

Life Source Yoga & Health

2012 Yoga Teacher Training Program



Become a safe, responsible and inspiring teacher



Suite 11, 177-199 Pacific Highway, North Sydney NSW 2060
(02) 8904 0202 bliss@life-source.com.au www.life-source.com.au

2012 Yoga Teacher Training Program

Inspire!

Our 12 month training program gives you the skills you need to become a safe, responsible, adept and inspiring teacher, guaranteed to have your students coming back for more.

Transform!

This training program will transform your life, deepen your yoga practice and equip you with a new career with which to bring the gift of yoga to others.

Grow!

Irrespective of your personal starting point, you'll enjoy learning and growth in this supportive environment and emerge with a whole new livelihood or part time passion.

In-depth apprenticeship!

Grow your competence and ensure you are ready to teach classes upon graduation.

Flexibility!

The training program, with flexible study hours and some weekend sessions, is designed to suit busy students who still need to attend to family, social and full time work commitments.

Discover how this program allows you to stay committed to your own happiness during the training!

What past students said:

"The Life Source teacher training program offered me a fantastic transition from student to teacher experience. The beauty of the course for me was the confidence it gave me to teach students a safe, thoughtful and balanced class, but still honouring and encouraging me to develop my own individual style."

"My favourite thing about the course has been the flexibility in terms of understanding work commitments."

"I didn't realise that this yogic journey would be such an amazingly deep experience. I really have a deeper connection with myself and have traversed the wounds to come out stronger. Your wisdom was very apparent, now that I have been through it."

"It has been on the whole fantastic. The course set up was perfect for me. I was able to meet the commitments most of the time, and to have an option when things go haywire has also been available to me. As a soul parent with a daughter with learning difficulties, a full time worker, and all the rest, a whole big life, I found the course structured enough and flexible enough to include my life also in the learning. Time frame was good for me also."





Our training program

- ✓ Australia and internationally recognised – full level 1 yoga teacher upon graduation
- ✓ Eligible for insurance coverage – start to teach even when you are undergoing the training
- ✓ Post graduation support on your new journey – from teaching positions to business start-up support

Our 12-month part-time yoga teacher training program offers you a comprehensive study in yoga teaching. The program covers 360 hours of training in yoga teaching methodology, yogic philosophy, yogic physiology, applied anatomy, asana, pranayama, communication & counselling skills and meditation.

This training program is suitable for those from every yoga tradition. It is not necessary to be at a particular level in your own fitness or asana practice. You'll find that over the training period your yoga body will develop magnificently as you develop and deepen your yoga practice.

Designed to suit busy students with full time work or family commitments, the training program has flexible study hours. Some modules can be done at home and others can be extended to 2013.

The unparalleled apprenticeship module will give you the teaching skills you need to become an effective and magnetic teacher once you graduate from the course. We train exceptional yoga teachers – ones that we are keen to have as part of our teaching team. We have a great track record in helping our teachers on their new journey with job offers and assisting in starting their yoga business.

Accreditation

Life Source yoga teacher training program is Australia and internationally recognised. The course is registered with **Yoga Australia**. *Yoga Australia* is the national association for yoga teachers which sets internationally recognised standards for reputable teachers. On completion of this course, you'll receive recognition as a **Full Level 1 yoga teacher**.



Insurance coverage

You'll be recognised by employers and eligible for insurance cover to safely teach. In fact, when you enrol in this program, you are eligible for your student insurance coverage, which covers you to teach before you even graduate.



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The Training Content

The teacher training program consists of over 360 hours study in required subjects, including:

