

Course Outline

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

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

Monika is a teacher at Capricorn Yoga and will be supporting you through the one weekly yoga class offered as part of the course.

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

- ☸ Eight weekend workshops, held at Capricorn Yoga, 18 Oxford Street, Rockhampton, 7:30am – 5:30pm.
- ☸ Two day workshop in Ayurvedic studies and cooking with Falu Eyre on 29th Feb - 1st March 2019 at Capricorn Yoga, 18 Oxford Street, Rockhampton.
- ☸ An exquisite five day retreat at Brahma Kumaris from 22nd - 27th April.
- ☸ One weekly class with Monika at one weekly class at Capricorn Yoga, 18 Oxford Street, Rockhampton.
- ☸ Consolidation of your learnings through prescribed home practices, journaling and assignment writing and further readings and study.
- ☸ Observing and assisting Kate and Monika 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 - 2019/2020

13-14 APR	8-9 [#] JUN	20-21 ⁺ JUL	24-25 AUG	9-10 NOV	29-1 [*] FEB/ MAR
22-27 APR (2020) 5 DAY RETREAT		6-7 JUN	1-2 AUG	26-27 [^] SEP	

⁺Dan; [#]Wendy; ^{*}Ayurvedic Studies & Cooking with Falu Eyre;
[^]Graduation Ceremony.

To apply, please download the application form via the websites and send it on to Kate & Monika. This course is limited to 18 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

Monika 0438 794 236 | monikaruhnke@gmx.de
Kate 0432 598 582 | kate@bowralyogastudio.com.au
or visit www.capricornyoga.com

ROCKHAMPTON 2019-2020 YOGA TEACHER TRAINING with KATE PELL

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

ASSISTED BY
**MONIKA
RUHNKE**

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

**Course Commences
13th April 2019**

Capricorn Yoga, 18 Oxford Street
Rockhampton QLD 4700

Ph **Monika** 0438 794 236

www.capricornyoga.com



Level I Teacher Training Course 2019

The Rockhampton Yoga Teacher Training Course will commence in April 2019. Contact hours will be completed by September 2020.

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

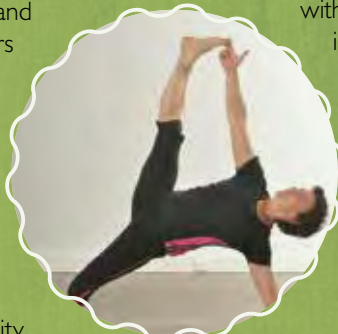
- Om Yogic philosophy - including Patanjali Sutras, Bhagavad Gita and Buddhism
- Om Pranayama - slow and fast rhythms
- Om Yoga Asana - alignment, adjusting and sequencing
- Om Meditation - Anapana, Metta, Vipassana and choiceless observation
- Om Developmental movement patterns
- Om Yogic Physiology 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. She has trained in the Sivananda, Kundalini, Oki Do and Siddha styles including 5yrs with Peter Scott (Iyengar). Kate 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.



Om **Monika Ruhnke Level I**
Teacher at Capricorn Yoga

Monika is a member of Capricorn Yoga. She has completed TT with IYTA in 2011 and has been teaching since 2013. In 2014 she fell in love with Kate's style to teach and did another TT level I with Kate in 2017.

Om **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.

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 July & 1st Nov (2019), 1st March & 1st Aug (2020).

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 Capricorn Yoga 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 Monika in Rockhampton.

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**