



Becoming a Certified Iyengar Yoga Teacher requires years of practice, study and a rigorous examination of skills. For teachers, the Certification Mark demonstrates a commitment to maintaining the purity, excellence and high standards of Iyengar Yoga.

Certified Iyengar Yoga instructors teach the method set forth by B.K.S. Iyengar without mixing in other styles or disciplines. They maintain a regular personal practice, continue their training with senior teachers or by traveling to the Iyengar institute in India, and hold to [ethical guidelines](#).

*"Teaching is a difficult art, but it is the best service you can do to humanity."*

— B.K.S. IYENGAR