

Yoga Teacher Training 2019

With Kate Pell and guest teachers

SCHEDULE

Kate would like to invite you to discover the enriching nature of you and yoga by joining her and her wonderful fellow teachers Wendy Reid, Dan Alder and Falu Eyre (all locations); plus Laura Colless (Armidale), Monika Ruhnke (Rockhampton) & Mirinda Smith (Sydney) for this inspiring 2019 course.

Create a deep lasting relationship with asana, meditation, pranayama, yogic philosophy and physiology, yoga nidra, developmental movement patterns, self-study, ethics, lifestyle, sequencing, postural alignment, adjustment in asana, anatomy and physiology and specialised teaching skills and practice.

The 12 month course is designed for those who wish to develop Yoga teaching skills or to simply deepen your own personal practice and experience of Yoga, and to realize your ability to teach or share your yoga with others.

All are welcome!

To apply please feel free to fill out the application form on the website:

www.bowralyogastudio.com.au

COURSE SCHEDULE

WEEKEND ONE

Asana: Reclined, seated and standing – 6hrs

Pranayama: Introduction. Slow rhythms – Ujjayi, Khumbakas & Viloma - 1hr

Anatomy & Physiology: Skeletal system. Structure and action, names of bones and joints - 2hrs

Human Developmental Movement Patterns: Internal (cellular respiration) respiration - 2hrs

Yoga Nidra: Introduction and practice - 1hr

Yogic Physiology: Mooladhara Chakra -comprehensive overview including, basic location in the body, the hormonal system, emotional connection, color, essence, seed mantra, asana used to stimulate/calm, practices to connect to the chakra - 2hrs

Integrative Practice: Introduction to the teaching methodology which encourages integration of yoga practice and teaching knowledge. Methods of learning explored including the six senses, passive and active learning and adjusting - 2hrs

Meridians and Nadis: Self massage and partner techniques: for yourself and your students, integrating Yogic practices that nurture and heal the body. Spleen / Stomach & Lung / Large Intestine - 1hr

Meditation: Introduction: Anapanna and Metta - 1hr

Home Practice: Students are given monthly home practices relevant to each month's subject matter. Students are required to complete these practices twice a week at home to encourage a deeper understanding of the practice. Extra hours are required for reading and written homework, plus personal journaling. Approximately 30hrs each month

Weekly Practice with your hometown teacher will cover all aspects of the set home practice - 4hrs per month.

WEEKEND TWO

Asana: Reclined, seated and standing - 6hrs

Pranayama: Introduction. Slow rhythms: Ujjayi, Kumbakas, Viloma, Anuloma / Pratiloma and Nadi Sodhana Pranayama - 2hrs

Anatomy & Physiology: Skeletal system & introduction to the musculature system. Action and types of movements of individual bones and joints, ie. Internal/external rotation. Conditions related to bones and overview of muscle anatomy and basic muscle groups and movement in Asana - 2hrs

Developmental Movement Patterns: Navel radiation and external respiration. Integration of the developmental patterns & teaching each other in small groups - 2 hrs

Philosophy: Yoga Sutras of Patanjali and the Yoga Australia Code of ethics - 1hr

Meridians and Nadis: Self massage and partner techniques: for yourself and your students, integrating Yogic practices that nurture and heal the body. Liver / Gall Bladder & Bladder meridians - 1hr

Yoga Nidra - 1hr

Meditation: Anapanna and Metta Practice - 1hr

Yogic Physiology: Svadisthana Chakra -comprehensive overview including location in the body, the hormonal system, emotional connection, color, essence, seed mantra, asana used to stimulate/calm and practices to connect with the chakra - 2hrs

Teaching methodology: Understand the art of observation in standing, seated and reclined asana, breath and energy flow. Understand how to assist yourself and students in a class, via simple direct instructions - 2hrs

Home Practice: Students are given monthly home practices relevant to each month's subject matter. Students are required to complete these practices twice a week at home to encourage a deeper understanding of the practice. Extra hours are required for reading and written homework, plus personal journaling. Approximately 30hrs each month.

Weekly Practice with your hometown teacher will cover all aspects of the set home practice - 4hrs per month.

WEEKEND THREE

Teachers: Falu & Michael Eyre

Ayurveda philosophy and cooking weekend 9am to 5pm - 16hrs

Learn about the Gunas, Doshas, Yogic philosophies in the good will of Bhakti Yoga. Develop an awareness of the flavours of spices, grains, fruits and vegetables and all the goodness of connection between you and the universe and you and what you eat.

