



Kookaburra Yoga

YOGA IN HARMONY WITH NATURE

hathayogamethod



yoga | meditation | mindfulness | mastery | yogic living





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Yoga & Meditation Teacher Training 11 June 2021 - 12 June 2022 Prospectus

Introduction

The Haṭha Yoga Method™ is a potent integration of yoga, meditation, mindfulness and yogic living. It is the synthesis of a combined 60 years yogic study, practice and teaching experience developed by Kookaburra Yoga founders and directors Mandy BeckerKnox and Robert Becker who have enduring links with modern yogic masters and mystics.

The Hatha Yoga Method combines the best of the wisdom traditions of yoga with modern mindfulness, yogic psychology, Ayurveda, yogic diet, connection to nature, and asana biomechanics. Combined this is powerfully transformative and healing on every level, and translates into accessible and uplifting classes you'll be empowered to teach and share.

This 12 month program is a Yoga Australia registered 500 hour teacher training course and is designed to take you on an educational and experiential journey through the yogic traditions from ancient to modern-day.

The training takes place at Kookaburra Creek Yoga Centre in the Perth hills, Western Australia and is led by Mandy BeckerKnox and Robert Becker. The centre is beautiful and spacious in the heart of nature. Surrounded by trees and extensive food gardens you'll be introduced to a yogic way of life, living and learning harmoniously, close to nature.

Over 12 months there are 7 weekend workshops, a 6 day retreat, weekly online studio/zoom classes (led by students), a 30 hour online intensive in yoga anatomy and physiology; reading and written assignments to complete at home; 3 formal curriculum-based mentoring sessions and support in establishing and developing your own yoga and meditation practice. There are 500 hours of training and study, including 300 contact hours and 200 non-contact hours - which will enable you to register as a teacher with Yoga Australia on graduation. You can register as a Level 1 teacher upon graduation. After 4 years of teaching, you can then register as a Level 2 teacher without any additional training.

By incorporating traditional, esoteric and practical, modern approaches you'll learn to become a well-rounded, joyful practitioner of yoga and meditation, a master of your mind and emotions, and to teach and share with a diverse audience with integrity, intelligence and ease.



You'll graduate with the knowledge, confidence, resources and practical skills to teach the Hatha Yoga Method™ beginners programs which include the Absolute Beginners Yoga Course and the Introduction to Meditation Course, and develop your own unique style of delivery to teach classes to students in your own community.

On completion you'll be well versed in the wisdom traditions of yoga, and an adept practitioner of meditation, pranayama and asana. You'll graduate from this training an assured, confident teacher capable of supporting and inspiring others.

The training is led by Mandy and Robert. Mandy is a registered senior teacher with Yoga Australia. Only trainings led by senior teachers are eligible to be registered with Yoga Australia.

The Hatha Yoga Method teacher training is registered with Yoga Australia and you'll meet the requirement to register as a Level 1 Teacher upon graduation, or if you are currently teaching and have 5 years experience then you can register as a Level 2 teacher. This helps you gain insurance, industry credibility, eligibility for a higher wage, and employability. You also receive ongoing professional development opportunities and professional and peer support. You can be confident this training meets the educational and ethical standards of Yoga Australia and will position you as a well rounded industry professional.

Who this training for

The Hatha Yoga Method Training is for anyone with an interesting in developing their yogic knowledge as a practitioner first, and then applying this knowledge as a professional yoga and meditation teacher or within any area or field of work.

What you gain

- **Real skills** Practical skills and knowledge for your own personal development to positively transform your inner and outer world and to draw upon throughout your life.
- **Wisdom** An embodied and applied understanding of the full spectrum of yoga practices: asana, pranayama, meditation, mantras and more.
- **Confidence** Firm foundation of knowledge and skills to confidently teach and share yoga and meditation to people of all ages, abilities and fitness levels.
- **Leadership** The natural authority and leadership which comes from an in-depth education and applied. experience
- **Support** The resources and support to immediately teach the Hatha Yoga Method Beginners Courses which include Absolute Beginners Yoga and An Introduction to Meditation.
- **Community** You'll make new friends and a caring, supportive network to support your yoga journey forwards.
- **Qualification** You will receive a teaching certificate enabling you to teach yoga and meditation anywhere in the world, and gain industry standard insurance.
- **Credibility** On graduation you will be eligible to register as a Level 1 Teacher with Yoga Australia. After 4 years of teaching experience you can progress to Level 2 without any additional training.



Hatha Yoga Method founders and teachers

Robert Becker

Robert was initiated into yoga in Cape Town, South Africa by his Guru Swami Venkatesananda of the Sivananda lineage at the age of 20. He has dedicated his life to teaching and sharing traditional yoga and built and founded Kookaburra Creek Yoga Centre in 1998. Robert has a Masters degree in Social Work and works professionally in the field. He is known for the depth of his yogic and vedantic knowledge, his astute wisdom, gentle guidance and sense of fun.

