at the same time (in cases where the member concerned was aware that the Investigations Panel was considering a matter relating to him/her) write to the member advising him/her of its decision.
- 8) If, on the other hand, having undertaken appropriate initial enquiries, the Investigations Panel decides that there is a prima facie case for disciplinary action, it will propose a course(s) of disciplinary action, will inform the Chairman and the Secretary of the Executive Council and the Secretary will write to the member setting out the following:
 - a) The conduct complained of;
 - b) The fact that, having undertaken appropriate inquiries, the Investigations Panel has decided that there is a prima facie case for disciplinary action;
 - c) Identifying the relevant ground(s) for disciplinary action in accordance with paragraph 2 above;
 - d) Proposing one or more courses of disciplinary action as set out at paragraph 9 below;
 - e) Inviting the member to reply, in writing, within 21 days from the date of the letter indicating whether or not he/she consents to the proposed course(s) of disciplinary action;
 - f) Advising the member that if he/she does not consent to the proposed course(s) of disciplinary action, the matter will be referred to the Disciplinary Tribunal;

- g) Inviting the member (if he/she does not consent to the proposed course(s) of disciplinary action) to enclose with his/her response his/her written representations, indicating if he/she would prefer the matter to be dealt with on paper or at a hearing.
- h) Advising the member that if he/she does not respond within the time permitted the Investigations Panel's proposal will stand as the decision of the Association.

Disciplinary Action

- 9) Any one or more of the following courses of disciplinary action may be proposed by the Investigations Panel (or ordered by the Disciplinary Tribunal in accordance with paragraph 24 below) as is considered appropriate having regard to the nature and seriousness of the matter, the member's character and past record and to any other circumstances considered to be relevant:
 - a) That a written warning or reprimand be given;
 - b) That the member be required to give a written undertaking to refrain from continuing or repeating the conduct in question;
 - c) That membership be suspended for such period as is considered appropriate, membership to be automatically restored at the end of such period: and
 - d) Expulsion from membership for such period as is considered appropriate, the expelled member being able to re-apply for membership at the end of such period.

In the case of (c) and (d) above, any teaching certificates in force must also be withdrawn for the period of suspension/expulsion.

- 10) Neither the member, nor the Association, may be ordered to pay the legal or other costs of the other party incurred in connection with these disciplinary procedures.

Member's Response

- 11) If, within the time permitted, the member consents to the proposed disciplinary action, or if he/she does not respond within that time, the Investigations Panel's proposal shall stand as the decision of the Association

Referral to Disciplinary Tribunal

- 12) If, within the time permitted, the member refuses consent, the Chairman of the Executive Council shall appoint a Disciplinary Tribunal to consider the matter either on paper (if requested by the member) or at a hearing.

Composition of the Disciplinary Tribunal

13) The Disciplinary Tribunal shall consist of three persons as follows:-

- a) One independent person who is not, and who has never been, a member of the Association ("the Independent Member").
 - b) The Chairman of the Executive Council, or another member of the Council appointed by the Chairman;
 - c) One Moderator who was not on the Investigations Panel considering the matter;
- ((b) and (c) together being "the Assistant Members")

14) No member of the Disciplinary Tribunal shall have or have had any personal involvement in the case.

Decisions of the Disciplinary Tribunal

15) All decisions of the Disciplinary Tribunal shall be made by the Independent Member, who shall be advised and assisted by the Assistant Members.

16) All decisions of the Disciplinary Tribunal are final and there is no right of appeal under these procedures.

Determination on paper

17) If the member requests that there should not be a hearing but that the matter should be dealt with on paper only, the Disciplinary Tribunal shall determine the matter without a hearing as soon as possible and shall inform the member of its decision and of the disciplinary action ordered.

Procedure before the Disciplinary Tribunal

18) Where the member has requested a hearing, the Secretary shall write to the member giving him/her at least one month's notice of the date, time and place of the hearing. At the same time, the member should be provided with copies of any document that the Association intends to put in evidence at the hearing and a copy of a statement of any witness whom the Association intends to call to give evidence in person at the hearing.

19) The member shall also be notified that he/she likewise must provide the Association at least seven days before the hearing with copies of any document that he/she intends to put in evidence at the hearing and a copy of any statement of any witness he/she intends to call to give evidence in person at the hearing.

