



Life Source Yoga & Health Pty Ltd  
abn 77 104 648 919  
Suite 11, 177-199 Pacific Highway  
North Sydney NSW 2060  
t 02 8904 0202  
f 02 9956 8999  
w [www.life-source.com.au](http://www.life-source.com.au)  
e [bliss@life-source.com.au](mailto:bliss@life-source.com.au)

## Become a Yoga Teacher!



### Live Your Dreams!

Our 12 month 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. We train exceptional yoga teachers – ones that we are keen to have as part of our teaching team and we have a great track record in helping get our teachers started on their new path with job offers.

### Inspire!

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

The course, with flexible study hours and some weekend sessions, is designed to suit busy students with full time work or family commitments. Discover how this manageable course structure will allow you to stay committed to your own happiness during the course!

### Grow!

This course is suitable for those from every yoga tradition. 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.

### Build!

This yoga teacher training course offers a comprehensive study of yoga teaching methodology, yogic philosophy, yogic physiology, anatomy, asana, pranayama and meditation. It will also give you the teaching skills you need to become an effective and magnetic teacher who attracts students back to your classes time and time again.



## Accreditation

This course is suitable for those from every yoga tradition. Some yoga experience is necessary to start the course and an interview is required for acceptance to the course. It is **not necessary** to be at a particular level in your own fitness or asana practice. You'll find that over the year your yoga body will develop magnificently in any case as you develop and expand upon your personal practice.

This course is accredited with the **Yoga Teachers' Association of Australia (YTTA)**. On completion of this course, you'll receive national recognition as a Full Member (Level 1) yoga teacher, having completed 350 hours of training. You'll be recognized by employers and eligible for insurance cover to safely teach. In fact, you'll have your own insurance to be able to be paid for your teaching before you even graduate.

Some comments from past students:

*"The weekend workshops are great for connecting with the other students and getting support and sharing fears!"*

*"All the teachers are enthusiastic and open with their advice."*

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

*"Firstly I would like to say a personal thank you to you, Christina, you have been a great source of inspiration to me. When I really needed guidance, in your naturally understated way, you were really there for me. 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."*

## The Training Consists of:

(All included in cost unless stated. See next page for more details on each component.)

- Monthly 4 or 8 hour weekend workshops over 11 months developing skills and experience by comprehensively covering Asana, Teaching Methodology, Yogic Physiology, Philosophy, Ethics, Lifestyle, Communication & Counselling skills for yoga teachers.

*“I have felt very supported and enthusiastic after each weekend session.”*

*“The weekend workshops are a great environment in which to ask questions”*

- 90 hours of General Class Attendance (taken at times to suit you over the year. All classes are included in class fees). If you wish, these classes can be commenced on receiving your deposit and first fee installment.

*“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 have learnt a lot about myself and yoga.”*

- 4 fascinating weekend workshops on Applied Anatomy & Physiology for Yoga Teachers (These 1 ½ day workshops run Saturday afternoons 1-4pm and 9am-4pm Sundays).
- A 50 hours apprenticeship. This teaching practice guaranteed to grow your competence so you'll be a confident and inspiring teacher when it's your turn to lead classes. First, you'll spend several classes observe in our regular classes in session, getting a sense of class structures, how much bodies vary and you'll assist our teachers with adjustments you've been trained in. Then you'll move on to teach special teacher trainee classes (all at times to suit you). This component does not need to be completed within one year and may be stretched out into 2010 if your schedule necessitates. Previous teacher trainees have found this skill development and experience fantastic in developing them into effective and exceptional yoga teachers.

*“I love it so much more than I thought I would. Many things are becoming obvious that I need to learn.”*

*“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”*

- One weekend yoga retreat, held at a venue close to Sydney (not included in course fee).

*“The retreat, and making time for yoga have been two of my favorite things about the course”*

- Some at home yoga practice (45 hours logged in your practice book over 12 months) plus reading, study, assignment writing and two at home open book exams.
- First Aid Certificate – to be obtained externally, not included in fees (ie. St John’s Ambulance one or two day courses)

## Teacher Training Course Components

Subject	Time	Details
Teaching Methodology. Philosophy, Ethics & Lifestyle. Yogic Physiology. Communication Skills	5 weekend workshops (of 8 hours) plus 5 Sunday workshops (of 4 hours)	<p><b>Teaching Methodology:</b> These will be practical in nature and will develop you into a responsible adept yoga teacher. These classes 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.</p> <p><b>Philosophy, Physiology, Communication:</b> Study of sacred and yoga educational texts plus modern writers. Ethics for teachers. Training in Counselling and Communication Skills. Yoga as a living practice. Study of the subtle yogic physiology and energy fields such as nadis, koshas, chakras &amp; gunas.</p>
Anatomy & Physiology	4 weekend workshops of 9 hours	Applied anatomy and physiology of Hatha Yoga. Three contact hours each covering the following units: Introduction to A&P of Hatha Yoga, Upper Limb, Hip, Lower Limb, Spine and Trunk, Effects of Hatha Yoga on the cardiopulmonary and nervous systems, Effects of Hatha Yoga: nutrition and breathing on the digestive and immune systems, Effects of Hatha Yoga on the endocrine, urinary and reproductive systems.
General Class Attendance - Yoga Techniques	90 hours plus home practice	Study and practice of hatha yoga including asana, pranayama, kriyas, relaxations, meditation and chanting. This component may be any combination of yoga or meditation classes at the centre to a total of 90 hours, to be completed within 12 months of starting (if starting during 2008) or by Dec 31 if starting during 2009. Also required over the year are 45 hours of home practice (or practice with us or at a school convenient to you). All external hours need to be logged in your log book.
Integrative Teaching Practice	50 hours	Apprenticeship and Mentoring System at Life Source Yoga & Health. These hours include: 1. Observation of classes in action, progressing on to 2. adjusting and assisting students in classes in action under the guidance of the teacher (recommended 10 or so classes). 3. Finally, you'll teach your own classes. These classes may be organized by yourself (ie groups of friends at home) or they could be at our centre in the form of specially featured low cost classes open to the public classes. Pair up with a fellow trainee under our buddy system. Your class planning time will be credited towards these 50 hours. Check our current schedule for current timeslots. 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.
Yoga Retreat	One weekend	Teacher trainees are required to do one weekend retreat during the year. (We'll run three or four close to Sydney during 2009). 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. Weekend retreats run from Friday evenings to Sunday lunchtime. Friday-Sunday retreats cost around \$450 (or less with early bird special rates) and your retreat is not included in the course fees.
First Aid Certificate		Current Certificate required. Completed externally, not included in course fees. (ie. St John's Ambulance)