Module	Time	Details
Workshops on Teaching Methodology, Yoga Techniques Philosophy, Ethics & Lifestyle, Yogic Physiology. (Cost included)	11 weekend workshops (4 hours on Saturday and 4 hours on Sunday)	<p>These workshops focus on developing skills and experience. The workshops are interactive and practical in nature and will develop you into a responsible adept yoga teacher. The workshops contain comprehensively discussion on Asana, Meditation, Teaching Methodology, Yogic Physiology, Philosophy, Ethics, Lifestyle, Communication & Counselling skills, Applied Anatomy & Physiology.</p> <p>Teaching Methodology & Yoga Techniques: cover demonstration, linguistics, teaching and learning styles, and all about the classes of postures including: Function, Benefits. Preparation. Posture Analysis. Alignment, Modifications, Use of Props, Counterposes. Safe Adjusting and Prevention of Injury, Intelligent sequencing. You will also be trained different pranayama and meditation techniques, as well as counselling and communication skills.</p> <p>Yogic Philosophy, Ethics & Lifestyle: study of ancient yoga texts plus modern writers. Understanding and applying Yoga as a living practice and practical discussion on ethics for yoga teachers.</p> <p>Yogic Physiology: study of the subtle yogic physiology and energy fields such as nadis, koshas, chakras & gunas.</p> <p>Applied anatomy and physiology of Hatha Yoga: topics includes introduction to A&P of Hatha Yoga; A&P of different parts of the body; effects of asanas and breathing on the cardiopulmonary, nervous, digestive, immune, endocrine and reproductive systems.</p>
<p><i>"I have felt very supported and enthusiastic after each weekend session."</i></p> <p><i>"The weekend workshops are a great environment in which to ask questions"</i></p>		
Yoga Techniques (Cost included)	90 hours	<p>Study and practice of hatha yoga including asana, pranayama, kriyas, relaxations, meditation and chanting through 90 hours of yoga course attendance with the studio taken at times to suit you (completed within 12 months of starting of the training course). These yoga courses delve deeper in specific asana and meditation practices – such as bandhas, inversion, backbends, pranayama. You can start using these course hours after we receive the deposit and first fee instalment.</p>
<p><i>"I have learnt a lot about myself and yoga."</i></p> <p><i>"I have evened up slightly in terms of flexibility. I have become more comfortable with my body and what it can and can't do"</i></p>		
Mentoring & Apprenticeship program (integrate practice) (cost included)	70 hours	<p>Unparallel mentoring and apprenticeship program where you will be trained to become an effective and magnetic teacher once you graduate from the course. Grow your competence and ensure you are ready to teach classes upon graduation. There are two parts in this module.</p> <p>Part 1) Mentoring & Assisting program – 20 hours</p> <p>This part allows for one-on-one mentoring between you and a senior teacher at the centre. You will attend the regular classes and observe classes led by the teacher and have the opportunity to ask the teacher questions that you might have. You will then progress to assisting and adjusting students in classes in action under the guidance of the teacher.</p> <p>Part 2) Apprenticeship program – 50 hours</p> <p>Finally, you'll teach your own classes. These classes are organized at our centre in the form of specially featured low cost classes open to the public. Pair up with a fellow trainee under our buddy system.</p> <p>This component does not need to be completed within one year and may be stretched out over a longer time period if your schedule requires.</p>
<p><i>"I love it so much more than I thought I would. Many things are becoming obvious that I need to learn."</i></p> <p><i>"My favourite thing is the adjusting classes – making that connection with some students already and the support of the other teacher trainers – there is no ego and I feel like we are all in this together"</i></p>		

Module	Time	Details
Yoga Retreat	One weekend	Teacher trainees are required to do one weekend residential retreat with Life Source during the year. A retreat forms a valuable part of the course providing time to explore deeper pranayama, concentration and meditation practices and other topics not usually taught in city classes. Life Source runs two to three retreats close to Sydney during 2012. This weekend retreats run from Friday to Sunday and cost around \$450 (or less with early bird special rates). Your retreat is not included in the course fees.
<i>“The retreat and making time for yoga have been two of my favourite things about the course”</i>		
Home practice	N/A	Also required over the year is 45 hours of home practice or practice with Life Source or at a school convenient to you. All external hours need to be logged in your log book. This program also includes reading of yoga text, lecture notes, home study, writing of assignments and at home open book exams.
<i>“All the teachers are enthusiastic and open with their advice.”</i>		
<i>“The weekend workshops are great for connecting with the other students and getting support and sharing fears!”</i>		



Our Teacher Trainers

All trainers are qualified teachers carefully selected for their **expertise** in yoga and the special **enthusiasm** they bring to their teaching. Naturally, all Life Source teachers **are qualified, highly experienced, and passionate** about what they do.

Our main teacher trainers are:



Christina Brown. A yoga and meditation practitioner since 1989, Christina has studied and taught yoga worldwide. Over 20 years, she has enjoyed extensive study and practice of a broad range of traditions including: Viniyoga (yoga of the heart), Astanga Vinyasa, Iyengar, Satyananda, Sivananda, Anusara, Synergy, the Vanda Scaravelli tradition and yoga therapy training. Christina is the author of five books: *Yoga - A System for Harmonising the Mind, Body and Spirit*, *The Ayurvedic Year*, *The Book of Yoga`10 Minute Yoga*, and *Quick and Easy Yoga*. She wrote the bestselling *The Yoga Bible: The Definitive Guide to Yoga Postures*, which has been translated into over ten languages, and is still the bestselling yoga book in Australia. Christina continues to expand her practice with a broad range of study intensives; from meditation retreats to working with visiting yoga teachers.