Robert has been practising and teaching yoga for over 36 years in South Africa, Mauritius, India and Australia. Robert was initiated into yoga and meditation at the age of 20 by his Diksha Guru HH Sri Swami Venkatesanandaji Maharaj of the Sivananda tradition, Rishikesh and was given the spiritual name Narayan. Robert spent many years practising intensively living in ashrams and travelling in India before settling into family life.

In the 1990s Robert built the Kookaburra Creek Yoga Centre in honour of his Guru which he co-directs with Mandy, with whom he shares the spiritual journey. The centre has been blessed by some great souls (Mahatmas) over the past twenty years. Sri Swami Ramakrishna of the Amritanandamayi Mission has visited a number of times, Sri Somanatha Maharishi of Hyderabad introduced the centre to Mano Yoga.

Robert teaches a dynamic style of Integral Hatha Yoga based on the tradition of Patanjali's Raja Yoga. Asanas and Pranayama are used to guide aspirants seeking a deeper experience of meditation.

Robert has a Masters degree in Psychiatric Social Work and is a skillful life coach and group facilitator. He worked professionally in the field before integrating his professional expertise with yogic life, and strives to integrate a working life in the world with a love of yoga and meditation and the responsibilities of being a householder, husband and father. This is the challenge many face today, spiritualising day to day life.

Mandy BeckerKnox

Mandy is a Senior Yoga teacher registered with Yoga Australia and the lead trainer. She was initiated into yoga at the age of 20 and has practiced and taught since then. She has studied with renowned masters, and spent a lifetime learning, integrating and sharing. She is a natural leader and in her professional life was an Editor, Designer and recently CEO of a healthcare not-for-profit organisation. Mandy is deeply committed to creating safe and sacred spaces for participants to experience the wonders of yoga - both at Kookaburra and on retreats around the world.

Mandy has studied and practiced yoga since 1990 when she was twenty years old in both India and Australia. She has taught yoga for over twenty years in Perth, India, and on international retreats.



Over this time she has had the great privilege of travelling to India many times for extended periods studying directly with teachers and masters of yoga. Mandy's primary influences and long-term mentors are A.G. Mohan and Indra Mohan of the Svastha Yoga and Ayurveda, Chennai. Mandy continues to study closely with the Mohans. In addition to this Mandy has studied yoga with:

- Senior teachers of the Krishnamacharya Yoga Mandiram, Chennai
- Swami Maharshi Somanatha of Somanatha Kshetram, Hyderabad
- Swami Krishnananda of the Sivananda tradition, Divine Life Society, Rishikesh
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When young, Mandy was a resident in the following ashrams and spiritual centres:

- Ananda Marga, Bihar
- Divine Life Society (Sivananda Yoga), Rishikesh
- Anandamayi Ma Ashram, Haridwar

Mandy is certified (by Svastha Yoga) to teach Hatha Yoga and has an ongoing relationship with founders AG Mohan and Indra Mohan. She has studied Ayurveda at the Australian Institute of Holistic Medicine, and has undertaken additional teacher training in Yin Yoga and is certified (by Jo Phee) to teach Yin.

Mandy considers being still in nature to be the greatest of all spiritual teachers, and seeks out inspiration through immersions in the sublime landscapes of this wondrous planet.

Mandy's yoga journey has been an integration of these teachings over time and deep personal experience. Her teaching style is practical, relevant and spiritual - with an emphasis on a safe and meaningful practice which leads students towards health of the body and peace of mind. The breath is fundamental to Hatha Yoga and is emphasised in Mandy's classes for the healing benefit dedicated breathing practices bring.

Mandy has developed comprehensive courses, programs, manuals and teacher trainings for all levels of students and is particularly focussed on nurturing absolute beginners - ensuring those new to yoga receive a comprehensive introduction to the often misrepresented teachings of yoga.

Professionally, Mandy has a BA in English, is a qualified Graphic Designer with a career spanning decades in evolving roles which included working as a writer, editor, graphic designer, publishing and mass communications specialist, communications manager, and most recently as Chief Executive Officer of a health organisation for 5 years. Mandy is an inspiring, highly regarded leader. She brings together her creativity, love of organising, and passion for yoga to create and deliver Kookaburra's yoga, retreat and teacher training programs.



Mandy's personal practice and the integration of the wisdom teachings of yoga inform every aspect of her life, and have been a guiding influence through the challenges and joys of raising a family and professional life.

