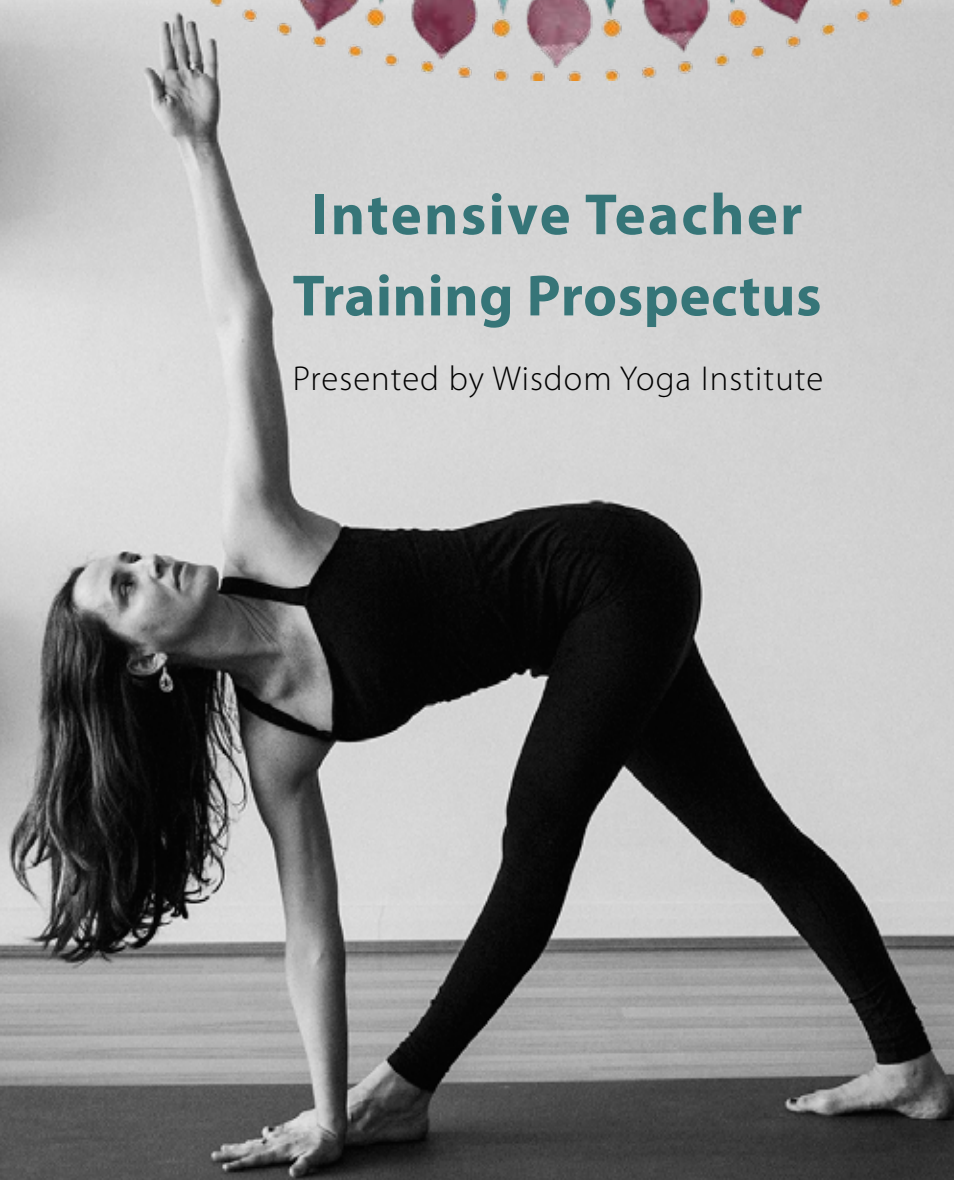




Intensive Teacher Training Prospectus

Presented by Wisdom Yoga Institute





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Course Description

Our Intensive training is an innovative and transformative way to become a yoga teacher with full Yoga Australia registration (350hr – Level One).