Richard Allen has a background of Iyengar, Ashtanga and Jivamukti yoga. With 21 years experience on the mat, he is invited to teach in New York at the Jivamukti Yoga Teacher Trainings. Passionate about yoga, Richard embodies his practice beautifully. Richard's tremendous physical capabilities took him to be one of Australia's most advanced practitioners in Ashtanga yoga (fourth series), and he now enjoys teaching Jivamukti yoga.

Richard is a keen student of spiritual and Yogic texts. He has completed a PhD in creative arts focusing on yogic spirituality in relation to art practice, culminating in the release of his latest publication, the book *The Kamikaze Mind*.



Dr. Rama Prasad. Rama is one of Australasia's most qualified and experienced practitioners in the field of Ayurveda. His classical training at India's prestigious Ayurveda College for 7 1/2 years along with extensive Sanskrit and Yoga study gives him expertise in all areas of this healing science. An experienced Ayurvedic physician and teacher since 1989, Rama has a reputation as a gifted and sensitive healer with a warm and compassionate nature. Along with consulting and teaching at Ayurveda Elements Centre Rama is the principle lecturer for Nature Care College's Ayurveda Course and is the founder of The Australian Sanskrit Institute.



Liz Bennett. As a Physiotherapist and Yoga teacher, Liz's passion is to empower her students in mind and body and bring into awareness the underlying joy of being that connects us. Applying over 10 years of Physiotherapy and yoga teaching experience, Liz helps clients to improve postural, back and injury-related problems through yoga, core strength training and body-mind awareness.

Additionally, you'll be meeting other specialised trainers who are experts in their field during the course. Their bios are available on our website.



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Life Source Teacher Training Dates & Fees – February 2012 intake

Dates

Course dates will be finalized towards the end of 2011. For those wanting to organize themselves a longer holiday during the year, the workshops are spaced so that it is actually easy to book yourself a three week block away and not miss any of the course.

Training Fees

The training fee is \$5,590 – \$6,160 depending on how you wish to pay. This includes all weekend training workshops and all required general class attendance (valued at \$1,620) through the year. The training fee excludes the yoga retreat (around \$450 for accommodation, meals and yoga all inclusive) and the cost of text books (allow around \$250 through the year).

From previous years we have had keen students start to earn their money back by taking paid work before they even graduate, and so it is possible some fees may become tax deductible – ask your accountant about this, especially if you are in a related industry from the outset.

The enrolment fee is \$500. This fee is fully deductible from your last term's fee.

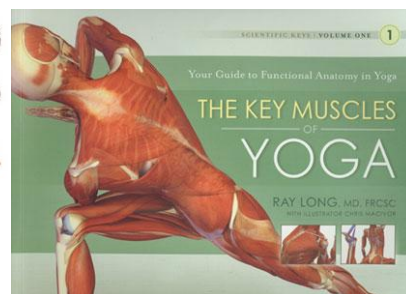
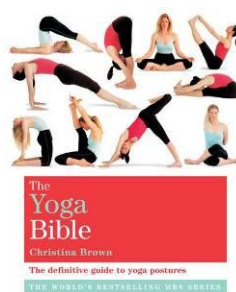
Total Training Fee Summary & Payment Options

Full payment in advance	\$5,590 (this amount includes the enrolment fee)
Term payment option:	\$5,970 (\$1,990 for each of the 3 terms)
Monthly Instalment plan option	\$6,160 (11 monthly instalment of \$560)

Save on Early Enrolment

The following essential textbooks (value over \$250) are included when you enrol and make your first payment for the training program by 15 December 2011.

- ✘ The Yoga Bible
- ✘ The Heart of Yoga
- ✘ Hatha Yoga Pradipika
- ✘ Living Your Yoga
- ✘ Key Muscles of Hatha Yoga
- ✘ Ayurveda: Life of Balance
- ✘ Chakras: Energy Centres of Transformations



Refund policy: 50% of the enrolment fee can be refunded if you notify us of your withdrawal from the training in writing at least 1 month before course commencement.