Kookaburra Creek Yoga Centre

The training and retreat takes place at Kookaburra Creek Yoga Centre which is a purpose-built yoga studio located in Bedforddale, in the hills of Perth, 40 minutes from the CBD and Fremantle on 10 acres of natural bushland. The building is made from natural wood and glass according to Vastu Shastra design principles and is a space dedicated to yoga, meditation and healing. Robert and Mandy own and direct the centre.

Kookaburra Yoga

Kookaburra Yoga's integrated system of Hatha and Raja Yoga ensures the practices are holistic and beneficial on every level of being. Kookaburra Yoga's classes at Kookaburra Creek Yoga Centre and on our retreat programs are informed by both the traditional teachings and modern approaches ensuring they are relevant, accessible and safe for all levels of practitioners. Hatha Yoga classes are often the starting point for many people who may eventually enquire into the more meaningful and spiritual paths of yoga.

About A.G. Mohan, Indra Mohan and Svastha Yoga

Both Mandy and Robert are certified by Svastha Yoga to teach the Hatha Yoga of Krishnamacharya and have special permission from A.G. Mohan and Indra Mohan to teach and share all they have learnt from these master teachers over fourteen years.

The greatest influence on yoga in modern times was undoubtedly the legendary 20th century yogi, Sri T. Krishnamacharya – a master of yoga, scholar of all Indian philosophies and a healer of repute. Krishnamacharya is widely considered the 'father' of modern yoga, having taught the world's most influential teachers and shaping yoga as we know it today.

A. G. Mohan is one of the senior and highly regarded most yoga masters alive now, and a direct link to the authentic yoga traditions. A. G. Mohan continues to study, practice, and teach. He was a personal student of Sri T. Krishnamacharya for 18 years from 1971 to 1989. With his wife, Indra, he originated the Svastha organisation in Chennai, India. Svastha has an international presence with programs around the world, and is an authoritative and accessible source of authentic yoga and Ayurveda. They offer training on yoga, yoga therapy, mindfulness, mind and body well-being, and related areas, combining the best of ancient wisdom and modern science.

Indra Mohan has been practicing and teaching yoga for more than three decades. She is one of the few people who received a post-graduate diploma in yoga from Krishnamacharya. Known for her serene demeanour, she is a source of support and wisdom to her many personal students.

A.G. Mohan is the lead author of several books by the Mohan family, some of which are used as essential and recommended reading on this yoga teaching training program and other programs around the world.



Program Outline, Dates and Costs

Dates	Hours	Costs
<p>Info Session - instudio & online 10.30am-12pm Sat 1st May</p> <p>Weekend Modules Saturdays 10am-6pm & Sundays 8am-4pm Module 1: 12,13 June 2021 Module 2: 10, 11 July 2021 Module 3: 7, 8 August 2021 Module 4: 4, 5 Sept 2021 Module 5: 2, 3 Oct 2021 Module 6: 6, 7 Nov 2021 Module 9: 7, 8 May 2022. Module 10: self-paced. Complete by 6th Nov</p> <p>6 Day Retreat Modules 7 & 8: 2-7 Dec 2021 Thurs 5pm-Tues 2pm. Other days 6.30am-7pm.</p> <p>Weekly classes led by trainees 1 Sept 2021 - 1 May 2022 Wednesday evenings 7pm-8pm. Teacher instudio, students instudio or via zoom</p> <p>Private Mentoring Sessions instudio & online. 2 hours per weekend: 11,12,13 Feb 2022 11, 12, 13 March 2022 8, 9, 10 April 2022</p> <p>Graduation - Final Day 11 June 2022 Saturday 1pm-9pm</p>	<p>7 x 2 Day Weekend Workshops Modules 1-6, Module 9 140 contact hours 140 non-contact study/practice hours</p> <p>6 Day Residential Retreat Modules 7, 8 80 contact hours 40 non-contact hours</p> <p>Yoga Anatomy Online Module 10 20 hours self-paced learning 10 contact hours 10 non-contact study hours</p> <p>Weekly Supervised Class led by trainees 36 contact hours 4 non-contact hours</p> <p>Mentoring 6 contact hours 6 non-contact hours</p> <p>Graduation 8 contact hours</p> <p>300 Contact hours 200 Non-contact hours 500 TOTAL HOURS</p>	<ul style="list-style-type: none"> • \$4900 total tuition fee • \$500 non-refundable deposit payable on application • Pay by 10 May for early-bird discount \$200. • 6, 9 or 12 month payment plans available (additional \$100). Equal payments over agreed time period. <p>Retreat Accommodation & Meals Options +\$600 Stay onsite in shared room & all meals (15 meals in total) +\$450 Camp onsite & all meals +\$300 Stay offsite & all meals +\$100 Stay offsite & lunch only (5 meals) +\$0 Stay offsite, bring own food</p> <p>Yoga Anatomy Online Module 10 Recognition of prior learning in this category (RPL) is acceptable. Evidence of qualification and passing exam required for approval. If approved \$200 will be deducted from fees.</p> <p>Scholarship Two partial scholarships are offered - valued at \$3900 each. \$1000 tuition fee + retreat cost is payable, including \$500 deposit on application. Deposit will be refunded if you are not awarded a scholarship, and you choose not to proceed with the training.</p>