20) The procedure for the hearing before the Tribunal, unless the Tribunal otherwise directs, shall be as follows:

- a) Submissions by, or on behalf of, the Association, by any person the Committee may appoint, that person not being a member of the Investigations Panel nor one of the Assistant Members of the Disciplinary Tribunal.
- b) The hearing of any witnesses called by the Association followed by cross-examination of such witnesses by, or on behalf of, the member.
- c) Submissions by, or on behalf of, the member.
- d) The hearing of any witnesses called by the member, followed by cross-examination of such witnesses by, or on behalf of the Association.
- e) Closing submission by, or on behalf of, the Association.
- f) Closing submissions by, or on behalf of, the member.

21) The member and the Association may be legally represented at the hearing.

22) Civil Rules of Evidence will not apply and the Tribunal may itself ask questions of the witnesses, parties or representatives as they think fit.

Absence of a member

23) If, at the hearing, the member is not present or represented, the Disciplinary Tribunal may proceed to hear the matter in his/her absence if it is satisfied that notice of the hearing had been served upon the member in accordance with paragraph 18 above.

Decision

24) The Disciplinary Tribunal shall make its decision as soon as practicable after the conclusion of the hearing. If it finds grounds for disciplinary action it may order one or more of the courses of disciplinary action in accordance with paragraph 9 above.

Notification of Decision

25) The Secretary of the Committee shall write to the member confirming the decision of the Disciplinary Tribunal as soon as practicable thereafter.

Publication of Decision

26) The Committee may, at its discretion, publish any decision made either by the Investigations Panel or by the Disciplinary Tribunal.

APPENDIX E: THE SYLLABUS FOR THE DIFFERENT LEVELS OF CERTIFICATION

Introductory Level 1&2

The list is not in sequential order as additional *asanas* and *pranayamas* are added to the upgrading courses. See *Light on Yoga* for sequential practice.

The assessors have to choose from the important *asanas* (**bold**) to see if the practice is maintained or not.

LEVEL 1

1. *Tadasana*
2. *Vrksasana*
3. *Utthita Trikonasana*
4. *Virabhadrasana II*
5. ***Utthita Parsvakonasana***
6. ***Virabhadrasana I***
7. *Ardha Chandrasana*
8. *Parsvottanasana* - (arms down)
9. *Prasarita Padottanasana* - (concave back LOY pl. 31)
10. ***Parighasana***
11. *Padangusthasana*
12. *Padahasthasana*
13. *Uttanasana* - (concave back)
14. *Adho Mukha Svanasana* - (with support)
15. *Utkatasana*
16. *Dandasana*
17. *Gomukhasana* - (arms only)
18. *Siddhasana*
19. *Virasana*
20. *Parvatasana* in *Svastikasana*
21. *Triang Mukhaikapada Paschimottanasana*
22. *Marichyasana I* - (twist only)

23. *Malasana* (a) Just squatting, with or without wall support for back and .
(b) with heels on a rolled blanket.
See LOY pl. 317

24. *Salamba Sarvangasana I*

25. *Halasana* - (legs on stool)

26. *Karnapidasana*

27. *Supta Konasana*

28. *Chatushpadasana* - See LOY pl. 258 and, *Yoga: A Gem for Women* pl. 102.

This *asana* is similar in form to *Setubandha Sarvangasana* with the hands holding the ankles.

29. *Setubandha Sarvangasana* - (on a brick)

30. *Urdhva Prasarita Padasana* - (90_)

31. *Bharadvajasana I* - (turning, without holding the upper arm)

32. *Savasana* - (on bolster with eye band observing the normal in breath and out breath)

PRANAYAMA :

33. *Ujjayi* (stage I & II)

34. *Viloma* (stage I & II)

LEVEL 2

1. *Garudasana*
2. *Parivrtta Trikonasana*
3. *Parivrtta Parsvakonasana*
4. *Parivrtta Ardha Chandrasana* - (See *Art of Yoga* pl. 13)
5. *Virabhadrasana III*
6. *Utthita Hasta Padangusthasana I* - (front leg)
7. ***Adho Mukha Svanasana*** - (support)
8. ***Parsvottanasana I*** (final)
9. ***Prasarita Padottanasana I*** - (final)
10. ***Uttanasana*** - (final)
11. ***Urdhva Mukha Svanasana***
12. ***Chaturanga Dandasana***
13. *Bhujangasana I*
14. *Dhanurasana*
15. *Salabhasana & Makarasana*
16. ***Ustrasana***
17. *Paripurna Navasana*
18. *Ardha Navasana*
19. *Supta Virasana* - (with and without support)
20. *Baddhakonasana* - (give margin if difficult)
21. *Supta Baddhakonasana*
22. *Upavisthakonasana* - (sitting straight)
23. *Janu Sirsasana*
24. *Marichyasana I* - (Bend forward with hands entwined)
25. *Paschimottanasana* - (*Ugrasana/Brahmacharyasana*)
26. ***Salamba Sirsasana*** - (against a wall and rope)
27. *Salamba Sarvangasana I*
28. *Halasana* - (toes on floor)
29. *Eka Pada Sarvangasana*
30. *Parsvaika Pada Sarvangasana* - (as far as possible)
31. *Parsva Halasana*

