

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

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 for daily home practice.
- 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: 22nd, 23rd, 24th, 25th, 26th, 27th, 28th

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

NOVEMBER: 1st, 2nd, 3rd

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. Yoga Philosophy with Leanne Davis
2. Yoga Philosophy with Leanne Davis
3. Yoga Philosophy with Leanne Davis
4. Yoga Philosophy with Leanne Davis
5. Yoga for the Digestive System (gastrointestinal system)
6. Asanas, Shatkarma and the Kriyas
7. Becoming a Teacher: asana, observation, and adjustments

NOVEMBER Retreat & Graduation

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