

Course Outline

The weekend workshops are designed and primarily led by Kate. Both Kate and Wendy are inspirational teachers with a broad wealth of knowledge. Wendy is a level 2 teacher who completed Teacher Training with Kate in 2012. She will be supporting you throughout the weekly practice sessions and offering a positive environment in which to learn.

All of the special guest teachers (Dan Alder & Falu/Michael Eyre), are of the highest quality so you can feel confident in the wisdom, knowledge and content offered by all of the teachers on this course.

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

- 🌀 Eight weekend workshops, held at Zen Space, 225 Mount Glorious Road, Samford Valley QLD 4520, 7:30am – 5:30pm.
- 🌀 Two day workshop in Ayurvedic studies and cooking with Falu Eyre on 27th - 28th April at Mt Glorious.
- 🌀 An exquisite five day retreat in the Southern Highlands on 26th September - 1st October.
- 🌀 One weekly class with Wendy at the Samford or Paddington Yoga studios.
- 🌀 Consolidation of your learnings through prescribed home practices, journaling and assignment writing and further readings and study.
- 🌀 Observing and assisting Kate and Wendy 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

23-24 FEB	23-24 MAR	27-28* APR	25-26 MAY	22-23+ JUN	20-21 JUL
24-25+ AUG	26 SEP - 1 OCT 5 DAY RETREAT			23-24 NOV	14-15 DEC

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

To apply, please download the application form via the websites and send it on to Kate & Wendy. This course is limited to 25 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:

"Going through the course is like evolving... Kate is a fantastic teacher. It is a privilege to do this course, a life changer, in the best way possible".
- Michelle, 2013

"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

Wendy 0421 058 250 | arwenreid@yahoo.com.au
Kate 0432 598 582 | kate@bowralyogastudio.com.au
or visit **zen-space.com.au**

BRISBANE 2019 YOGA TEACHER TRAINING with KATE PELL

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

**ASSISTED BY
WENDY REID**

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

Course Commences 23rd February 2019

Zen Space, 225 Mount Glorious Road
Samford Valley QLD 4520

Ph **Wendy** 0421 058 250

zen-space.com.au



Level I Teacher Training Course 2019

The Brisbane Yoga teacher training course will commence late 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 be more aware to the great truths of life. Thus finding more joy, spontaneity and connection in ones life.

Course Topics

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

Level II Teacher Training also being offered in 2020

The Teachers

Om 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 as part of her long journey in yoga. Kate has offered Yoga Australia recognised teacher training courses since 2005. Kate's first introduction to yoga was in India in 1989, in the Iyengar style. She has teaching certificates from Donna Farhi and also in Sivananda and Kundalini yoga. She draws inspiration from classical yoga teachers such as Clive Sheridan and more contemporary teachers such as Simon Borg-Olivier. Kate has also trained in Oki Do yoga and is a qualified Shiatsu therapist. Kate completed her Masters of Traditional Chinese Medicine in 2017.



Om Wendy Reid Level II Principal Teacher at Glorious Yoga

In 2012 Wendy completed Level I TT with Kate. She has also trained with Diane Long, Donna Farhi and Flo Fenton. Her classes combine her qualifications in psychology and non-violent communication resulting in style that is focused, empathic, accepting and above all – fun!

Om 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.

Om 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

- Om Full course is **\$5,500** (conditions apply)
- Om **\$1,100** up front to confirm place (conditions apply)
- Om Then **4 X \$1,100** payments on the 1st 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 or Zen Space websites.

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. Course includes regular weekly class with Wendy in Brisbane.

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

Further Education Courses: Level I/II Training

These courses will be offered during 2020 and beyond.

Further Education courses are for those who have completed either the 200 hour provisional or 350 hour Level I training and would like to do the additional 150 hours to register with Yoga Australia as Level I or Level II respectively.

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.

Check the website later in 2019 for more details or feel free to contact Kate.

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**