**At A Glance: A Rough Guide to Contact Time Needed on Weekends**  
 (An average of 1.2 weekends per month over 11 months plus one retreat)

<b>MODULE 1</b>	<b>Feb</b>	<b>Mar</b>	<b>April</b>
Teaching Methodology & Yogic Physiology (Sat 4 hrs plus Sun 4 hrs)			

<b>MODULE 2</b>	<b>May</b>	<b>June</b>	<b>July</b>	<b>Aug</b>
Teaching Methodology (Sat 4 hrs plus Sun 4 hrs)				
Teaching Methodology (Sun 4 hrs)				
Applied Anatomy & Physiology (3 hrs Saturday & 6 hours Sunday)				

<b>MODULE 3</b>	<b>Sept</b>	<b>Oct</b>	<b>Nov</b>	<b>Dec</b>
Teaching Methodology (Sat 4 hrs plus Sun 4 hrs)				
Teaching Methodology & Yoga Philosophy (Sun 4 hrs)				

## Our Teacher Trainers

All workshop facilitators 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.

You'll be meeting more expert yoga teachers and trainers who are invited to teach on specialist subjects. During our 2008 course, our main teacher trainers were:



**Christina Brown**, a yoga and meditation practitioner since 1989, has studied and taught yoga worldwide. Over 19 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* and *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*.

# Life Source Teacher Training Dates & Fees 2009

## Dates

Course dates will be set towards the end of 2008. 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, particularly from July -December.

## Course Fees

The training fee is \$4,750 - \$5,610 depending on how you wish to pay. This includes all training workshops, all required class attendance through the year. It excludes the yoga retreat (generally \$410 for accommodation, meals and yoga all inclusive) the cost of text books (allow around \$200 through the year) and the First Aid course (approx \$120).

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's possible some fees may become tax deductible – ask your accountant about this, especially if you are in a related industry from the outset .

The **enrollment fee** is \$500. This fee is **fully refundable** from your last term's fee.

## Total Course Fee Summary

Full payment in advance (no deposit required in this case)	\$4,900	(\$4,750 by Dec 10)
Early bird option:	\$5,200	(\$5,050 if enroll by Dec 10)
Regular Term payment option:	\$5,400	(\$5,250 if enroll by Dec 10)
Installment plan option:	\$5,610	(\$5,460 if enroll by Dec 10)

## Payment Options

### Term Fees

Early bird payment, per term.	\$ 1,733	(paid in three terms, 2 weeks before term starts)
Regular payment, per term:	\$ 1,800	(paid in three terms)
Monthly payment Plan:	\$ 510	per month (in 11 installments by direct debit)

## Save on Early Enrollment

Deduct \$150 off your first course payment when you register for this course by December 10, 2008





**Life Source Yoga & Health  
Teacher Training Course Registration 2009**

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

Surname

First Name

Date of Birth

Address

Daytime Telephone No.

Mobile No.

Email

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?

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

Yes/No I have paid my initial enrollment fee \$500. This is fully refundable from the last term's or month's fee. Deposit due by **15<sup>th</sup> January**. Date Paid \_\_\_\_\_

## Three Fee Options

You may vary the options each term. No refunds are given on fees paid.

Yes/No I am claiming the \$150 deduction by registering before Dec 10, 2008

Yes/No 1. I am paying the full year ahead (no deposit necessary) \$4,900 due 31<sup>st</sup> Jan, 2009  
Date Paid \_\_\_\_\_

Yes/No 2. I am paying term 1 early bird rate \$1733 due 31<sup>st</sup> Jan, 2009  
Date Paid \_\_\_\_\_

Yes/No 3. I am paying term 1 full payment rate \$1800 due 15 February, 2009  
Date Paid \_\_\_\_\_

Yes/No 4. I am paying term via monthly direct debit installments of 11 x \$510 per month  
First installment due 8th February 2009, then installments due on the first of each  
month until and including 1<sup>st</sup> December.  
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 director of Life Source Yoga & Health reserve the right to refuse the issue of final certification should the level of attendance, assignments or teaching not be to an acceptable standard.

**Failure to Complete the Course:** The enrollment 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: \_\_\_\_\_

If you do **not** wish to receive our monthly news, including discounts, special offers, and birthday freebies, please tick

### 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 Pty Ltd and Yoga Source Pty Ltd is providing the opportunity, premises and equipment to allow the classes to be conducted. I expressly waive any claim I may have against Christina Brown, Life Source Yoga & Health Pty Ltd, Yoga Source Pty Ltd, and other teachers representing and teaching with these companies, for any injury or loss sustained by me while undertaking my practice under their instruction.*

Signed: \_\_\_\_\_

Date: \_\_\_\_\_