Over 9 days you will be immersed in the history, philosophy, anatomy and practice of teaching yoga.

Over 12 months you will be supported on your journey to becoming a teacher, developing self-practice and delivering classes to your community through the mentoring program.

Our Intensive + Mentoring delivery will enable you to delve deeply into your own practice and flourish as a teacher, no matter where you live!

We also have our Perth based weekend and weekday training programs for local students

Graduates of The Wisdom Yoga Institute's teacher training program are energetic, vibrant teachers with a strong personal practice and commitment to the path of yoga. Our graduates are able to teach all types of students, and have experience with beginners, general classes, pre & post natal, kids, chair/seniors yoga and corporate classes.

The course is suitable for students from all yoga traditions looking to radically deepen their own practice and share their love of yoga with others. We help you connect with what you love about yoga, and share that with others.

Trainees are from diverse backgrounds, ages, cultures and levels of yoga experience.



Registration

Yoga Australia Level 1 - 350 Hours

Through this course you can become a Level 1 Member of Yoga Australia. Our curriculum is innovative & supportive, designed to serve the needs of students who live remotely, have difficulties taking time off work or have other commitments that still want high quality training and ongoing mentoring.

Our course encourages a transformational journey providing a strong foundation for personal and spiritual development and an understanding of how to share the joy of yoga authentically.

Commence the journey today and set your own pace with our flexible learning options. **Apply online** or email your application to **laurengarrettspace@outlook.com**





About Wisdom Yoga Institute

Founded by Rob Schutze PhD and Jean Byrne PhD in 2017 Wisdom Yoga Institute's mission is to help people find their light and allow it to shine. Through online courses, classes and teacher trainings Wisdom Yoga Institute provides professional training programs for those seeking a deeper encounter with their life who wish to make yoga accessible to everybody. We don't give you scripts of set sequences to teach, instead our trainings empower you to use the building blocks and skills learnt during your training intertwined with your own unique voice and intuition to teach inclusive, inspiring and accessible classes. As a Wisdom Yoga Teacher you will be able to teach strong or gentle sequences with depth of understanding of the richness that lays beyond asana. Our graduates see their students in truth and teach so they may flourish and find their own light to guide their way.

This is our foundational training. To delve deeper request a prospectus for Wisdom Yoga for Pregnancy, Birth and Baby and Wisdom Yoga Therapy Teacher Training





Why Choose The Wisdom Yoga Institute?

- When our trainees graduate they are confident and inspired teachers.
- Our course is registered with the Yoga Australia at the 350 hour level so upon graduation you can apply and immediately become a member!
- The course has an innovative delivery and curriculum designed to help you work at your own pace and flourish as a teacher.
- We have a dedicated training mentor to help guide you through the course and organise the practicalities. If you are interested in teaching different groups you can also graduate able to teach pre & post natal, kids, seniors yoga and an understanding of how to integrate Yin postures into your class.
- Our program has highly qualified presenters. The yoga teachers delivering workshops are also specialists in other fields and include: a Childbirth Educator, Psychologist, Physiotherapist, Naturopath, Yoga Therapist, Meditation Teachers and a Kids Yoga specialist.
- You will get real life teaching experience so that you have potential job opportunities when you graduate and references from organisations you have taught for.
- You will be helping the community benefit from yoga, as all trainees teach at not for profit organisations during their training.
- Family and work needs are recognised through our flexible delivery.
- You only need to take 5 days off work to complete the Intensive!