32. **Setu Bandha Sarvangasana** - (*Uttana Mayurasana* with support i.e., feet on wall, brick or stool)
33. *Supta Padangusthasana* I & II
34. **Bharadvajasana I** - (final)
35. **Bharadvajasana II**
36. *Malasana* - (heels down, facing the wall/column to hold - see also *LOY* pl. 317)
37. *Marichyasana* III - (twist - opposite bent-elbow over the bent knee - See *LOY* pl. 301)
38. *Ardha Matsyendrasana* I - (preparatory learning to sit on the foot, wall/foot support - See *LOY* pl. 307-308)
39. *Urdhva Dhanurasana* I - (from chair or stool)
40. *Dwi Pada Viparita Dandasana* - (on a chair – legs parallel to the floor)
41. *Savasana* - (eye band; normal in breath and deep out breath)

PRANAYAMA :

42. *Ujjayi* - (stages III to IV)
43. *Viloma* - (stage III)

Intermediate Junior Course - levels 1,2&3

The list is not in sequential order as additional asanas and pranayamas are added to the upgrading courses. See *Light on Yoga* for sequential practice.

The assessors have to choose from the important asanas (**in bold**) of this and previous certificates to see if the practice is maintained or not.

LEVEL 1

1. **Utthita Parsva Hasta Padangusthasana** - (with and without support)
2. *Urdhva Prasarita Ekapadasana*

3. *Prasarita Padottanasana* II
4. *Gomukasana* - (final)
5. *Parsva Dhanurasana*
6. *Lolasana*
7. *Paryankasana*
8. ***Bhekasana***
9. *Svastikasana* and *Supta Svastikasana* - (for position of legs see *LOP* pl. 5)
10. *Maha Mudra*
11. *Ardha Baddha Padma Paschimottanasana* - (both hands holding foot in front see *Yoga a Gem for Women*)
12. *Ubhaya Padangusthasana*
13. *Purvottanasana*
14. *Sirsasana* I (independent)
15. *Salamba Sarvangasana* I
16. *Salamba Sarvangasana* II
17. *Eka Pada Sarvangasana* (top leg perpendicular to the floor & *Halasana* leg straight & left and right sides of the spine parallel)
18. *Halasana* - (legs on floor)
19. *Parsva Halasana* - (legs on floor)
20. *Setubandha Sarvangasana* - (final - dropping from *Sarvangasana*)
21. *Urdhva Prasarita Padasana*
22. *Ardha Matsyendrasana* - (arms straight, hold foot in Matsyendra shape, the other arm on the back - See *LOY* pl. 313, 314)
23. *Jathara Parivartasana* - (with legs bent)
24. *Eka Hasta Bhujasana*
25. ***Pincha Mayurasana*** - (against wall)
26. *Adho Mukha Vrksasana* - (side palms, against wall)
27. *Urdhva Dhanurasana* - (from a chair)
28. *Dwi Pada Viparita Dandasana* - (supported - with interlock of fingers behind the head)
29. *Savasana*

PRANAYAMA

30. *Ujjayi* - (stages V to VIII)

31. *Viloma* - (stages IV and V)

32. *Bhastrika* - (3 or 4 cycles, 5 to 6 strokes at a time. Stage I followed by
Savasana)

(Note: Better *Bhastrika* is done first before other *Pranayama* in all levels)