Program Structure

Weekend Workshops

The Hatha Yoga Method Teacher Training is comprised of 10 modules, seven of which are delivered over two days on the weekends at Kookaburra Yoga in Bedfordale. There is the option of attending these live from your home if you live remotely, or can't attend in person. Attending all modules (either in-studio or by Zoom) is required to graduate.

Each module contains four x 4 hour sessions which each include theory, facilitated discussion, guided practice and a practical workshop to apply the knowledge. This includes practice and workshopping of the asana, pranayama, meditation, relaxation methods, and yogic practices linked to the session theme.

Each month there is set reading to be completed prior to the weekend and then following an online quiz and assignment/s to complete at home to explore the themes and source texts more deeply. No need to worry if you don't consider yourself a writer or an artist, support is given to help develop these skills which is an important part of becoming a discerning, critical thinker and articulate, confident communicator.

Residential Teacher Training Retreat

Modules seven and eight are part of a residential teacher training retreat to be held at Kookaburra Creek. In-person attendance at the residential retreat is required to graduate. You may stay onsite in shared accommodation (limited to 10 places) or camping onsite with all meals provided. If you prefer you can attend the retreat daily staying offsite in your own accommodation. The retreat is from 5pm on Thursday and ends 2pm on Tuesday. Other days are 6.30am-7pm with a rest period during the day.

Graduation & Dinner

Graduation Ceremony, with certificates issued, Sharing, Havan Fire Ceremony and Dinner.

Anatomy Online

Module 10 is the Yoga Anatomy portion of the training. For this we have partnered with Leslie Kaminoff and Amy Matthews, leading authors and educators in this field. At the commencement of the training you will be given access to yogaanatomy.net where you will study applied yoga anatomy and physiology as it relates to yoga asanas, pranayama and modern movement. The online program equals 30 hours and is to be completed within the first 6 months of the training.

Recognition of Prior Learning. If you have already done a comparable course of 30 hours or more in yoga anatomy and physiology on a previous training course, you can apply for exemption from this component of the training. You must submit in writing details and evidence of the qualifications, and complete an online exam to demonstrate competence.



Supervised Teaching

7pm-8pm Wednesday evenings. Attend instudio or online from home. Each week a trainee student will design and teach a supervised class at the studio and online via zoom for fellow teacher trainees. You'll learn to market and promote your class online and gain studio experience teaching to students in person and online.

Reading & Home Assignments

Every month there is reading to do at home and assignments to complete. These vary each month and may include short essays, writing a story/parable, designing classes, drawing infographics and writing a business plan. Support and guidance is given to help structure and craft these. The time commitment is approximately 20 hours per month.

Learning Areas

Module	Topics	Reading	Assignment
Module 1 The World of Yoga: Introduction & Overview Opening the door to a new way of being	Session 1: Yoga. through the ages: from ancient to modern, east to west Session 2: Laying an ethical foundation: yamas and niyamas Session 3: Asana: from the ashrams and ascetic traditions to modern wellness. Session 4: Yoga masters, mystics, their lineages and methods	Required Yoga for Body, Breath and Mind by A.G. Mohan Suggested The Hatha Yoga Pradapika by A.G. Mohan & Dr Ganesh Mohan Yoga Reminder by A.G. Mohan	Write: short essay on the the yamas and niyamas and how they are (or could be) relevant to your own life (up to 1000 words/ 2-4 pages) Practice: 12 foundation yoga asanas, 2 pranayama, Japa meditation. Online: complete multiple choice quiz, submit essay