Course Information

Course Pre Requisites

- A minimum of 1 year yoga experience
- A sincere dedication to the path of yoga
- Any level of formal education is fine, as long as there is an open attitude to learning

Course Requirements

- An ongoing devotion to, and love of, yoga
- 100% attendance on 9 day Intensive
- Completion of at home MBSR (Mindfulness Based Stress Reduction)
- Completion of teaching practicum
- Completion of assignments
- Completion of a Senior First Aid certificate
- Participation in mentoring sessions
- Keeping a practice diary

Registration

Our Intensive training is fully registered with Yoga Australia at the 350 Level. Unlike other intensive courses we are now offering an innovative intensive + online mentoring program to help you get the most out of your training! 200 hour trainings are not registered at the FULL level with Yoga Australia, they provide only Provisional Membership, and within a 3 year period teachers must upgrade their qualifications to meet the 350 hour level as well as finding 12 months worth of mentoring in order to become a full member. This means additional time and money to become a fully qualified teacher! Our training offers ongoing support and flexible delivery to ensure you become the best teacher you can be.

Non Residential

This course is a non residential program. Please see the end of this prospectus for accommodation options nearby.



Workshop Topics Include

- Sanskrit Basics
- Pranayama
- Meditation
- The Art of Adjusting
- Restorative Yoga & using props
- Yoga for Pregnancy and Post Natal Yoga
- Anatomy of Asana
- Indian Philosophical Traditions
- The Yoga Tradition: Bhagavad Gita and Yoga Sutras
- Sequencing and Class Structure
- Communication skills
- Yoga and Mindfulness Meditation
- Professional Ethics in Yoga Teaching
- Yogic Physiology
- Yogic Diet and Nutrition for Vegetarians
- Yoga Pedagogy and Teaching Methodology
- Yin Yoga
- And much more!





Curriculum Covered

As set out by the Yoga Australia Guidelines

Yoga Philosophy, Ethics & Lifestyle	Study of the sacred and Yoga educational texts. Ethics for Teachers. Yoga as a living practice. Yoga & Buddhist Philosophy.
Anatomy & Physiology	Study of the anatomy & functional physiology of bodily systems.
Yogic Physiology	Study of subtle yogic physiology and energy fields, such as: Nadis, Koshas, Chakras, Gunas etc.
Techniques	Study and practice of Yoga techniques such as: Asanas, Pranayama, Kriyas, Relaxation, Meditation, Chanting, etc.
Teaching Methods	Study and practice of teaching methodologies such as: Principles of demonstration, communication, assistance, correction, adjustments, instruction, teaching styles, student learning styles, etc.
Integrative Practice & Teaching	Observation, assistance in classes taught by qualified teacher, supervised teaching practice, teaching classes & courses
Specialty modules / Further study	Including pregnancy yoga, relaxation, meditation, active birth post natal yoga, chair yoga.

Teaching Practicums

Not for Profit Courses	Teach 3 not for profit x 7 week courses
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Course Delivery

Our course is delivered through a 9 day INTENSIVE + 12 month MENTORING. 12 months of Mentoring is a requirement of Yoga Australia for registration as a FULL Member.

Enrolment:

Enroll anytime before September 1st 2018, spaces permitting. Students will begin mentoring + some of the at home content as soon as they enroll, teaching practicums occur after the Intensive. Students have 12 months to complete the course once enrolled. Please find enrolment information & pricing at the end of this prospectus.

Intensive:

Friday October 19th 6 - 9pm – Sunday October 28th 6pm

Our intensive is a complete body and spirit immersion in the art of teaching yoga. Each day begins with sadhana (practice) followed by sessions relevant to Yoga & teaching, presented by highly qualified specialists who are all experienced yoga teachers.

Daily you will have lunch together as a sangha (community) with a mentor to reflect and review how your training is progressing. This is a unique opportunity to adopt a yogic lifestyle in an ashram context and join together with like-minded people. During the retreat there will also be the opportunity for silent inner reflection.

The day commences at 8am and finishes at 8pm. The first day (Friday) runs 6-9pm.

Mentoring

Our Mentoring Program is carefully coordinated to help support you in your teaching and practice of yoga throughout the 12 months of enrolment. Mentoring involves a monthly small group mentoring session, monthly peer mentoring, online structure discussion (via private forums), assessed assignments, class plans & feedback on plans, guidance from your mentor on establishing and maintaining a nourishing daily home practice. Each month your mentor will support and guide you via email and small group video meetings to help you meet all of your course requirements and undertake your training in a way which integrates into your life and aligns with the type of teacher you wish to be.

