

FAMILY YOGA CENTRE « YOGA IN THE IYENGAR TRADITION

Edmonton's Family Yoga Centre, which opened its Southside doors 10 years ago, follows the teachings of Yoga Master BKS Iyengar. (www.bksiyengar.com)

BKS Iyengar is the world's most recognized authority on yoga asana and pranayama.

Iyengar Yoga places special emphasis on developing strength, endurance, balance and correct body alignment. Iyengar Yoga teachers learn to recognize individual strengths and weaknesses and teach at progressive levels, which help the body to develop harmoniously in an anatomically correct way.

In classes at the FYC, you will learn the techniques of the Iyengar method in a progressive and exact manner from certified, highly trained teachers. Because we emphasize the coordinated development of strength and flexibility, endurance, balance and body alignment, attending regular classes can improve stamina, correct postural misalignments, and teach deep relaxation. As you progress, your concentration and body awareness will deepen.

While classes at the Family Yoga Centre can range from highly dynamic jumping series to fully restorative gentle asana and specialized therapeutic classes, a hallmark of these classes is the utilization of props. Mr. Iyengar pioneered their use as tools to make

it possible for every body, whatever age or shape, to be able to perform the poses accurately. Common objects like wooden blocks, chairs, blankets and, belts, and ropes from the wall help the teacher adjust or support the student so that one can work in a range of motion that is safe and effective. This allows both a beginner and a more advanced Yoga practitioner to progress from basic to more advanced postures to gain flexibility, strength and in particular sensitivity in mind, body and breath.

Teacher Training

Iyengar Yoga teachers are widely recognized as being the best and most extensively trained yoga teachers in the world. Under the direction and approval of Mr. Iyengar and his daughter Geeta, the Iyengar Association of Canada has developed an in-depth three to five year teacher training program that leads to international certification, first at the Introductory certificate level and then at progressive levels. Teachers at the Family Yoga Centre are certified with a minimum of 1,000 hours of training over these 3 to 5 years. Our teachers have all completed this training and continue to upgrade their qualifications and their certificates by traveling to India to study at the Ramamani Iyengar Memorial Yoga Institute as well as attending numerous workshops with senior national and international Iyengar yoga teachers. All our teachers have from 15 to 30 years of

experience practicing and teaching and are members in good standing of the Iyengar Yoga Association of Canada.



Look for this Mark

B.K.S. Iyengar Certification Mark

This certification mark is a registered trademark granted to studios and teachers trained, tested and approved by National Certification Boards. Endorsed by B.K.S. Iyengar, it denotes the teacher's authenticity and commitment to the Iyengar system of yoga.

It is an international symbol of the highest standards of excellence in training and continuing education in the Iyengar method. □

For more information or to register for classes, please contact the Family Yoga Centre.

4740-99 St Edmonton, Alberta T6E 5H5
780-465-4668
info@familyyoga.ca
www.familyyoga.ca

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