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<p>Module 2 Yoga for Body, Breath and Mind</p>	<p>Session 1: The Yoga Body - yogic and Ayurvedic perspectives on the body and parallels in modern anatomy and physiology Session 2: The Taitatreya Upanishad: Koshas: the multi- dimensional self Session 3: Concept of the Subtle Body - from body, mind to soul Session 4: Secrets of Creation, the Universe and the Self. Prakriti, Purusha, the Mahabhutas and the Gunas. Understanding the self from the perspective of Sankhya, Bhagavad Gita and The Yoga Sutras</p>	<p>Required Yoga of the Subtle Body by Tias Little</p> <p>The Upanishads (whatever version you like. We suggest Eknath Easwaran)</p>	<p>Write: short essay describing the koshas, the five key areas of yoga practice, and how linking this framework of the self and this model of yoga might be useful in understanding yourself/students needs/ imbalances and in tailoring a yoga practice. Design & Practice: a personal yoga practice to includes asana, pranayama, pratyahara, meditation. Online: complete multiple choice quiz, submit essay, submit outline of practice.</p>
<p>Module 3 The yoga of Krishnamacharya. Personalising and Teaching Yoga</p>	<p>Session 1: Applied anatomy and physiology for asana, pranayama and healthy movement. Session 2: Yoga for Everybody: beginners or advanced, yoga through the stages of life. How to structure classes accordingly. Session 3: Yogic ethics and their professional application: use of language, cues, props and adjustments to help support, heal, and not cause harm. Session 4: Empowered Communication and Trauma Aware Teaching Methods</p>	<p>Required Yoga Therapy by A.G. Mohan</p> <p>Suggested The Body Keeps The Score by Bessel Van Der Kolk</p>	<p>Complete: yoga anatomy online sessions 1-5. Submit: 2 class plans -1 for beginners yoga, 1 for a general group (include modifications for key poses) Design: 3 x 30 minute personalised yoga, pranayama, meditation sessions for private students presenting with various issues. Write a supporting statement. Online: complete multiple choice quiz, submit yoga sessions and statement</p>



<p>Module 4 Yogic Mindfulness - Yoga for the Mind</p>	<p>Session 1: The higher limbs of yoga. Unlocking the wisdom of the Yoga Sutras through study, chanting and meditation. Session 2: Sankalpa, Beliefs, biases and overcoming conditioning (Yoga and NLP) Session 3: The kleishas, and overcoming obstacles on the path to happiness. (kriya yoga) Session 4: The nervous system, vagus nerve; and the body-mind-divine continuum.</p>	<p>Required The Yoga Sutras of Patanjali by Swami Venkatesananda</p> <p>Suggested Raja Yoga by Swami Vivekananda</p>	<p>Write: Select a shastra from the Yoga Sutras and write a short essay on its meaning and linked practices. Draw infographic: the 'tree' of yoga with 8 limbs. Brief description of each. Practice: observe kleishas manifesting in daily life. Apply yogic understanding/practices to shift from stress cycle to peace cycle. Chanting of Yoga Sutras Online: complete multiple choice quiz, submit essay and infographic</p>
<p>Module 5 The Subtle Self. Within, beyond and becoming.</p>	<p>Session 1: The Subtle Body: Chakras, Nadis, and Essential Life Force Session 2: Pranayama: the sacred breath. Prana vayus and managing your life force Session 3: Yoga, Pranayama and Sound Session 4: Laya Yoga: chakras, mantra, and the yoga of subtle sound</p>	<p>Suggested The Subtle Body by Cyndi Dale</p> <p>Laya Yoga by Swami Venkatesananda</p>	<p>Draw infographic of the subtle body with chakras, major nadis, koshas. Write: a guided meditation script incorporating knowledge of subtle body Practice: Laya Yoga, Asana with Mantra, Pranayama with mantra. Learn: Gayatri mantra, Rig Veda mantra Online: complete multiple choice quiz, submit infographic and meditation script</p>
<p>Module 6 Buddhi Mind. Wisdom, Creativity and Flow.</p>	<p>Session 1: Western and yogic psychology. The concept of consciousness in the east and west. Session 2: Accessing creative inspiration: Vijnanamaya Kosha and the Buddhi Mind. Session 3: Jnana Yoga: Who Am I? The yoga of self enquiry Session 4: The Mandukya Upanishad: states of consciousness and the meditation journey.</p>	<p>Required Who Am I by Ramana Maharshi Mandukya Upanishad</p> <p>Suggested Tripura Rahasya: the mystery beyond the trinity by Ramana Maharshi</p>	<p>Write: short story/parable incorporating a journey to knowing/understanding 4 states of consciousness Practice: Chant Mandukya Upanishad Complete: yoga anatomy online sessions 6-10. Online: complete multiple choice quiz, submit story</p>