Meeting times include a daytime, evening and weekend group option.



The Training Venue

Abbotsford Convent is a unique and beautiful place with a rare fusion of old and new.

It's 11 historic buildings and gardens make it Australia's largest multi-arts precinct and an Australian National Heritage site. Sitting on part of the traditional lands of the Wurundjeri people, the precinct has 6.8 hectares of surrounding heritage gardens; offering a peaceful urban retreat. With the hum of nature and the silent flow of the Yarra River there is no sound of traffic or the world rushing by. It's hard to believe you are just 4km from Melbourne's CBD. The Convent is most similar to a countryside village. Filled with artists' studios, creativity, cafes, galleries and markets, it is easily accessible by train, tram or bus.



The Practicing Space

From intimate to grand, industrial to opulent, the Convent's spaces are historically fascinating and bursting with character. Exploring and practicing yoga at the Convent will take place in a dedicated, open and flowing multi-purpose room. With ornate, high ceilings, the steady stream of natural light and views over the green landscape, the setting instills calm, peace and the inner space to immerse yourself in the experience of yoga and community.

Food & Beverage

Cam's Cafe	Mon – Sun 8am – 8pm
Convent Bakery	Mon – Sun 7am – 5pm
Kappaya	Wed - Sun 9am – 4pm
Lentil As Anything	Mon – Sun 9am – 9pm

How to get there

Address: 1 St Heliers Street, Abbotsford, 3067

By Car: Ticketed parking is available on the north side of St Heliers street at a cost of \$12 for 5-12 hours. There is no vehicle access onto the Abbotsford Convent site.

Train: Victoria Park station on the Epping and Hurstbridge lines is the closest railway station. Please note that some services run express past Victoria Park station. Once on Johnston St, walk east (away from the City) for around 12 minutes to Clarke St. Turn right into Clarke Street (the last right before the Yarra) and left into St Heliers St.

Alternatively, buses travel regularly from Victoria Park Station down Johnston St.

Bus: From the City- the 200, 201 and 207 depart from Melbourne Central/ Lonsdale St in the city, run along Lygon St, Elgin St then Johnston St. Alight at Clarke Street bus stop. Turn right at Clarke St then turn left into St Heliers St. The 205 runs from Melbourne University via Elgin and Johnston St and past Clarke St.

Accommodation

The surrounding suburbs of Abbotsford that will provide a commuting time to the Convent, using public transport, of approximately 30 minutes or less, are Collingwood, East Melbourne, Richmond and Kew.

Please contact the Course Convener for more information about budget and mid range options for your perusal and to notify your interest in co-student accommodation sharing.



Teaching Faculty



Jean Byrne

BA Hons Grad Dip Ed Dip Childbirth Education PhD

Dr. Jean Byrne is an Authorised Ashtanga Yoga teacher (KPJAYI Mysore), a Senior Member of the Yoga Teachers Association of Australia and Yoga Alliance E-RYT 500 & RPYT, who specialises in the teaching of Pregnancy Yoga, Yoga for Active Birth and Post – natal Yoga. She has taught pregnant women yoga for over 17 years, and is a mother of two boys. The Mindful Birth training is based on her Pilot Study of Mindfulness Based Childbirth Education, the results of which have been published in **Bio Med Central Journal of Pregnancy and Childbirth** and the **Journal of Midwifery and Women's Health**.

Dr. Byrne also trains pregnancy and post-natal yoga teachers in Perth, Australia where she runs The Yoga Space. She has a keen interest in women's experience of yoga practice and has a PhD from the University of Queensland. She is also co –editor of *Yoga in the Modern World: Contemporary Perspectives* (Routledge 2008). She is a qualified Child Birth Educator (Dip Childbirth) and the author of both academic and popular articles on yoga, meditation & eastern philosophy. Together with Michelle Papa she is the co founder of Mindful Birth which offers training to midwives, doulas, yoga teach.



