



MENTORING GUIDELINES FOR IJZS ALL LEVELS

It is relatively easy to be a teacher of an academic subject, but to be a teacher in art is very difficult, and to be a yoga teacher is the hardest of all, because yoga teachers have to be their own critics and correct their own practice.'

- BKS Iyengar

INTRODUCTION

This manual is a shorter version of Mentoring guidelines for all levels IY(UK). We tried to compile all the important information for all of our mentors and potential mentors. We hope this information will guide you through the mentoring process.

The process to become a teacher includes at least three years as an Iyengar Yoga student and AT LEAST another three years as a mentee. There are to be no 'pre-training courses'. Rather, each student has to take whatever time they need 'to learn asanas and pranayamas in the proper way'. They must do this first as a student and not rush towards being a teacher. To quote Geeta and Prashant Iyengar: 'One must be at an advanced level of learning before teaching the basics. Therefore, do not be in a rush'.

The mentoring process is very different from previous teacher training courses. Mentoring is focusing on the relationship between the mentor and the trainee and requires the mentor to be fully committed to the trainee's growth mostly through shadowing the mentor in live class situations. Mentoring is one way of sharing the responsibility for strengthening our community. As a minimum requirement, therefore, a

mentor should have a strong zeal to serve Iyengar Yoga and a very keen interest in each trainee's/mentee's development as a practitioner of yoga and as a potential or actual Iyengar Yoga teacher.

FOR MENTEES / MENTORS

- Applicants must be members of IJZS throughout the period of mentoring.
- If your regular teacher is not qualified or able to mentor, then seek a mentor who is able and willing. Mentee should if possible attend classes with his mentor. This can be in addition to continuing to attend classes with their existing teacher who ideally is in close contact with the mentor.
- The training period does not start until applicant's registration is confirmed by IJZS (also this is a safety measure for all parties involved)
- Applicants must be dedicated to Iyengar Yoga
- Mentors must seek the approval of IJZS in order to take the formal mentor role. RIMYI has specified different eligibility criteria for each level of assessment (Smernice za certifikacijo in preverjanje znanja)
- No approval is needed for informal mentoring (if you are already certified and do not wish to go on assessments, but still wish to have a mentor)

- All the mentees who are above Level 1 and do not have mentor that is eligible in Slovenia can ask the IJZS for Recommendation letter
- Mentors must ensure trainees/mentees are given an indication of likely costs of being mentored, bearing in mind that mentors must not charge an additional fee for mentoring but may charge the student their regular class fee for attending classes or other learning sessions in which they are mentored.
- Regular practice of the asana and pranayama syllabi. This regular practice must, of course, be maintained after qualification as a teacher. Guruji said teachers should spend twice as many hours practicing as teaching.
- Know the Sanskrit names for all asanas on the syllabus
- Work correctly to take account of personal problems (eg, stiffness, injury) using props intelligently where necessary and working sincerely, safely and effectively to create improvement

MENTORING LEVEL 1,2,3

- Mentoring mostly comprises shadowing and assisting (asana and pranayama) in classes with a mentor and being guided by the mentor through individual and small group sessions. It can also include, from time to time, attending peer group sessions, intensives and other special events.
- In due course, as it becomes appropriate for that student, they will also learn the practical aspects of the syllabus they are preparing for. It should be clearly understood that all teachers should be practicing at least one level beyond the level they teach.
- Give the trainee/mentee individual attention and feedback on their own practice of the asanas and pranayamas at their level

- Guide and counsel the trainee/mentee on the ethics and philosophy of Iyengar Yoga
- Offering regular opportunities to the trainee to shadow classes and assist in them including debriefing time after each shadowing session
- Regular individual or 1:2 tutorials between mentor and trainee(s). This is an important supplement to shadowing. It should take account of individual differences in learning as well as what arises naturally from the shadowing and personal practice situations. It can include discussion of progress and theory, teaching skills, anatomy and physiology, philosophy etc.
- Offering opportunities to practice teaching skills including adjustment. Here mentors/groups of mentors may get together with a small cohort of trainees to work on specific aspects of teaching practice which may prove disruptive to other students in a regular class. These could be practising observing and adjusting each other. Such classes/workshops may provide a valuable supplement to shadowing and tutorials above. Certificated teachers may also participate in such sessions
- It can be helpful for trainees/mentees to keep a personal practice diary

REGISTRATION

LEVEL 1

- Mentors must ensure that all trainees know that they must maintain their IJZS membership throughout their training
- Mentors are responsible for checking the eligibility of a prospective trainee and helping them through the registration process
- Mentors are responsible to inform IJZS if a trainee leaves their mentorship
- Mentors are responsible to inform IJZS if a trainee changes their mentor

LEVEL 2,3,4

- For clarification regarding Levels 2-4 (who can be your mentor) please look at the Smernice za certifikacijo in preverjanje znanja
- It is the mentee's responsibility to notify IJZS that they are being mentored and by whom, or to ask for recommendation letter from IJZS (Odbor za ocenjevanje in usposabljanje)
- Mentors on this level are responsible for having oversight of the mentee's development process and ensuring that all the administrative requirements for assessment are met

MENTORS FEES (ALL LEVELS)

Mentors must ensure trainees/mentees are given an indication of likely costs of being mentored, bearing in mind that mentors must not charge an additional fee for mentoring but may charge the student their regular class fee for attending classes or other learning sessions in which they are mentored.

In accordance with guidelines from RIMYI mentors may not make an additional charge for mentoring. It is assumed that the trainee will pay for the class in which they are shadowing at the normal class rate. There will be no additional charge for debriefing after shadowing.

Tutorial time may be charged at the teacher's usual hourly rate for one-to-one classes.

ASSESSMENTS

Mentors will be invited and encouraged to attend trainees' /mentees' assessments, participating alongside the candidates, and they may attend the assessors' meetings and make contributions about their own candidates.

Mentors should make a careful judgment as to when a trainee/mentee is ready to present for assessment and write the Recommendation Letter.

DOCUMENTS

- Authorization IJZS - **PISMO MENTORJA**
- Recommendation letter - **PRIPOROČILNO PISMO ZA KANDIDATA**

**ta dokument se lahko spreminja glede na IJZS in na navodila iz RIMYI*

**kot dodatek prilagamo tudi dokument o informacijah glede vpisa v razvid strokovno izobraženih in strokovno usposobljenih delavcev v športu*