

## Course Outline

The weekend workshops are designed and primarily led by Kate Pell, Senior Level III, Principal Teacher at The Bowral Yoga Studio.

Kate, Dan, Wendy and Falu have a broad wealth of knowledge that will inspire and inform with love, wisdom and freedom for you to explore.

This Yoga Teacher Training course is Yoga Australia registered and is comprised of:

- Two day workshop in Ayurvedic studies and cooking with Falu Eyre on 11<sup>th</sup> - 12<sup>th</sup> May at Kate's house in Bowral.
- An exquisite five day retreat at the Brahma Kumaris Centre, Wilton from 31<sup>st</sup> October - 5<sup>th</sup> November.
- One weekly class with Kate
- Consolidation of your learnings through prescribed home practices, journaling and assignment writing and further readings and study.
- Observing Kate in class.
- An integration of Ancient Eastern and more contemporary explorations around the philosophy of being human.
- Learning how to feel your way intelligently into postures rather than force oneself into what you believe looks right.

## Course Calendar

2-3 FEB	9-10 MAR	27-28 APR	11-12 * MAY	22-23+ JUN	3-4 AUG
7-8 SEP	12-13# OCT	31 OCT - 5 NOV 5 DAY RETREAT			30-1 NOV/ DEC

+Dan; #Wendy; \* Ayurvedic Studies & Cooking with Falu Eyre.

To apply, please download the application form via the websites and send it on to Kate. This course is limited to 16 students and a minimum of two years prior yoga/meditation practice is recommended.

## YOGA IS FOR EVERYONE...



Come and join in and learn from some of the most knowledgeable and enthusiastic Yoga teachers. This will be a wonderful year of developing loving wisdom, self understanding and the opportunity to awaken, through the artful practice of accessing and embodying the knowledge of Yoga. Become a qualified and successful Yoga Teacher or simply use this course for Self development.

Here's what past students have said about the course:

*"I love that my teachers care. I love that they taught me how to look after different students abilities to be able to modify the practice so everyone feels welcome and comfortable in class. I love that Kate taught me to nurture myself throughout my pregnancy which I had not been able to do in the past. I love that my teachers keep learning." - Megan, 2014*

*"I wholeheartedly thank you, as you each held a part in that for me (as do the community of our course). I love feeling/knowing/seeing again and again the untold effect we each, as humans, gently have on each other in the world. It's not with a heavy responsibility, just with naturally/ consciously doing what we do, being who we are, with our hearts open wide. I am deeply grateful for the opportunity to play and to bask in the beautiful hues that the lights of your hearts cast in doing what you do and being who you are... they are such beautiful colours, and they somehow help me push further into myself." - Leah, 2018*

**For more information contact**  
**Kate** 0432 598 582 | [kate@bowralyogastudio.com.au](mailto:kate@bowralyogastudio.com.au)  
or visit [bowralyogastudio.com.au](http://bowralyogastudio.com.au)

# BOWRAL 2019 YOGA TEACHER TRAINING with KATE PELL

*Deepen your practice of understanding Yoga and Self  
Make Yoga teaching your lifestyle and profession*

**GUEST TEACHERS**  
**WENDY REID**  
**DAN ALDER**  
**FALU AND MIKE**  
**EYRE**

**Course Commences**  
**2<sup>nd</sup> February 2019**

Bowral Yoga Studio  
1/10 Boolwey Street Bowral  
Ph **Kate** 0432 598 582  
[bowralyogastudio.com.au](http://bowralyogastudio.com.au)





## Level I Teacher Training Course 2019

The Bowral Yoga Teacher Training Course will commence early February 2019. Contact hours will be completed by December 2019 and an extra month of mentorship is provided to assist you with ideas relating to the setting up of a business. Those who complete the course satisfactorily will qualify as a Level I Yoga Teacher with Yoga Australia. This will allow you to become a fully registered and insured Level I Yoga Teacher, and begin to teach students with clarity and safety from beginners to general level Yoga classes.