LEVEL 2

1. *Ardha Baddha Padmottanasana* - (both hands on floor)
2. *Ardha Baddha Padma Paschimottanasana* - (holding from behind with help of belt)
3. ***Padmasana***
4. *Parvatasana* in *Padmasana*
5. *Tolasana*
6. ***Matsyasana***
7. ***Akarna Dhanurasana I*** (LOY pl. 173)
8. ***Parsva Sirsasana***
9. *Eka Pada Sirsasana* - (LOY 208, 209)
10. *Eka Pada Sarvangasana* - (toe touching the floor)
11. *Supta Padangustasana I, II, & III*
12. ***Utthita Hasta Padangustasana*** - (independent - front I & II hand holding the feet and final head to knee)
13. *Dwi Hasta Bhujasana*
14. *Adho Mukha Svanasana* - (no support)
15. ***Adho Mukha Vrksasana*** - (palms front)
16. *Upavisthakonasana* - (final)
17. *Malasana II* - (head down between the two legs – LOY pl. 322)
18. *Kurmasana* (stage I) - (see LOY pl. 361 to 364, arms extended sideways)
19. *Marichyasana III* - (final)
20. *Urdhva Dhanurasana* - (from 2x bolsters)
21. *Dwi Pada Viparita Dandasana* - (legs on the floor, with bent elbows hold the front legs of the chair)
22. *Savasana*

PRANAYAMA

23. *Ujjayi* (stage IX and X)
24. *Viloma* (stage VI)

25. *Bhastrika* (stage II followed by *Savasana*)

LEVEL 3

1. *Ardha Baddha Padmottanasana* - (classical *asana*)
2. *Ardha Baddha Padma Paschimottanasana* - (classical *asana*)
3. *Parsva Upavisthakonasana* – (LOY pl. 152)
4. *Parivrtta Upavisthakonasana* – is similar to *Parivrtta Janu Sirsasana*, but the legs are in *Upavisthakonasana* position)
5. ***Parivrtta Janu Sirsasana***
6. ***Parivrtta Paschimottanasana***
7. ***Akarna Dhanurasana II*** - (See LOY pl. 175)
8. *Marichyasana II* (LOY pl. 145 - 147)
9. *Salambha Sirsasana II*
10. ***Parivrttaikapada Sirsasana***
11. *Parsvaikapada Sirsasana* - (final)
12. ***Urdhva Padmasana in Sarvangasana*** - (if possible)
13. ***Pindasana in Sarvangasana*** - (if *Padmasana* in *Sarvangasana* does not come in Intermediate Jr. 3, then at Intermediate Snr 1 it should be learnt for assessment, but in case it is still not possible then for Intermediate Snr II, it is a must.)
14. ***Setu Bandha Sarvangasana*** - (and coming up to *Sarvangasana*).
15. ***Jathara Parivartasana*** - (with legs straight, as far down as possible)
16. *Ardha Matsyendrasana I* - (arm straight and gripping the foot)
17. ***Parivrtta Utthita Hasta Padangusthasana*** - (See *Yoga: A Gem for Women*, pl. 124)
18. ***Bhujapidasana***
19. *Adho Mukha Vrksasana* - (palms back (like *Mayurasana*) with hands apart and in distance of one and a half feet from the wall)
20. *Pincha Mayurasana* - (palms downwards and then learn with palms upwards)

21. *Malasana I* - (arms around legs and back, See LOY pl. 319 & 320)
22. ***Kurmasana II*** - (arms extended backwards, See LOY pl. 365)
23. *Eka Pada Sirsasana* (LOY pl. 208, 209)
24. ***Urdhva Dhanurasana I*** - (straight from ground)
25. ***Dwi Pada Viparita Dandasana*** - (elbows supported, feet on 1 ft high support (ie: *viparita karani* box, *setubandha* bench that does not shake) then independently - bent knees, feet on the floor.

PRANAYAMA

25. *Ujjayi* - stage XI and stage XII - (to capacity without strain)
26. *Viloma* - (stages VII and VIII)
27. *Bhastrika I & II* together followed by *Savasana*

Note: If *Padmasana* cannot be performed in Junior Intermediate Certificate tests then in Senior Intermediate Certificate level 2 tests it is a must

1. *Urdhva Padmasana* in *Sirsasana*
2. *Pindasana* in *Sirsasana*

Intermediate Senior Course - Levels 1, 2 & 3

The list is not in sequential order as additional *asanas* and *pranayamas* are added to the upgrading courses. See *Light on Yoga* for sequential practice.

The assessors have to choose from the important *asanas* (**in bold**) of this and previous certificates to see if the practice is maintained or not.

