

### **1) Why does RIMYI object to TTCs?**

Please read Note 2 - "Teachers, Mentors and TTC" on Page 45 in the RIMYI Certification Guidelines Booklet that was shared with all Associations after the proposed change in certification system.

#### **1) 為什麼印度總院反對老師訓練課程(TTC)？**

請參閱 印度總院(RIMYI)的認證指引手冊第 45 頁的註釋 2 - "老師、導師和 TTC"。該手冊已在宣佈擬修改認證系統後與各協會分享。

### **2) How can I convey the theoretical aspects which I was able to do effectively in a TTC setup?**

You may call your mentees together to address concepts that you think are more generic in nature.

#### **2)我如何能夠有如在 TTC 環境中有效地傳達理論的各方面？**

你可以將學員召集在一起，討論你認為本質上較為通用的概念。

### **3) Is it possible for other methods to participate in TTCs? OR Can CIYTs participate in other method TTCs?**

The philosophy and science of Iyengar yoga is quite unique and cannot be mixed with other methods. Hence, this cannot be accepted. This is also well articulated in the bylaws of each Association.

#### **3) 其他學派可否參與 TTC？又或者艾揚格瑜伽認證老師(CIYT) 可以參加其他學派的 TTC 嗎？**

艾揚格瑜伽的哲學和科學非常獨特，不能與其他學派混合。因此不能接受。這點在各協會的章程中也有明確的規定。

### **4) Is it permissible for an Iyengar Yoga teacher to organise TTCs with teachers of other Yoga methods as well?**

First of all, we do not accept TTC as an approach to train and certify teachers for the reasons stated earlier. However, some certified teachers sought RIMYI's permission to showcase Iyengar Yoga in courses conducted by other schools of yoga. RIMYI had no objection to this and granted permission. But, Iyengar yoga sessions cannot be conducted in teacher training courses of other schools of yoga.

#### **4) 艾揚格瑜伽老師是否可以與其他瑜伽學派的老師一起組織 TTC？**

首先，如上所述原因，我們不接受 TTC 作為培訓和認證老師的方法。然而，一些獲得認證的老師尋求 總院 的許可，以便在其他瑜伽學派舉辦的課程中展示艾揚格瑜伽。總院不反對並給予許可。

然而，艾揚格瑜伽課程不能在其他瑜伽學派的教師培訓課程中進行。

### **5) Is it possible for all centres with the name Iyengar to host other activities (not other yoga methods) and advertise them? What does 'as long as the spaces are distincted' mean?**

Certified Iyengar yoga teachers can teach at yoga studios not called "Iyengar studios" or at places where classes (not necessarily yoga) are taught, as long as the Iyengar Yoga class is a separate, distinct offering and not mixed with other classes / activities. We acknowledge the fact that many certified Iyengar yoga teachers are unable to afford exclusive studio spaces, and hence might have to cohabit. However, if associations spot irregularities on this front, they should highlight them as done in the past.

And, centres having the "Iyengar" name should not hold yoga classes of other schools or mix activities (other than yoga) with Iyengar yoga. There are clear guidelines for this.

### **5) 艾揚格瑜伽中心是否可以舉辦及宣傳其他活動（非其他學派的瑜伽）？“只要空間分明”是什麼意思？**

艾揚格瑜伽認證的老師可以在非‘艾揚格瑜伽中心’或有其它課程(不一定是瑜伽)的地方授課，只要艾揚格瑜伽課堂是一個分開的、單獨的課堂，並且不會與其他課堂/活動混合。我們知悉，許多艾揚格瑜伽認證老師無法負擔專屬的瑜伽中心，因此可能不得不與其它課堂/活動共處。然而，如果協會發現這方面有違規的行為，他們應該一如既往明示不當之處。

再者，冠以“艾揚格”名稱的瑜伽中心不得舉辦其他學派的瑜伽課堂或將其它非瑜伽活動與艾揚格瑜伽混合在一起。這裡有明確的指引。

### **6) Financial burden on candidates owing to increased duration of an assessment.**

The main objective of the new certification process is to make it as simple as possible in sync with current realities, while not compromising one bit on Guruji's method. Now, there will be only 4 levels as against the 13 in the earlier process. Therefore, the total expenditure incurred by the Association or the student for assessments will be much lesser.

### **6) 評核時間周期過久為學員帶來經濟負擔。**

新認證流程的主要目標是盡量簡化及貼近現實，同時不會對尊師(Guruji)的方法作出任何妥協。相較之前的流程中有 13 個級別，現時只剩 4 個級別。因此，協會或學員用於評核的總支出將會減少很多。

## 7) Logistic issues of finding assessment venues for the weekend

We acknowledge that this might be a challenge for some of you initially.

However, with some creativity, can we not solve this problem?

All that is required is a clean hall to accommodate the members involved and a way to manage props. It can be a simple makeshift arrangement. Our community always treasures friendship and close-knit networks which enable good practice, learning & progress in the yogic spirit of maitri, i.e., friendliness. This can be helpful in figuring out options for weekend assessments without imposing much financial burden.

