

Ramāmaṇi Iyengar Memorial Yoga Institute

1107-B/1, SHIVAJINAGAR, PUNE : 411 016, (INDIA) GRAMS : "YOGADIPIKA", PHONE : 25656134

22 December 2010

My Dear Teachers,

The 2009 amendments made to the Appendix C of the Iyengar Yoga (Pune) Constitution Guideline with respect to what certified instructors are qualified to teach **do not apply for those teachers who were certified in or prior to 2009**. The new rules only apply to teachers certified in and after 2010. The changes were created for the next generation of teachers who have a fresh brain, mind, blood, and creativity; they have to be guided so they don't cross the boundaries of their knowledge. The rules were changed not for rigidity, but to have a good sense of judgment so the teachers can live happily and contentedly.

(1) All certified teachers may teach their students who become pregnant and have normal pregnancies. Intermediate Junior 2 and above teachers can conduct a pre-natal class for women with a healthy pregnancy. When there are abnormalities in the pregnancy, teachers must refer the student to an Intermediate Senior 1 or above teacher. If there is no Senior 1 or above teacher in the region, they can continue to teach the pregnant student **only** if they are consulting with and working under the supervision of a senior teacher (send a description of the student with photos).

(2) In terms of therapeutics, all certified teachers can help healthy students who have common conditions with minor risks. Examples of these conditions are: knees, low back, neck and shoulders, constipation, diarrhea, headache, high blood pressure, anxiety, and depression. Yoga Sutra 1:30 is key for how to teach to students with conditions. Introductory 1 level teachers are only to take healthy students. See that they know how to tone (strengthen, align, and balance) the students' bodies and minds.

Teachers certified Intermediate Senior 1 or above can teach Therapeutic Classes for illnesses such as cancer, difficult structural anomalies, heart conditions and other acute/chronic conditions (YS 1:31). Gentle Classes (not to be called Therapeutic Classes) for students who need to move at a slower pace, require special assistance and/or more props.

If the Intermediate Junior 2 or 3, teacher was certified in or before 2009 and has been conducting Therapeutic Classes **working under the supervision of a senior teacher**, he/she may continue these classes. Supervision includes sending photos of the student with information about his/her constitution and condition. Intermediate Junior 2 or 3 certified in 2010 and after are not to start a Therapeutic Class.

(3) Teacher Training courses may be conducted by Intermediate Junior 2 for two years, and above, if they were certified prior to rule changes **only if they have been to study at RIMYI four times** or they are under the supervision of an Intermediate Senior 1, or above, teacher.

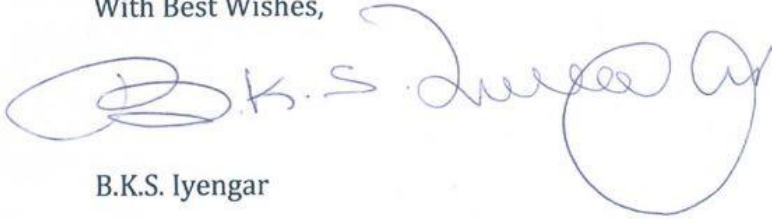
Ramāmaṇi Iyengar Memorial Yoga Institute

1107-B/1, SHIVAJINAGAR, PUNE : 411 016, (INDIA) GRAMS : "YOGADIPIKA", PHONE : 25656134

(4) Those associations assessing Intermediate Senior 2 and 3 levels, the assessors should look at the practice of some of the Intermediate Senior 1 poses and see if they are the same as before, or if they have improved. The presentation of the asanas should show an integration of body, mind, and intelligence. They should be teaching with precision. Teachers over 65 should be given a margin of consideration for the circumstance of their age. Look for maturity of wisdom and not physical action.

(5) When assessing, include "guinea pig" students with gradational cases (minor to major risks) appropriate for each level, to evaluate the teachers capabilities.

With Best Wishes,

A handwritten signature in blue ink, appearing to read 'B.K.S. Iyengar', with a large circular flourish at the end.

B.K.S. Iyengar