

Classes at RIMYI

If you wish to attend classes at the Ramamani Iyengar Memorial Yoga Institute, Pune, **you must apply through the IYA (UK)**. Individual applications sent directly to the RIMYI will not be accepted (people from some other countries with less well established national associations do apply directly to the Institute using a form that they download from the RIMYI website, but this option is not open to people from the UK, *and definitely does not result in getting onto classes earlier*). The application process is as follows:

1. Download an application form from the IYA (UK) website (www.iyengaryoga.org.uk) or contact our Office Manager on **020 8269 2595** or at admin@iyengaryoga.org.uk
2. Fill out the form and send with a Bankers Draft for **US\$150** made out to **RIMYI** to:

Penny Chaplin, Flat 1, St. Johns Court, Finchley Road, London NW3 6LL

Please do not include photos or personal mail. Please note:

- s For admission, the RIMYI requests that the student's practice of eight years reflects an understanding of the foundation of Iyengar Yoga. This would include the regular practice of inverted poses (8-10 mins. in the inverted postures), and the regular practise of *pranayama*. Women should know what is to be practised during menstruation. All students should have read, at the minimum, the introductory chapter to *Light on Yoga*

and be familiar with the terms and principles covered in that chapter;

- s RIMYI offers one or two months admission. No extensions beyond two months under any circumstances;
- s The total cost is \$US450 a month and a \$US150 must be paid in advance, with the balance payable on arrival at the RIMYI. The advance deposit is part of the fees and hence not transferable to any other person or course. It is non-refundable. In addition to the balance of \$US300 payable on arrival at the RIMYI, you will need to present your letter of confirmation and two photocopies of your passport and visa;
- s Six classes are given per week, each for two hours duration. A schedule will be given on arrival;
- s The last week of each month will be *pranayama* classes;
- s The classes will be conducted by BKS Iyengar or his daughter or son or by staff members;
- s When applying please include relevant bio-data with any health conditions;
- s Certificates will not be issued at the end of the course;
- s You will need to make your own arrangements for board and lodging;
- s Applications are for individuals only - no groups. However, if you would like to go at the same time as a friend, you should both indicate this clearly on your application form.

3. If you would like a confirmation that your application form and bankers draft has been sent to

the RIMYI, please enclose a s.a.e.. All application forms are automatically forwarded to Pune and there is absolutely no selection process at this stage.

4. When the administrator at RIMYI, Mr Pandurang Rao, receives your application form he will automatically place you on the next available course and send you a confirmation letter. Please note:
 - s The RIMYI receives many applications from all over the world; the waiting list for classes is around two years;
 - s You may have to wait from three months to a year to receive your confirmation letter;
 - s If your confirmation letter comes direct from India please let Penny know. You will know the letter has come direct from India by the stamp and postmark. If you receive a photocopied letter posted from London then your confirmation letter has gone through Penny and you don't need to inform her. (Pandu sometimes sends a group of confirmation letters to Penny for her to forward to applicants);
 - s Do not ask to change the date you are given unless you have a serious need to do so on compassionate grounds.

Check the IYA (UK) website for more information, travel details, contact numbers for accommodation etc.

www.iyengaryoga.org.uk