The course covers all the philosophical and physical aspects of yoga and meditation. It will enable you to teach with confidence, from beginners to general level classes, and the aspects of practice that excite you the most.

There is a great need for more and more Yoga teachers and Yoga centres in our society and there are many areas from schools to old age homes where yoga has the opportunity to assist all beings to be more aware to the great truths of life. Thus finding more joy, spontaneity and connection in ones life.

### Course Topics

- Yogic philosophy - including Patanjali Sutras, Bhagavad Gita and Buddhism
- Pranayama - slow and fast rhythms
- Yoga Asana - alignment, adjusting and sequencing
- Meditation - Anapana, Metta, Vipassana and choiceless observation
- Developmental movement patterns
- Yogic Physiology of the Chakras, Koshas and Pranavayus
- Nadis/Meridians body work
- Functional anatomy and physiology
- Self development and awareness practices
- Yoga teaching skills - including observation, adjustment and sequencing
- Home practices are given on a monthly basis
- Ayurveda and cooking skills
- Sanskrit and Chanting

### Level II Teacher Training

For those that have not trained with Kate before you can use this course to upgrade from 200hrs to 350 or from 350hrs to 500hrs (level 2).

## The Teachers

### 👉 Kate Pell Senior Level III

#### Principal Teacher at The Bowral Yoga Studio

Anyone who knows Kate or has studied with her, knows the joy and wisdom she imparts. She has trained in the Sivananda, Kundalini, Oki Do and Siddha styles including 5yrs with Peter Scott (Iyengar). Kate is also brings inspiration from trainings with Clive Sheridan, Donna Farhi and Simon Borg-Olivier. She is a qualified Shiatsu therapist and Traditional Chinese Medicine doctor. Kate teaches from the heart to support you on your journey. She is inspired by the intelligence of nature all around us and within every single cell of our body.



### 👉 Wendy Reid Level II

#### Principal Teacher at Glorious Yoga

Wendy completed her TT with Kate in 2012 and also trained with Diane Long, Donna Farhi and Flo Fenton. Her qualifications in non-violent communication and psychology make her teachings empathetic, inclusive and fun.

### 👉 Dan Alder Level II

Dan found calmness, clarity and peace to be the fruits of a committed daily Yoga practice. He trained in Kate's 500 hour course in Brisbane in 2010 and went on to take over her successful studio in West End. Dan has an amazing talent for teaching as well as the sweetest voice on earth.

### 👉 Falu Eyre

Kate has had Falu and her gorgeous partner Michael involved in many of her trainings. Falu will be offering her magnificent wisdom of Yogic physiology and Ayurvedic cooking skills. You will have first hand experience in assisting, preparing and eating many glorious Indian dishes.

## Course Investment

- 👉 Full course is **\$5,500** (conditions apply)
- 👉 **\$1,100** up front to confirm place (conditions apply)
- 👉 Then **4 X \$1,100** payments on the 1<sup>st</sup> of Apr, June, Aug and Nov 2019

If you are interested in applying for this course please feel free to email or call Kate (0432 598 582). Applications are available on the Bowral Yoga Studio website.

This teacher training course is a Self development course that also will give you the necessary tools to make Yoga teaching a new career direction for you. Don't feel you need to want to become a teacher to join in on the course, as you might just feel the urge to grow and awaken to life's richness without the desire to teach... this is enough.

Applicants must have a minimum of 2 years Yoga practice before applying.

## Further Education Courses: Level I/II Training

**This course can be used for further education for those who have completed a 200 hr course and wish to upgrade to a 350 hr Level I (Yoga Australia recognised). Or this course can upgrade you from a Level I standing who wish to upgrade to level 2 (500hrs.)**

**Like any of our courses, it is not necessary to want to be a yoga teacher. Our courses are as much for personal growth as they are professional development.**

## Course Philosophy

Movement and breath bring *awareness*  
Awareness *awakens* the heart and mind  
Conscious awareness brings an *openness to all that is*  
Life becomes *meditation in action*