LEVEL 1

1. *Nakrasana*
2. ***Krounchasana***
3. *Urdhva Mukha Paschimottanasana I*
4. ***Parsvaika Pada Sirsasana*** - (leg touching the floor)

5. **Niralamba Sarvangasana I**
6. *Uttana Padasana*
7. *Jathara Parivartasana* - (final - both legs straight)
8. *Anantasana*
9. **Malasana I** (grip as if you are garlanding your body – LOY pl. 321)
10. *Ardha Matseyndrasana I* - (final)
11. *Baddha Hasta Sirsasana*
12. **Eka Pada Sirsasana** – (LOY pl. 371)
13. *Supta Kurmasana*
14. *Bhujapidasana*
15. **Bakasana** – (from the floor)
16. **Parsva Bakasana** - (from the floor)
17. *Urdhva Dhanurasana I* - (from the floor and with heels on floor)
18. **Dwi Pada Viparita Dandasana** - (final)

PRANAYAMA

19. *Ujjayi* VIII & IX - (mastered)
20. *Viloma* VII & VIII
21. *Savasana*

LEVEL 2

1. *Simhasana* I & II
2. *Baddha Padmasana* - (if *Padmasana* has been achieved)
3. *Urdhva Mukha Paschimottanasana* II
4. *Urdhva Dandasana*
5. ***Urdhva Padmasana* in *Sirsasana***
6. ***Pindasana* in *Sirsasana***
7. ***Niralamba Sarvangasana* II**
8. *Eka Pada Setu Bandha Sarvangasana*
9. *Chakrasana*
10. *Pasasana*
11. *Skandasana*
12. ***Parsva Bakasana*** - (from the floor)
13. ***Eka Pada Bakasana* II**
14. *Urdhva Dhanurasana* II - (coming up from the floor, legs straight)
15. ***Dwi Pada Viparita Dandasana* from *Sirsasana***
16. *Eka Pada Viparita Dandasana* I

PRANAYAMA

17. *Ujjayi* VIII - controlled practice
18. *Viloma* IX
19. *Anuloma Pranayama*
20. *£anmukhi Mudra*

LEVEL 3

1. **Vatayanasana**
2. **Baddha Padmasana** - (must be achieved)
3. **Yoga Mudrasana**
4. *Kukutasana & Garbha Pindasana*
5. *Skandasana*
6. *Simhasana II*
7. **Urdhva Kukutasana** - (attempt from *Sirsasana*, learn to place the arms and legs)
8. *Salamba Sirsasana III*
9. **Parivrttaika Pada in Sirsasana**
10. **Parsva Urdhva Padmasana in Sirsasana**
11. **Niralamba SarvaÀgasana II**
12. **Parsva Pindasana in SarvaÀgasana**
13. **Mayurasana**
14. **Astavakrasana**
15. **Tittibhasana**
16. **Urdhva Dhanurasana II** - (from *Tadasana*, see LOY pl. 483 to 486)
17. *Laghuvajrasana*
18. **Kapotasana**
19. *Ardha Matsyendrasana II* - (LOY pl. 330, 331)
20. *Marichyasana IV*
21. *Bhairavasana*
22. **Yoganidrasana**
23. *Eka Pada Raja Kapotasana I*

PRANAYAMA

18. *Ujjayi VIII* - (controlled practice)
19. *Viloma VII*
20. *Pratiloma Pranayama*

21. *Viloma II in Savasana*

Advanced Junior Course - Level 1, 2 & 3

The list is not in sequential order as additional *asanas* and *pranayamas* are added to the upgrading courses. See *Light on Yoga* for sequential practice.

The assessors have to choose from the important *asanas* (**in bold**) of this and previous certificates to see if the practice is maintained or not.

LEVEL 1

1. *Sirsasana II & III* - (LOY pl. 192 & 194,195)
2. ***Mukta Hasta Sirsasana***
3. *Parsva Sarvangasana*
4. ***Setu Bandhasana***
5. *Viranchyasana II*
6. ***Bakasana* and *Parsva Bakasana* from *Sirsasana***
7. ***Vasistasana***
8. ***Visvamisrasana***
9. ***Eka Pada Bakasana II*** - (from the floor)
10. ***Eka Pada Galavasana*** - (from *Sirsasana*)
11. ***Galavasana*** - (from *Sirsasana*)
12. ***Eka Pada Koundinyasana I*** - (from *Sirsasana*)
13. *Urdhva Dhanurasana II* - (from *Tadasana* coming up with no jerks but with rhythm.
14. *Dwi Pada Viparita Dandasana* from *Sirsasana* and back to *Sirsasana*
15. ***Eka Pada Viparita Dandasana II*** - (with bent leg. Use a belt to grip the foot and lift the other leg)
16. ***Kapotasana***
17. *Eka Pada Rajakapotasana II*