Our community is our biggest strength. Find a way to reach out to the student community with these issues and someone may be willing to help us.

Let us always keep in mind that the Iyengar yoga ecosystem will be the one to gain tremendously if we are able to nurture deserving and passionate teachers.

### 7) 在週末尋找評核場地的後勤問題

我們知悉這最初對你們一些人來說可能是一個挑戰。然而，運用一些創意後，不就能解決這問題嗎？

所需要的只是一個潔淨的大堂來容納參與的成員和管理輔具的方法。這可以是一個簡單的臨時安排。我們的社群一貫珍視友誼和緊密的聯繫，這使我們能夠以 **maitri** 的瑜伽精神、即友善，進行良好的練習、學習和進步。這樣有助為週末評核尋找各種選項，而不會造成太多的經濟負擔。

我們的社群是我們最大的優勢。可以緊密聯繫學員社群來解決這些問題，也許當中有人願意幫助我們。

時常牢記，如果我們能夠培養出值得尊敬且充滿熱情的老師，艾揚格瑜伽生態系統將獲得巨大裨益。

## 8) Decreasing number of assessors

All associations should spend time and energy creating a pool of assessors with a pipeline for the future. Mentors / higher level teachers should play an active role in this while being assessors themselves. If we need great teachers, we need great assessors too.

We should open this up for more discussion and tap good practices on this from across the Iyengar yoga world.

### 8) 遞減中的評核員數量

所有協會都應該花時間和精力建立一個評核員庫存，為未來做好準備。導師/更高級別的老師同時也是評核員，他們應在這方面發揮積極作用。如果我們需要優秀的老師，我們也需要優秀的評核員。

我們應該對此開展更多討論，並從艾揚格瑜伽領域中汲取良好的實踐。

## 9) Retakes

Retakes have been introduced primarily to give the candidate an opportunity to try and improve on some activities done by them during the assessment period. Assessors should be fair in allowing retake opportunities provided they feel that the candidate is almost there and should not be made to wait for the next round of assessment.

Hence, this assessment process demonstrates flexibility, and recognises that candidates can perform below their par / usual capability due to nervousness of being assessed, anxiousness to get certified etc.

## 9) 重考

引入重考的主要目的是讓考生有機會嘗試改進他們在評核期間的一些表現。評核員應該公平地允許重考機會，前提是他們認為考生已差不多了，而無須等待下一輪評核。因此，評核過程務必展現靈活性，並認識到考生可能由於接受評核而產生的緊張、考獲認證的焦慮等而表現遜於他們的標準/平常能力。

## 10) Why should assessors and assessees practice together?

Practice is the fundamental ground in Iyengar yoga. Teachers and Assessors should have this as a very important part of daily life. This is what has brought us to where we are today. We seniors should look forward to practice sessions with aspiring teachers. Engaging in a practice session during assessment is helpful in many ways.

For e.g.

- Practice is the only place where you and the assessees get together as co-travellers on the path of yoga without hierarchy. We can get together without such barriers.
- It puts the student at ease because it is a known terrain for the assessee also. The joy of exploring asanas together will put to rest the anxiety of performance. It is our job as seniors to augur such an experience.
- It is an excellent opportunity to observe the spirit of self-practice in the assessee.

It is shocking that we have received even a single question as to why this slot should exist at all, that too from assessors!

## 10) 為什麼評核員應該和考生一起練習？

練習是艾揚格瑜伽的基礎。老師和評核員應該以此為日常生活中非常重要的一部分。這就是我們賴以走到今天的原因。我們的資深人員應該期待與準老師們一起練習。在評核期間加入練習在很多方面都有幫助。

例如：

- 練習是你和考生在瑜伽路上作為同行者相聚的唯一空間，沒有階級之分。我們可以在沒有任何障礙的情況下相聚一起。
- 一起練習讓考生感到輕鬆，因為這對於他們來說是孰識的環境。一起探索體式的樂趣會消除表現時的焦慮。作為資深人員，我們的職責就是預示這樣的經驗。
- 這是觀察考生自修精神的絕佳機會。

令人驚訝的是，我們甚至收到一些評核員提出與考生一起練習為何應該存在的提問！

## **11) Scoring and taking notes**

This is something that assessors will get used to over time.

As you can see, the new assessment method moves away from a rigid system of marking to a more contextual and qualitative one. When Gururji was teaching the assessors what to observe, he broke it down into various aspects and the scoring came about. With experience now, the assessors will be quick to observe the overall quality of the presentation and take the appropriate decision. We will not change this as it is in the positive direction.

### **11) 評分和筆記**

這將是評核員隨著時間的推移而轉趨習慣。

正如所看見，新的評核方法將從刻板的評分變為更有層次和質量化。當尊師教導評核員要觀察些什麼時，他會分拆出多個層面，然後評分就出現了。憑藉經驗，評核員可快速觀察考生展示的整體質量並作出適當的決定。我們不會改變這積極的方向。