

Teacher Directory FAQs updated **16 April 2007**

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1. How do I become an authorized/certified Ashtanga Yoga teacher?  
You must receive an official Authorization Letter or Certification Certificate through the Ashtanga Yoga Research Institute (AYRI) located at #235, 8th Cross, 3rd Stage, Gokulam, Mysore 570002, Karnataka, India. Only the Ashtanga Yoga Research Institute issues valid teaching authorizations and certifications for Ashtanga Yoga. Participation in the Sri K. Pattabhi Jois workshop tours and trips to AYRI locations outside of Mysore do not count towards authorization or certification.

**NOTE: A student should by no means visit AYRI in Mysore for the sole purpose of getting authorized. Their visit should primarily be for their own education of the lineage to further their own practice under correct guidance of Pattabhi Jois.**

2. What is the difference between Authorization and Certification?  
There are two categories of teachers, "authorized" and "certified." Both types of teachers receive documents from the Ashtanga Yoga Research Institute indicating their teaching status.

Authorized teachers generally are permitted to teach only the Ashtanga Yoga Primary Series and generally have made at least four trips to AYRI Mysore of 3+ months duration. The student must also demonstrate appropriate attitude, devotion to the practice, and proficiency in the Primary Series (and usually at least half of the Second Series) as determined by the directors of AYRI.

Certified teachers have completed at least the first three series of Ashtanga Yoga and must demonstrate an appropriate level of proficiency in these series as determined by the directors of AYRI. These students generally have made 8 or more annual trips to AYRI Mysore of 6+ months duration and have at least 8-10 years of daily Ashtanga Yoga practice.

**NOTE: AUTHORIZATION SHOULD NOT BE REQUESTED BUT GIVEN. The decision to give authorization or certification to teach is by no means solely dependent on the number of times a student has visited Mysore. It is based upon Guruji and Sharath's evaluation of the person, his/her commitment and full respect of the lineage of the practice. Authorization is given with the trust that an AYRI student will teach as he/she has been taught in Mysore by Guruji and Sharath.**

Deleted: Note: These guidelines are subject to change and do not constitute an official published policy of the Ashtanga Yoga Research Institute in Mysore, India. Please use these guidelines for your personal information only.¶

3. Does the Ashtanga Yoga Research Institute offer teacher training or certification programs?

No. Ongoing, daily study and practice at AYRI is the method of transmission.

To attend classes at AYRI, see [below or at](#) [www.ayri.org](http://www.ayri.org) for registration information. Ashtanga.com does not handle class registrations and will not forward any registration emails. Please follow the directions given on the AYRI website.

4. Once authorized/certified by AYRI, how do I get listed on Ashtanga.com?

You need to fulfill these requirements:

(1) Proof of Authorization/Certification

Contact [info@ashtanga.com](mailto:info@ashtanga.com) to send Ashtanga.com a copy of the letter/certificate via email, fax, or post.

(2) Mysore-style Class Requirement

You are required to teach Ashtanga Yoga six days per week in the traditional Mysore-style format used at the Ashtanga Yoga Research Institute in Mysore, India.

(3) Home Base Studio Requirement

Authorized teachers must teach the six day/week Mysore schedule at a home base studio. They cannot be listed in the Traveling Teachers section.

(4) Teachers may be listed in only one area of the directory.

Teachers are responsible for verifying the accuracy of the information in their listings. Ashtanga.com and its creators, producers, and deliverers assume no liability or responsibility for any errors or omissions in the teachers' listings on this website. The teacher directory is periodically reviewed by Sri K. Pattabhi Jois and Sri R. Sharath.

5. How do I renew my Authorization?

To renew your authorization, send your old Authorization Letter along with two checks of \$100 US each in the name of (1) K. PATTABHI JOIS and (2) R. SHARATH. Once you receive your new Authorization Letter, contact [info@ashtanga.com](mailto:info@ashtanga.com) to ensure that your name will be listed in the directory. Failure to renew your teaching authorization in a timely manner with the Ashtanga Yoga Research Institute will result in removal from the teacher directory.

6. How do I renew my Certification?

Certified teachers are not subject to renewal requirements at this time.

7. Why aren't all authorized/certified teachers listed in the Ashtanga.com Teacher Directory?

One or more of the following reasons:

(1) The teacher does not wish to be listed

(2) The teacher is not teaching Mysore-style classes

(3) The teacher is not registered with AYRI

(4) The teacher does not have the new official Authorization Letter

(5) The teacher has not been to AYRI regularly to study with Sri K. Pattabhi Jois or Sri R. Sharath

(6) The teacher has been disqualified from teaching and is no longer recognized by AYRI

AYRI has the right to request removal of any teacher from the list at any time and without notice.

#### 8. Supplemental Information

Sri K. Pattabhi Jois and Sri R. Sharath request that teachers not use the term "teacher training" in their workshop offerings. Teachers may use the term "Ashtanga Intensive" or other appropriate description. Only AYRI may administer valid teacher trainings and authorize/certify Ashtanga Yoga teachers.

Please do not use any photos of Sri K. Pattabhi Jois or Sri R. Sharath in your promotional material (online or otherwise) without explicit permission from AYRI. Submit requests to [info@ashtanga.com](mailto:info@ashtanga.com).

All questions regarding authorization/certification should be sent to:

R. Sharath  
Ashtanga Yoga Research Institute  
#235 8th Cross, 3rd Stage  
Gokulam, Mysore 570002  
India

Caution to students: The address above is the only branch of AYRI in Mysore, India. Moreover, the only AYRI-authorized teacher in Bangalore is Sharmila Mahesh, granddaughter of Sri K. Pattabhi Jois.

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[9. How can I attend classes at the Ashtanga Yoga Research Institute?](#)  
[If you'd like to attend classes at the Ashtanga Yoga Research Institute in Mysore, please download the application form at the AYRI website and post to:](#)

[Sri K. Pattabhi Jois & R. Sharath](#)  
[#235 8th Cross, 3rd Stage](#)  
[Gokulam, Mysore 570002](#)  
[Karnataka, India](#)  
[Phone: +91-821-2516-756](#)

[Forms should be received at least TWO months prior to your arrival date stating your arrival date and intended duration of study.](#)

[Please attach a recent passport size photo with the form.](#)

[ALL students \(old and new\) are to fill out the application form before coming to AYRI. Students who have not sent their application form will not be able to register at AYRI once in Mysore.](#)

[PLEASE NOTE: STUDENTS SHOULD PLAN TO REGISTER AT AYRI FOR NO LONGER THAN THREE MONTHS AT A TIME.](#)

#### [Registration](#)

[Registration, once in Mysore, is in person only, at the Gokulam Shala from 4:30-6:00pm, Monday-Friday.](#)

The current fees are 26,900 rupees for registration including the first month; 17,900 for each month thereafter. American dollars are no longer accepted. Please be prepared to pay in rupees.

Food and lodging are not provided, but there are good hotels and restaurants nearby.

For accommodation and travel requirements, contact Krishna Murthy:  
(0091)9880265622 - email: [tskittymurthy@yahoo.co.in](mailto:tskittymurthy@yahoo.co.in)