Chandrika Gibson – Lead Trainer

ND, MWell, IAYT, AAYT, ANTA, AIMA, SIO, RYT500, Senior Yoga Teacher Yoga Australia

Chandrika is a Naturopath, experienced Senior Yoga Teacher, Lecturer and Yoga Therapist. Chandrika has over 15 years clinical experience through her natural health business Surya Health. Her private practice of Yoga Therapy and Naturopathy has become specialised in cancer care and she is a sought after presenter in this area. Chandrika completed a Master of Wellness degree at RMIT University in 2012 where her original research looked at the effect of yoga programs in cancer survivorship. This follows on from many years teaching yoga to people affected by cancer, and acting in a policy and research role for program planning. She continues to play a leading role in the fields of Yoga Therapy and Integrative Oncology, as well as coordinating the Living Yoga Therapy programs and being the lead presenter in Perth and Asia. As a Senior Member of Yoga Australia she presents numerous workshops on our Intensive training. Chandrika is also a member of ANTA (Australian Natural Therapists Association), Yoga Australia, Yoga Alliance, SIO (Society of Integrative Oncology), AIMA (Australasian Integrative Medicine Association), former President of the AAYT (Australasian Association of Yoga Therapists) and member of IAYT (International Association of Yoga Therapists).



Michelle Papa

Michelle began practising yoga in 2004 to balance her stressful job, yoga allowed her to connect with a part of herself she had forgotten. Her love for yoga has grown exponentially and in 2007 as she found her 'yoga home' at The Yoga Space Perth, where she teaches in the Mysore programme. Now, as part of the living lineage of Ashtanga Yoga her teacher is Sharath Jois and has made two trips to Mysore, India to practise under his guidance. Michelle has undertaken the Hatha Vinyasa Yoga teacher training at The Yoga Space and has a particular interest in pre and post-natal, and yoga for Active Birth. She delivers Active Birthing Workshops and Mindful Birth Retreats which assists women through education and awareness. Michelle is a member of Level 2 Yoga Australia and E-RYT 200/RYT500 with Yoga Alliance. Together with Dr. Jean Byrne, she is the co-founder of Mindful Birth, a registered Yoga Alliance and Yoga Australia Pre-natal Teacher Training programme. She has completed specialist pre-natal yoga teacher training with Dr Jean Byrne and has completed a Diploma of Childbirth Education to become a certified Childbirth Educator with Childbirth International. Michelle teaches pre-natal, post-natal, yin yang and Ashtanga led. She delivers Mindful Birth Teacher Training course in Australia and Asia. Yoga has become an integral part of her life that keeps her centred and grounded. She is the mother of a baby girl, Cassy, born in early 2010 and co owner of Yoga Space Maylands.



Stephen Byrne

Currently enrolled in a Bachelor of Physiotherapy.

Stephen was introduced to yoga at the age of 16 and immediately felt a connection to the benefits of yoga. After some years of exploring the practice he dedicated himself to the traditional system of Ashtanga Yoga. On his first trip to Mysore, India in 2006 he practiced with Gururji (Pattabhi Jois) before he passed in 2009. On Stephens 3rd and most recent trip to practice under Sharath Jois he delved deeper into the study of traditional chanting and sanskrit. Over this three month period his knowledge of Ashtanga Yoga deepened both in theory and practice. Stephen is passionate about teaching Ashtanga Yoga in the traditional format as taught to him by his teachers, Gururji, Sharath and in Perth Jean and Rob. He finds Yin Yoga a complement to his daily Ashtanga practice. Stephen is registered with Yoga Australia and has completed Yin Yoga & Anatomy Teacher Training with Paul Grilley. He is currently a student of Physiotherapy at Curtin University and is very experienced in working with injuries in a Yoga context. He also delivers Yin Teacher Training.



Lauren Garrett

Lauren considers herself to be a part-time yoga teacher, full-time mum, full-time wife and part-time HR professional! Lauren came to the practice of yoga as a sanctuary from the demands of the corporate profession and found the practice supported and enabled her to navigate life, explore her truth and discover her inner potential.