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Life Source Yoga & Health

Teacher Training Program Registration Form: February 2012 intake

Please complete this registration form and return it with your deposit.

All information given on this form will be treated as confidential.

Details

Name:

Date of birth:

Email:

Contact number:

Address:

Please describe your experience with yoga

What strengths and weaknesses do you feel you have in your yoga practice?

What do you avoid most when you practice?



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What are your special interests within the field of yoga?

Please describe your experience with meditation including whether you have an existing practice.

Why do you wish to complete this training?

Are you available for all the dates specified in our course outline?

Have you completed the interview? (phone interviews available)

How did you hear about this course?



Payment Options

I have paid my initial enrolment fee \$500. This is fully deductible from the last term's or month's fee. Enrolment fee is due by 15 Jan 2012. Date Paid _____

Three Fee Options (please select one)

1. Full payment in advance. \$5,590 is due 15 Jan 2012. Date Paid: _____

2. Term payment option. 1st term payment \$1,990 is due 15 Jan 2012. Date Paid _____

3. Monthly direct debit instalments of 11 x \$560 per month. 1st monthly instalment is due 15 Jan 2012. Subsequent instalments are due on the 1st of each month until and including 1st Nov 2012. Date Paid _____

Attendance

Regular and punctual attendance is a mandatory requirement of the course to receive the final certification. An acceptable level of attendance is required to successfully complete the course or you may be ineligible to receive the qualification. If absence is required due to illness, this first needs to be detailed to the course director and classes missed may need to be made up at additional cost to the student. Any of the 90 hours of onsite yoga classes not completed within 12 months of start date incur fees at list price. The teachers and directors of Life Source Yoga & Health reserve the right to refuse the issue of final certification should the level of attendance, assignments or teaching not of acceptable standard.

Failure to Complete the Course: The enrolment fee is \$500. This is fully refundable if you are not accepted to the course. This deposit is refundable from the last term's fee. It is not refundable if you do not complete the course. The deposit is deducted from fees for the last term. Should a student withdraw from the course having attended more than an average of two hours of classes per week, the extra classes may be required to be paid for at list price.

Please sign your understanding of these conditions.

Student's Signature:

Date:

Safety Disclaimer

I understand that I am expected to work within my limits and be responsible for my own health and safety during all components of the course.

Student's Signature:

Date:



Confidentiality Agreement

It is vital that you and your fellow teacher trainees feel safe and secure to express feelings which may arise during the course in a supported environment. To this end we ask that you agree not to disclose personal information, experiences or details about fellow participants outside the studio.

I agree to this confidentiality agreement.

Student's Signature:

Date:



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Teacher Trainee Profile

All information given on this form will be treated as confidential.

Name: _____

A brief medical history. Please indicate if you have suffered any of the following conditions:

- | | | | |
|--|--|---|--|
| <input type="checkbox"/> Back Pain | <input type="checkbox"/> Osteoporosis | <input type="checkbox"/> Low Blood Pressure | <input type="checkbox"/> Gynaecological &/Or |
| <input type="checkbox"/> Knee Pain | <input type="checkbox"/> Headaches/Migraines | <input type="checkbox"/> Heart Conditions | <input type="checkbox"/> Menstrual Disorders |
| <input type="checkbox"/> Neck Pain | <input type="checkbox"/> Asthma | <input type="checkbox"/> Stress/Anxiety | <input type="checkbox"/> Cancer |
| <input type="checkbox"/> Shoulder Pain | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Depression | <input type="checkbox"/> Hernias |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> High Blood Pressure | <input type="checkbox"/> Digestive Conditions | <input type="checkbox"/> CFS |

Are you currently taking any medications? Yes No

If yes, for which condition(s)?

Is there anything else you feel is important for us to know about you?

Agreement: I will notify my teacher before each class begins of any recent injury, illness, surgery or commencement of pregnancy. To ensure that no personal injury occurs, I agree to adjust my practice according to my limitations and the decision to perform any exercise remains mine. I understand that I am engaging the services of the teacher at each class that I participate in, and that the teacher-student relationship is between myself and the teacher of each class, and that Life Source Yoga & Health is providing the opportunity, premises and equipment to allow the classes to be conducted. I expressly waive any claim I may have against Life Source Yoga & Health and other teachers representing and teaching with the company, for any injury or loss sustained by me while undertaking my practice under their instruction.

Signed:

Date:



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