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<p>Module 7 Personal & Professional Transformation. Residential Retreat</p>	<p>Session 1: yogic sadhana: your personal practice Session 2: becoming wise: applying yogic knowledge to transform your mind, body, heart Session 3: sharing your light: finding, communicating and presenting your passion Session 4: the yogic visionary: applying yogic knowledge to your life and work</p>	<p>Required Vijnana Bhairava Tantra. Whatever version you like. We suggest The Radiance Sutras by Lorin Roche</p> <p>Suggested Blue Sky Strategy by Dr. K. N. Jacob and Dr Kinyanjui Nganga</p>	<p>Write: business (or general life) plan during retreat Design and practice delivering: 2 class plans for beginners yoga and intermediate yoga. Design yoga/meditation class interweaving concepts, themes and storytelling from Vijnana Bhairava Tantra Submit: business plan Submit: outline and content of a workshop, retreat or masterclass</p>
<p>Module 8 Yogic Living Residential Retreat</p>	<p>Session 1: the authentic teacher: living what you teach Session 2: the ethics of daily life, food and the yogic diet Session 3: dinacharya: designing your daily routine to support your life, health and wellbeing Session 4: ishvara pranidhana: in harmony with nature, in service to the world</p>	<p>Suggested Yoga and Ayurveda by Dr David Frawley</p>	<p>Participate Vedic Rituals: Agni Hotra, Havan, Puja (during retreat) Design: dinacharya daily routine Design: weekly food plan to incorporate sattvic foods.</p>



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<p>Module 9 Into the World</p>	<p>Session 1: The business of yoga. Accountability, Continuing Education and Conduct. Processes, procedures, finance, accountability. Session 2: the Karma Yogi: path of the peaceful warrior. Karma, Dharma and making a difference. The Jnana Yogi: embodying wisdom, becoming wise. Session 3: the Raja Yogi: taking the high road to peace. The Bhakti Yogi. Mantra, Music, Love for the Divine. Session 4: Blue Sky Thinking. Marketing methods, ethics and influence. Being you in a crowded world. How to be a success in any field.</p>	<p>Required The Bhagavad Gita (whatever version you like. We suggest My Gita by Devdutt Patanik).</p> <p>Suggested Bhakti Yoga Jnana Yoga Karma Yoga All by Swami Vivekananda</p>	<p>Complete: ensure all assignments submitted and all online quizzes are completed. Write: a short piece (poem, story, song, essay) on your Teacher training journey to present and share at Graduation. Write: a few kind, supportive words for each trainee - each on a separate sheet of paper and bring to Graduation. Suggested: Senior First Aid Certificate. This is required to register with Yoga Australia and to teach in most centres.</p>
<p>Module 10 Anatomy Fundamentals with Leslie Kaminoff</p>	<p>10 units to complete online through Yoga anatomy.net in webinar and online classes format.</p>	<p>Suggested Yoga Anatomy by Leslie Kaminoff and Amy Matthews</p>	<p>Complete Units 1-5 by Module 3 Complete Units 6-10 by Module 6.</p>
<p>Weekly Supervised Classes</p>	<p>Trainee teacher: design and teach a class at Kookaburra Yoga studio and online via zoom for fellow teacher trainees. remote learning students can teach from home. Other trainees: weekly attendance compulsory either instudio or online</p>	<p>Suggested Teaching Yoga by Donna Farhi The Professional Yoga Teacher's Handbook by Sage Rountree</p>	<p>Submit: following class, submit your class plan, write up an analysis to include how you felt, strengths, weaknesses of your class, what you learnt from teaching, where you could improve.</p>
<p>Graduation Day & Dinner</p>	<p>Session 1: Final Words & Reflections Session 2: Graduation Ceremony Havan Fire Ceremony Dinner</p>		<p>Bring:</p> <ul style="list-style-type: none"> • a gift for a fellow trainee. • your piece of writing/poetry/music etc to share. • Kind words (write them down) for each trainee

Learning Outcomes

Firm foundation of knowledge in following areas. Comprehension and competency demonstrated through participation and contribution in workshops, monthly assignments, online quizzes, teaching practicum and assessments.

Areas of Learning	Content Covered	Module/s where content is covered	Hours (contact & non-contact home study)	Delivery
1. Structural Anatomy, Functional Physiology	<ul style="list-style-type: none"> • Overview of the internal body systems (respiratory, circulatory, immune, reproductive, digestive, endocrine and nervous systems) in relation to yoga • Building Blocks: Sthira & Sukha / Connective Tissue / Bones / Muscles • Breath: Prana & Apana / Diaphragm / Ujjayi / Bhandas • Muscle Physiology: Strength / Flexibility / Movement / Joints • The Spine: Curves / Disks / Backpain • The Lower Limbs: Foot / Knee / Hips / Pelvis / Walking / Alignment in Standing Postures • The Upper Limbs: Hands & Wrists / Forearm / Elbow / Shoulder / Alignment in Inversions 	Module 10 Module 3	50 hours	20 hours online lectures and workshops. 10 hours instudio. Partnership with Leslie Kaminoff https://fundamentals.yogaanatomy.net/info
2. Applied Anatomy and Physiology	<ul style="list-style-type: none"> • Approaching Asana: Philosophy on Asana Analysis (introduction to the Asana Library - 20 Key Poses) • Pain & Sensation: A Body-Mind Perspective • Breath & Movement: Asana & Vinyasa <ul style="list-style-type: none"> • Asana Workshop: Breath-Centered Approach • Joint & Muscle Actions: examining how different traditions approach each pose, strategies for different body types, etc. 	Module 10 Module 3	20 hours	Module 10 is online and instudio. Partnership with Leslie Kaminoff https://fundamentals.yogaanatomy.net/info Module 3 instudio.