A YA Registered Level 1 Teacher, Lauren is a student of the Yoga Space community having studied with them in Hong Kong, Bali and online.

An avid lover of learning and exploring her passion for yoga, Lauren teaches Pre and Post-natal yoga, most recently in Shanghai and now at home in Melbourne. Striving to bring community, mindfulness and passion to her classes, Lauren focuses strongly on safety, alignment and connection and awareness within.

Lauren's foundational yoga training began with Patrick Creelman, Pure Yoga Asia through to studies with Mindful Birth; Michelle Papa and Dr. Jean Byrne and Yin Yoga & Mindfulness with Sarah Owen.

**Presenters may change depending on availability.*





Course Costs

We endeavor to make the course as affordable as possible. The course offers the highest Level of Yoga Australia registration possible for a new graduate, and ongoing support over 12 months.

Please see the payment options below. Payment plans are available, yet all payments need to be paid in full before September 22nd 2018.

Application Fee: \$500

Your enrolment must be submitted with your application fee prior to 1 September 2018 for it to be considered. This fee is refundable if we do not accept you into the course.

Tuition Fees + Enrolment Options

Super Early Bird	\$5,100	End Date: 15th March 2018
Early Bird	\$5,700	End Date: 19 May 2018
Normal Fee	\$6,100	End Date: 22 September 2018

*Please contact us if you wish to simply undertake the intensive. However without the Mentoring you will be unable to attain Yoga Australia registration. The intensive however is a great option for yoga teachers looking for further training.

Payment Plans

Please contact us for individual payment plans. Payment plans attract a 10% admin fee. All fees must be paid in full by September 22nd 2018.

Refunds & Transfers

Course fees are non refundable but transferable to future courses, space permitting on compassionate grounds. Please contact your mentor to discuss.



Application

Or apply Online [Here](#).

Applications are only considered with your Course Deposit (\$500).

Name _____

Address _____

Email _____

Phone (h) _____

Phone (w) _____

Phone (m) _____

Emergency Contact _____

Education _____

Year Attained & Qualification (High school/ Certificate/ Diploma/ Degree/ Post Graduate)

Institution _____

Please attach responses to these questions

1. What year did you take your first yoga class?
2. Please outline your practice history. Including style of yoga practiced and where and name of teacher. Please be as detailed as possible.
3. Do you have any medical conditions we need to know about? (Provide details)
4. What other commitments will you have in the duration of your course? (Eg; family, children, study, work etc).
5. Why do you practice yoga and what is the role of yoga in your life?
6. Why do you want to enroll in this course?

Payment and Application Processing Information

Once we receive your application we will notify you within 2 weeks of your acceptance into the course. If an application is not accepted the \$500 Course Deposit will be refunded. There are no refunds of training and application fees for change of mind, however we can transfer some fees across to class credit. Applications are processed and accepted in the order they are received. Cheques: are payable to The Yoga Space.

Direct Deposit can be made to:

- Bank Account: C. Gibson, BSB: 016 141 Account #: 906 984 552
- Please include your name and "teacher training" in the message field



We practice **yoga** to be real.

We practice yoga for how it makes us **feel**
not how it makes us look.

We believe in **love** and sharing a practice
that **transforms**.

We believe in meeting ourselves where we
are, **right now**, right here.

We **believe** in our students.

We see a world in which yoga is **accessible**
to everyone.

Old, young, sick, big, small, tall, short,
white, black, brown, incarcerated, single,
married, rich, poor.

We believe yoga belongs to **everybody**.

We believe yoga belongs to **you**.

To date we have offered half a million dollars worth of free yoga classes in Not For Profit settings. Think domestic violence shelters, prisons, seniors homes and that is just the beginning. Train & practice with us and help us make yoga accessible. **Practice with us:** Perth studios. **Train with us:** Perth, Bali, Melbourne. **Retreat with us:** Perth & Bali.