

INTEGRATIVE MIND-BODY MEDICINE

YOGA & MEDITATION TEACHER TRAINING PROGRAMME 2013

TEACHER TRAINING Programme to become a yoga & meditation teacher.

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 Upper Brookfield Retreat
After work hours classes will also be available at Zama Yoga Toowong.

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

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

* Monthly assignments (60 hours)

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

CORE SUBJECT MATTER

Weekend training dates: Saturday and Sunday 9.30am-5.30pm

MODULE 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.

MODULE 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

MODULE 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

MODULE 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

MODULE 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

MODULE 6: 27th & 28th July

1. Yoga Philosophy with Leanne Davis
2. Yoga Philosophy with Leanne Davis

MODULE 7: 24th and 25th August

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

MODULE 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.

MODULE 9: 19th &20th October

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

MODULE 10: 16th &17th November

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

MODULE 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.