3. Yoga Physiology; Yogic Framework and Subtle Systems	<ul style="list-style-type: none"> • Prana vayus • Major nadis • 7 main chakras • Pancha koshas • 3 Gunas 	Module 2 Module 5	30 hours	In person. Supplemented with home reading and assignments.
4. Yoga Philosohies and History	<p>History of yoga Indian darshanas Paths of Yoga Yogic cosmological concepts Philosophical Principles of Yoga Sutras Philosophical Principles of Bhagavad Gita Philosophical Principles of Upanishads Hatha Yoga Pradapika Other esoteric texts</p>	Module 1 Module 2 Module 4 Module 5 Module 6	80 hours	In person. Supplemented with home reading and assignments.
5. Principles of yoga practices and techniques	<p>textual history of yoga practices benefits and contraindications of common yoga practices such as: asana, pranayama, dhyana (meditation), bandha, mudra, kriya, mantra, relaxation and other practices safe, effective and appropriate practice of common yoga practices such as: asana, pranayama, dhyana (meditation), bandha, mudra, kriya, mantra, relaxation and other practices yama and niyama Anatomy and Physiology in relation to common yoga practices such as: asana, pranayama, dhyana (meditation), bandha, mudra, kriya, mantra, relaxation</p>	Across all modules	200 hours	In person. Supplemented with home reading and assignments.

<p>6. Teaching methodologies appropriate to the teaching of yoga</p>	<ul style="list-style-type: none"> • communication and learning styles • effective observational skills when teaching groups of learners • specific teaching methodologies • interpersonal considerations such as: personal space and permission, cultural backgrounds • principles of good teaching, demonstration and assisting, including verbal, visual and tactile methods • communication and learning styles • effective observational skills when teaching groups of learners • specific teaching methodologies • interpersonal considerations such as: personal space and permission, cultural backgrounds • principles of good teaching, demonstration and assisting, including verbal, visual and tactile methods • Code of professional conduct as a yoga teacher • Accountability and continuing professional education & registration with Yoga Australia and peak bodies 	<p>Module 3 Module 7 Module 8 Module 9 Weekly supervised classes led by trainees</p>	<p>30 hours</p>	<p>In person. Supplemented with home reading and assignments. Weekly supervised classes instudio or zoom</p>
<p>7. Practicum; Plan and develop yoga classes and programs</p>	<p>Undertake a student intake, including eliciting information regarding student needs and health conditions Plan and develop a yoga class or series of yoga classes, taking into consideration student needs and health conditions Plan and design an extended masterclass, workshop or retreat Manage teacher 'self-care' in the teaching of yoga How to receive and act upon student feedback The role of supervision or mentoring while undertaking practicum How to engage with a supervisor or mentor while undertaking practicum Regulatory requirements in the conducting of a small business Insurance options for yoga teachers Ethical marketing</p>	<p>Module 8 Module 9 Weekly supervised classes led by trainees</p>	<p>50 hours</p>	<p>In person. Supplemented with home reading and assignments. Weekly supervised classes instudio or zoom</p>



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8. Areas of special interest	Laya Yoga, Chanting, Sound Vedic Rituals Traditional Tantra Trauma Sensitive Yoga The Yogic Diet Cooking Classes	Module 5 Module 8 Module 9	40 Hours	In person. Supplemented with home reading and assignments.
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Competency

Trainees will graduate with confidence and competency in the following areas.

Yoga Theory

1. Philosophy and psychology of yoga based on key texts including the Yogasutra of Patanjali
2. The History of Yoga, the traditional, teachers and paths of Yoga
3. Sanskrit terminology: key words and essential concepts

Asana

1. The Hatha yoga of Krishnamacharya, combining breath and movement.
2. Functional and safe movement in asana, applicable in everyday life
3. Foundation asanas, their counter poses and their variations
4. Modern approaches: Hatha, Vinyasa, Restorative, Yin yoga systems and key poses

Sequencing

1. Principles of sequencing and designing group classes
2. Develop sequences and home practices for different needs
3. Cueing, communicating and adjusting

Pranayama

1. Foundation pranayama practices and theory
2. Integrating pranayama and mantra
3. Applied pranayama for managing mind and emotions

Sound

1. Integrating sound and mantra in asanas.
2. Mantra and music for meditation
3. Nyasa - embodying sound for healing
4. Sing - kirtan, bhajans, sacred mantras