WEEKEND FOUR

Meditation: Anapana and Metta mindfulness practice. You will be offered guidance, practice and group discussion - 1hr

Asana: Reclined, seated and standing postures - 6hrs

Pranayama: Slow rhythms -Ujjayi, Kumbakas, Viloma, Anuloma, Pratiloma & breath ratios - 2hrs

Anatomy & Physiology: Muscular system - complete overview of muscular anatomy, basic muscle groups and conditions related to muscles - 2hrs

Human Developmental Movement Patterns: Transitions from pre-vertebrate to vertebrate patterns. Yield, reach, push and pull in Surya Namascar - 2hrs

Meridians and Nadis: Self massage and partner techniques: for yourself and your students, integrating Yogic practices that nurture and heal the body. Spleen/Stomach & Ampuku abdominal massage - 2hrs

Philosophy: History of Yoga & Sanskrit – 1hr

Yogic Physiology: Manipura Chakra: comprehensive overview including basic location in the body, the hormonal system, emotional connection, color, essence, seed mantra, asana used to stimulate/calm, practices to connect the chakra - 2 hrs

Integrative Practice: Spend time with the art of teaching by practicing in small groups using sections of your home practice. You will receive feedback from your fellow students and your teachers - 1hr

Home Practice: Students are given monthly home practices relevant to each month's subject matter. Students are required to complete these practices twice a week at home to encourage a deeper understanding of the practice. Extra hours are required for reading and written homework, plus personal journaling. Approximately 30hrs/ \month

Weekly Practice with your hometown teacher will cover all aspects of the set home practice - 4hrs per month.

WEEKEND FIVE

Meditation: Vipassana - 2hrs

Developmental Movement Patterns: Gastro intestinal tract, organs and organ support – 2hrs

Philosophy: Bhagavad Gita and Patanjali Sutras – 2hrs

Asana: Backbends, forward bends, lateral extensions and twists - 6hrs

Pranayama: Slow rhythms Ujjayi, Viloma Pratiloma, Viloma Anuloma - 1hr

Anatomy & Physiology: Digestive system, asana & Hara bodywork - 2hrs

Yoga Nidra - 1hr

Yogic Physiology: Anahata Chakra -comprehensive overview including, basic location in the body, the hormonal system, emotional connection, color, essence, seed mantra, asana used to stimulate/calm, practices to connect to the chakra - 2 hrs

Teaching methodology: Understand the art of observation in backbends, forward bends, Lateral extensions and Twists asana, breath and energy flow. Understand how to assist yourself and students in a class. Discover how to access your teacher within. Learn to feel and 'be present' in asana and breath. Develop voice awareness and methods to create clear and concise instructions - 1hr

Integrative Practice: Spend time with the art of teaching by practicing as a group using the home practice. You will receive feedback and adjustments from your teachers - 1hr

Home Practice: Students are given monthly home practices relevant to each month's subject matter. Students are required to complete these practices twice a week at home to encourage a deeper understanding of the practice. Extra hours are required for reading and written homework, plus personal journaling. Approximately 30hrs/month

Weekly Practice with your hometown teacher will cover all aspects of the set home practice - 4hrs per month.

WEEKEND SIX

Meditation: Vipassana and Metta - 1hr

Beginning with natural breath and anapanna mindfulness practices, you will be led into another layer of awareness through connection with all the sensations throughout the body, and practice loving kindness meditation (Metta). You will be guided through a practice and then discuss as a group the uniqueness of the practice to each person and each moment.

Philosophy : Buddhism and Meditation – 1hr

Asana: Inversions, Backbends, & counter poses -forward bends, lateral extensions and twists - 4hrs

Pranayama: Fast rhythms – Kapalabhati and Bastrika, Bandhas: Moolabhandha, Uddiyana and Jaladhara - 2hrs

Anatomy & Physiology: Respiratory system - 2hrs

Anatomy & Physiology: Circulatory system – 2hrs.