PRANAYAMA

18. *Anuloma Ila & II b*

19. *Pratiloma* II a & II b

LEVEL 2

1. *Goraksasana*
2. *Viranchyasana I*
3. ***Supta Vajrasana***
4. *Parsva Urdhva Padmasana in Sarvangasana*
5. ***Ardha Matsyendrasana III*** - (See LOY pl. 332, 333)
6. ***Padma Mayurasana***
7. *Hamsasana*
8. *Eka Pada Koundinyasana II* - (from *Visvamisrasana*)
9. ***Eka Pada Bakasana II*** - (from *Sirsasana*)
10. ***Urdhva Kukkutasana*** - (from *Sirsasana*)
11. *Eka Pada Urdhva Dhanurasana*
12. ***Eka Pada Galavasana*** - (from *Sirsasana*)
13. ***Mandalasana***
14. ***Vamadevasana II***
15. ***Chakorasana***
16. ***Ruchikasana***
17. ***Hanumanasana***

PRANAYAMA

17. *Surya Bhedana I & IIa*
18. *Chandra Bhedana Ia & Iib* (see LOP)
19. *Nadi Sodhana Ia & Ib*

LEVEL 3

1. ***Eka Pada Koundinyasana I & II*** - (from *Sirsasana*)
2. ***Dwi Pada Koundinyasana*** - (from *Sirsasana*)
3. ***Eka Pada Bakasana I*** - (from *Sirsasana*)
4. *Mulabandhasana*
5. ***Supta Bhikasana (Uttana)*** (See LOY pl. 457, 458)
6. ***Yogadandasana*** - (learn to fix the arms only)
7. *Urdhva Dhanurasana II* - (drop from *Tadasana*, and straight legs)
8. ***Eka Pada Viparita Dandasana II*** - (LOY pl. 523)
9. ***Chakra Bandhasana***
10. ***Vrschikasana I*** – (feet resting on a low stool)
11. ***Eka Pada Rajakapotasana II & III***
12. *Kasyapasana*
13. ***Durvasasana***

PRANAYAMA

14. *Surya Bhedana* (as in level II)
15. *Chandra Bhedana* (as in level II)
16. *Nadi Sodhana* (as in level II)

Note: *Pranayama* practice is an individual approach and depth is hard to measure. Touch and a right methodology has to be observed by the assessors.

Advanced Senior Certificate - Level 1 &2

The list is not in sequential order as additional *asanas* and *pranayamas* are added to the upgrading courses. See *Light on Yoga* for sequential practice.

The assessors have to choose from the important *asanas* (**in bold**) of this and previous certificates to see if the practice is maintained or not.

LEVEL 1

- 1. Uttana Padma Mayurasana**
- 2. Sayanasana**
- 3. Viranchyasana II**
4. *Eka Pada Sirsasana* and possible cycles with *Ruchikasana*
- 4. Kapinjalasana**
- 5. Parsva Kukkutasana**
6. *Yogadandasana* - (entwine arms)
- 7. Vamadevasana II**
- 8. Samakonasana**
- 9. Viparita Chakrasana in Urdhva Dhanurasana**
- 10. Vrschikasana I**
- 10. Eka Pada Rajakapotasana IV**
- 11. Bhujangasana II**
12. *Natarajasana*

PRANAYAMA

13. *Nadi Sodhana Pranayama* II a & b, III a & b

LEVEL 2

- 1. *Buddhasana***
- 2. *Kapilasana***
- 3. *Kala Bhairavasana***
- 4. *Dwi Pada Sirsasana***
- 5. *Yogadandasana* (final)**
- 6. *Paripurna Matsyendrasana***
- 7. *Kandasana***
- 8. *Supta Trivikramasana***
- 9. *Valakhilyasana***
- 10. *Rajakapotasana***
- 11. *Padangustha Dhanurasana***
- 12. *Sirsa Padasana***
- 13. *Gherandasana I & II***
- 14. *Ganda Bherundasana***
- 15. *Viparita Salabhasana***
- 16. *Triang Mukhottanasana***

PRANAYAMA

- 17. *Nadi Sodhana* Ia & Ib, IIIa & IIIb,
IIa & IIb, & IVa & Ivb**

Pranayama practice is an individual approach and depth is hard to measure, touch and right methodology has to be observed by the assessors.