Meditation

1. Theory of meditation, mindfulness, the mind from the Yoga Sutras of Patanjali
2. Theories of the mind and consciousness from eastern mystical and western psychology perspectives
3. Yogic meditation traditions, their key practices and application

Required Reading

Yoga for Body, Breath and Mind by A.G. Mohan

Yoga of the Subtle Body by Tias Little

Yoga Therapy by A.G. Mohan

Enlightened Living. The Yoga Sutras of Patanjali by Swami Venkatesananda. Free download <https://www.swamivenkatesananda.org/SiteFiles/books/Enlightened%20Living%20by%20Swami%20Venkatesananda.pdf>

Who Am I by Ramana Maharshi. Free download: https://www.sriramanamaharshi.org/wp-content/uploads/2012/12/who_am_i.pdf

The Upanishads (whatever version you like. We suggest Eknath Easwaran)

Vijnana Bhairava Tantra (whatever version you like. We suggest The Radiance Sutras by Lorin Roche)

The Bhagavad Gita (whatever version you like. We suggest My Gita by Devdutt Patanik).

Anatomy & Physiology

1. Functional anatomy and physiology as applied to asanas and yoga practice
2. Knowledge of functional anatomy to help you practice yoga safely and effectively
3. Knowledge of the nervous system and internal systems and use of yoga for functionality and health

Japa and Mantras

1. Importance and theory of chanting.
2. Mantras for chanting and meditation
3. Therapeutic use of mantra for wellbeing and healing

Yogic Lifestyle

1. Yogic values and ethics in daily life
2. Ayurvedic doshas, prakrti, diet principles
3. The yogic diet incorporating 'sattvic', pranic and ethical concepts.

Yoga Energetics

1. Mudras and bandhas: how and why practice, how and when to teach
2. Theories of the subtle body: the koshas, nadis, prana vayus, chakras
3. Understanding concepts of consciousness from a yogic perspective

Personal Practice

1. Cultivate an intelligent, meaningful and sustainable personal practice of yoga to support you through life and as a foundation for being an authentic teacher and communicator.

Teaching Methods

1. Teaching with intelligence, respect and integrity in accordance with yogic ethics and values
2. Communicating yogic ethics and values verbally and non-verbally
3. Developing your 'style', leading by example

Business

1. Integrating yoga practice, principles and ethics into life and work
2. The practicalities and realities of becoming a teacher - whether as an employee, sub-contractor, business owner or studio owner
3. Ethical management, marketing and communication.

Suggested Reading

Yoga Reminder by A.G. Mohan (gift upon registering)

Raja Yoga by Swami Vivekananda

The Hatha Yoga Pradapika by A.G. Mohan

The Body Keeps The Score by Bessel Van Der Kolk

The Subtle Body by Cyndi Dale

Laya Yoga by Swami Venkatesananda

Yoga and Ayurveda by Dr David Frawley
Tripura Rahasya: the mystery beyond the trinity by Ramana Maharshi

Blue Sky Strategy by Dr. K. N. Jacob and Dr Kinyanjui Nganga

Yoga Anatomy by Leslie Kaminoff

Teaching Yoga by Donna Farhi

The Professional Yoga Teacher's Handbook by Sage Rountree

Books are available through online sellers (ie bookdepository, amazon, booktopia)



Apply

Pre-requisites

12 months yoga experience is required to participate in this training program. This can be through attending classes in person or online, learning from a teacher or on your own and through books and other resources. You don't need to be 'good' at yoga or an advanced practitioner to attend this training. It has been designed to be accessible to all genuine seekers.

This is an inclusive training program and we welcome applications from anyone who has a strong interest in furthering their yogic knowledge, applying this knowledge in their life and work, or becoming a yoga or meditation teacher. Kookaburra Creek Yoga Centre has wheelchair and disability access. There are two subsidised places offered on this training program. You can apply for these through the Scholarship Program as part of the application process.

Application Process

To apply for a position in the Hatha Yoga Method Teacher Training Program complete the application form at <https://www.kookaburrayoga.com/yoga-meditation-teacher-training.html> There is a \$500 non refundable application fee/deposit. Once accepted into the training you will be invoiced for the balance, and can choose to pay upfront to receive a \$200 discount, or will have the option of paying over a 6, 9 or 12 month period.

Scholarship

We believe yoga is relevant and should be accessible for all. We are offering two scholarships (to the value of \$3,900 of the course fee. A balance of \$1000 + any retreat costs payable over 12 months. This includes a \$500 deposit/application fee). To qualify you will be a long term and sincere student of yoga and have need of financial assistance to attend this training. Scholarships awarded on the 1st May. A \$500 application fee applies. If you are not nominated as a scholarship recipient and choose not to proceed with training this fee will be returned to you. You can apply for a scholarship as part of the application process.