Yoga Nidra - 1hr

Yogic Physiology: Vishuddhi Chakra -comprehensive overview including location in the body, the hormonal system, emotional connection, color, essence, seed mantra, asana used to stimulate/calm, practices to connect to the chakra - 2hrs

Teaching methodology: Understand the art of observation in backbends, forward bends, lateral extensions and twists asana, breath and energy flow. Understand how to assist yourself and students in a class. Discover how to access your teacher within. Learn to feel and be present in asana and breath. Develop voice awareness

and clarity of instruction, which allows you to be clearly heard, understood and implemented as a tool for awareness - 2hrs

Integrative Practice: Spend time with the art of teaching by practicing as a group using the home practice. You will receive feedback and adjustments from your teachers - 2hrs

Home Practice: Students are given monthly home practices relevant to each month's subject matter. Students are required to complete these practices twice a week at home to encourage a deeper understanding of the practice. Extra hours are required for reading and written homework, plus personal journaling. Approximately 30hrs/month

Weekly Practice with your hometown teacher will cover all aspects of the set home practice - 4hrs per month.

SILENT RETREAT

All costs included in the original course cost, except for travel to and from the retreat. (i.e. flights/train etc).

Svadhyaya: Self Study groups

Meditation: Anapana, Vipassana & Metta

Asana: Daily practices

Pranayama: Fast & Slow Rhythms

Philosophy: Mindfulness talks – understanding the mind, bringing yoga into your life, what stirs you up, understanding view points, how to be at peace.

Yoga Nidra: Daily afternoon practices.

Seva: Selfless service

Yoga Bodywork – for self and others

Teaching methodology: Understand the art of observation in asana, learn new adjusting styles dependent on the type of structure you are working with.

Integrative Practice: Spend time with the art of teaching by practicing in small groups. You will receive feedback from your fellow students and your teachers

Kirtan: each evening.

WEEKEND SEVEN

Meditation: Introduction to observing ones thought patterns and emotions - 1hr

Asana: Inversions and arm balances - 4hrs

Pranayama: Fast & Slow rhythms – 1hr

Anatomy & Physiology: Nervous System - 2hrs

Yoga Nidra - 1hr

Teaching methodology: Understand the art of observation in inversions and arm balances, breath and energy flow. Understand how to assist yourself and students in a class. Discover how to access your teacher within, developing greater skills of observation and adjustment in pairs - 5hrs

Integrative Practice: Spend time with the art of teaching by practicing as a group the home practice. You will receive feedback and adjustments from your teachers - 4hrs

Home Practice: Students are given monthly home practices relevant to each month's subject matter. Students are required to complete these practices twice a week at home to encourage a deeper understanding of the practice. Extra hours are required for reading and written homework, plus personal journaling. Approximately 30hrs/month

Weekly Practice with your hometown teacher will cover all aspects of the set home practice - 4hrs per month.

WEEKEND EIGHT

Meditation: Group practices and discussion - 1hr

Asana: Inversions, arm balances and counter poses - 5hrs

Pranayama: Fast & Slow rhythms -1hr

Anatomy & Physiology: Renal system & endocrine system - 2hrs

Yogic Physiology: Koshas, doshas, gunas & pranavayus - 1hr

Teaching methodology: Understand the art of observation in Asana. Understand how to assist yourself and students in a class. Discover how to access your teacher within. Spend time learning the art of teaching by practicing in small groups. You will receive feedback from your fellow students and your teachers - 2hrs

Integrative Practice: Spend time practicing, teaching and adjusting in small groups this month's home practice. You will receive feedback and adjustments from your teachers - 5hrs

Yoga Nidra - 1hr

Philosophy: Bhagavad Gita - 1hr

Home Practice: Students are given monthly home practices relevant to each month's subject matter. Students are required to complete these practices twice a week at home to encourage a deeper understanding of the practice. Extra hours are required for reading and written homework, plus personal journaling. Approximately 30hrs/month

Weekly Practice with your hometown teacher will cover all aspects of the set home practice - 4hrs per month.

WEEKEND NINE

Meditation: Choice-less observation meditation, its benefits and various approaches, followed by silent meditation practice - 1hr

Asana: Sequencing, alignment and adjusting (questions answered) - 4hrs

Pranayama: All rhythms combined - 1hrs

Functional Anatomy: in Asana - 2hrs

Philosophy: Bhagavad Gita - 1hr

Yoga Nidra - 1hr

Teaching methodology: Beginning a business-where to start. Occupational health and safety; advertising, promotion; national registration. Writing up a 10 week course and more - 3hrs

Integrative Practice: Spend time with the art of teaching by practicing in large and small groups. You will receive feedback from your fellow students and your teachers - 5hrs

Integration of all asana, pranayama, adjusting and sequencing. Final teaching practices and refining teaching skills. Students will have the following 2 months (December & January) to finalise any unfinished work. Kate and teachers will be available for mentoring and assisting with any difficulties via phone and email discussions.

Graduation and Celebrations