

INTEGRATIVE MIND-BODY MEDICINE

YOGA & MEDITATION TEACHER TRAINING PROGRAMME 2013

TEACHER TRAINING Programme to become a yoga & meditation teacher.

Available in BRISBANE and TOOWOOMBA

350 hours for Level 1 membership registered with Yoga Australia to be completed within 12 months

BRISBANE SCHEDULE

* 1 class weekly (60 hours)

Monday /Tuesday /Thursday/Friday 9.45am-11.15am

* 2 day weekend retreat for 11 months February to December (see dates below)

* 4 x 1 hour personal consultation for Yoga & Ayurveda quarterly

* 12 home practice programmes for daily home practice (50 hours)

* 12 assignments to be completed on a monthly basis (60 hours)

\$375 per month (\$4500/year) OR

2 payments of \$2100 (\$4200/year) OR

\$4000 for the year upfront

Deposit of \$375 required to reserve your place. **Name: Celia Roberts, BSB: 06 4178, ACC: 1009 6466**

All applicants for teacher mentoring programme must apply personally via email or phone, and must have at least 12-24 months prior experience of personal yoga practice, and commitment to the art of yoga and meditation.

CONTINUING PROFESSIONAL DEVELOPMENT for Yoga Teachers

Current Yoga teachers wishing to complete Continuing Professional Development hours may attend certain modules that meet their curriculum requirements for \$150/day.

CORE SUBJECT MATTER

Weekend training dates: Saturday and Sunday 9.00am-5.30pm

WEEKEND 1: 23rd & 24th February:

1. Opening the chest and heart with arm balances and inversions: techniques and alignment
2. Introduction to the musculoskeletal system: Anatomy of the head, neck, shoulder and spine.

WEEKEND 2: 23rd & 24th March:

1. Anatomy of hip and knee joints with asana & alignment, Yoga Anatomy of the Spine & healthy back bending.
2. Bandhas and Mudras in Asana and Pranayama

WEEKEND 3: April 20th & 21st

1. Yogic Physiology practicum: marmas, nadis, chakras
2. Yogic Physiology combined with Western Medical Physiology:
 - Urinary system and Muladhara
 - Reproductive system and svadhishtana
 - Gastrointestinal system and manipurna chakra
 - Circulatory and immune system and anahata chakra
 - Endocrine and exocrine systems and vishuddhi, ajna, sahasara chakra

WEEKEND 4: 18th & 19th May

1. Introduction to Pranayama and Concentration (dharana), the nervous & respiratory system
2. Introduction to Meditation Therapeutics for Healing the Mind & Neuroscience

WEEKEND 5: 15th & 16th June

1. Knowing your Body through Ayurveda: Doshas , koshas, gunas and the integumentary system.
2. Pranayama and the Pranavayus/ Restorative Yoga & Koshas

WEEKEND 6: 27th & 28th July

1. Yoga Philosophy: Bhagavad Gita with Leanne Davis
2. Yoga Philosophy: Sutras of Patanjali with Leanne Davis

WEEKEND 7: 24th and 25th August

1. Asana for your personal Ayurvedic constitution
2. Different types of Pranayama, Meditation & Mantra for your Constitution

WEEKEND 8: 21st & 22nd September

1. Philosophy of Hatha Yoga Pradipika & Purpose of true Asana for the physical body, pranic body, mind and nervous system.
2. Meditation: Mindfulness, Compassion, and Peace Within.

WEEKEND 9: 19th & 20th October

1. Yoga for the Digestive System (gastrointestinal system)
2. Asanas, Shatkarma and the Kriyas

WEEKEND 10: 16th & 17th November

1. Becoming a Teacher: asana, observation, and adjustments
2. Bringing Yoga to Life: Heart Sutra & Yoga Nidra

WEEKEND 11: 14th & 15th December

1. Asana, Mantra and Kriya Yoga: opening the subtle body
2. Meditation: Samadhi & Kundalini life force

Attendance is required at one weekly general class to assist with teaching, observe teaching styles, practice corrections and adjustments, and teacher trainees may also be asked to teach small portions of the class under supervised teaching hours.

TOOWOOMBA SCHEDULE

Schedule for 12 month 350 hour teacher training course includes:

- 22 days contact teacher training at Zama Yoga Toowoomba
- Monthly home practice routines to be completed daily by teacher trainee.
- Monthly assignments
- Weekly classes to be attended as part of mentoring course requirements at Zama Yoga Toowoomba (separate pricing schedule with Zama Yoga)

Dates for Teacher Training Toowoomba:

MARCH: 9th and 10th

APRIL: 6th, 7th and 8th

JUNE: 21st, 22nd, 23rd, 24th, 25th, 26th, 27th and 28th

SEPTEMBER: 23rd, 24th, 25th, 26th, 27th, 28th, 29th and 30th

NOVEMBER: 1st, 2nd, 3rd

Payment schedule: \$3400 upfront, 2 payments of \$1800 (\$3600/year), 10 payments of \$390 (\$3900/year).

Deposit of \$390 required to reserve your place: Name: Celia Roberts, BSB: 06 4178, ACC: 1009 6466

Attendance at weekly classes is essential aspect of the course requirements.

There is a separate pricing schedule for weekly classes with Zama Yoga.

CORE SUBJECT MATTER for March Intensive:

1. Opening the chest and heart with arm balances and inversions: techniques and alignment
2. Introduction to the musculoskeletal system: Anatomy of the head, neck, shoulder and spine.

CORE SUBJECT MATTER for April Intensive:

1. Anatomy of hip and knee joints with asana & alignment, Yoga Anatomy of the Spine & healthy back bending.
2. Bandhas and Mudras in Asana and Pranayama
3. Yogic Physiology practicum: marmas, nadis, chakras

CORE SUBJECT MATTER for June Intensive:

1. Yogic Physiology combined with Western Medical Physiology:
 - Urinary system and Muladhara
 - Reproductive system and svadhishtana
 - Gastrointestinal system and manipurna chakra
 - Circulatory and immune system and anahata chakra
 - Endocrine and exocrine systems and vishuddhi, ajna, sahasara chakra
2. Introduction to Pranayama and Concentration (dharana), the nervous & respiratory system
3. Introduction to Meditation Therapeutics for Healing the Mind & Neuroscience
4. Knowing your Body through Ayurveda: Doshas , koshas, gunas and the integumentary system.
5. Pranayama and the Pranavayus/ Restorative Yoga & Koshas
6. Asana for your personal Ayurvedic constitution
7. Different types of Pranayama, Meditation & Mantra for your Constitution

CORE SUBJECT MATTER for September Intensive:

1. Philosophy of Hatha Yoga Pradipika & Purpose of true Asana for the physical body, pranic body, mind and nervous system.
2. Yoga Philosophy: Bhagavad Gita
3. Yoga Philosophy: Sutras of Patanjali
4. Meditation: Mindfulness, Compassion, and Peace Within.
5. Yoga for the Digestive System (gastrointestinal system)
6. Asanas, Shatkarma and the Kriyas
7. Becoming a Teacher: asana, observation, and adjustments
8. Bringing Yoga to Life: Heart Sutra & Yoga Nidra

NOVEMBER Retreat & Graduation

1. Asana, Mantra and Kriya Yoga: opening the subtle body
2. Meditation: Samadhi & Kundalini life force

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