



One Year Part Time Ashtanga Apprenticeship
Prospectus and Investment Information
2023



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1. Introduction

This is a one year, part time course for students who have completed the Yoga Academy (YA800) teacher training in Ashtanga Yoga at the Auckland Yoga Academy and who are interested in becoming Teachers at the Yoga Academy.



Up to 3 graduates from Yoga Academy 800 hour (YA800) are accepted each year to go onto the next level. They receive over 900 hours of rich, intense training in a real classroom environment at the Yoga Academy. Jude and Peter and the YA senior teachers work as coaches and mentors, developing a close working relationship; passing on the deeper knowledge that they learnt from over 18 years spent in Mysore, India, under the tutelage of the late Sri K. Pattabhi Jois of the Ashtanga Yoga Research Institute.

The trainees work at least 2 hours a week beside their tutors, in a real classroom closely understudying skills and knowledge to enhance the practices of pure beginners, intermediate and more advanced practitioners of the first and secondary series of Ashtanga Yoga.

Important Note: Training is hands on and focused on trainees becoming potential teachers at the Yoga Academy. At the successful completion of the course, students may apply for teaching posts at the Academy, however the availability of teaching positions are limited to those becoming available through natural attrition (i.e. existing teachers leaving).

If we practice the science of yoga, which is useful to the entire human community and which yields happiness both here and hereafter – if we practice without fail, we will attain physical, mental and spiritual happiness and our minds will flood toward the Self - Sri K. Pattabhi Jois.

1.1 Prerequisite

In order to be considered for this course, the student **MUST BE** a graduate of the YA800 Course as taught at the Yoga Academy and mastered all poses in the Primary Series and be registered with the Yoga Alliance as RYT200.

2. Dates

Commencing Saturday 4 February 2023 – finishing Saturday 27 January 2024 (completion ceremony).

3. Apprenticeship Program Outline

This is a one-year part time training program approx. 950 hours.

The program is comprised of:

- An orientation session
- Professional Development Modules
- Supervised Asana/Meditation/Chanting Practice
- The practicum (i.e., demonstration of skills learned)
- Mentorship
- Graduation Day



In addition, the students are expected to undertake home study averaging 2 hours per week.

3.1 Orientation

The orientation takes place on Thursday 26 December 2023. This allows for the formal introduction of the course, the tutors, and participants.

The course syllabus and year calendar are issued. In addition, course policies, structures and procedures are discussed and formally agreed upon and assignments are outlined.

3.2 Professional Development Modules

(A) Five three-hour sessions are held on dates agreed upon by the tutor and apprenticeship team in which the emerging curriculum is addressed. That is: the apprentices set questions on the topics of applied anatomy, philosophy, healthy lifestyle, and teaching methodology as they arise from their teaching experiences both in the beginner level classes, they teach and the Mysore classes in which they train beside their assigned mentor.

Reading assignments and practical exercises are set throughout the year thus the apprentices can expect to undertake 2 hours per week of self- directed study.

(B) Weekly most Saturdays 6.30 – 7am Pranayama and Philosophy with Peter. 7-8am Patanjali's Sutras peer group directed chanting chapter 2 and discussions on commentary.

3.3 Supervised Asana/Meditation/Chanting Practice

The essence and integrity of teaching yoga comes from one's 10.5 hour a week personal practice. Discipline and commitment to practice is essential. The time-honoured adage "you must walk your talk" applies to teaching yoga.



Trainees attend five Mysore classes per week (total of 10 hours) including one with Jude and one with Peter (excluding weekly training classes).

3.4 The Practicum

The Practicum is focused on “hands- on” experiences in actual yoga classes.

This includes:

The Weekly Training Classes:

The Apprentice is partnered with a tutor/mentor and trains in one of the tutor's

Mysore classes each week. This provides the opportunity to observe a range of teaching approaches, and to discuss relevant teaching strategies, methods, and ethics with a practicing professional yoga teacher/mentor. The apprentice will be given opportunities to practice teaching alongside their mentor and to receive support, guidance, and feedback.

The Weekly Teaching Responsibility:

The Apprentice is given the full responsibility for teaching (solo) a minimum of one beginner class per week. Over the year long course, the apprentice will receive a minimum of three assessments by a tutor/s.

Trainees find the Practicum to be an exciting, challenging, and potent method of learning how to teach the vast range of body and personality types within a yoga class, as well as teach people who have mastered the Primary Series and are moving on to the Second Series.



3.5 Completion

On completion having met all the course requirements the Yoga Academy Apprentice Certificates are awarded to graduate Teachers.

4. Schedule of Costs

Apprenticeship One Year Part-time Training Course	Cost NZ \$
Total cost for APPRENTICESHIP training	8196

4.1 Additional Costs

In addition to the above table the following costs apply:

- Non-refundable enrolment fee \$200.00

- Payment for attending classes at the Yoga Academy (these may be paid by monthly Continuous Contract - \$129 per month). Note: students are not required to pay for classes taken when they teach their own classes.
- Textbooks:
 - (1) Ashtanga Yoga plus the Intermediate Series. Mythology Anatomy and Practice, Gregor Maehle, *Dream Books USA 2009.*
 - (2) Mukunda Stiles Samuel Weiser *Pub 2000 Structural Yoga Therapy.*
 - (3) Anodea Judith PhD *Wheels of Life the Classic Guide to the Chakra System. Llwellyn Publisher s1999.*
 - (4) Susan Gillis Chapman *the Five Keys to Mindful Communication Shambala Publishers 2012.*
 - (6) *Color Your Chakras Susan Shumsky DD New Page Books.*

4.2 Payment Procedures

Payment of the **non-refundable** registration fee is payable at time of enrolment.

1. Payment for Yoga Academy classes taught by the Apprentice

Payment for classes taught may offset the cost of the apprenticeship.

Payment is as follows:

> 1-hour class: \$38

> 1.5-hour class: \$50

Or as building classes i.e., averaging less than 10 students per month:

> 1-hour class: \$25

> 1.5-hour class: \$35

2. Payment for Yoga Academy Teacher Training

This is paid monthly by automatic payment to the Yoga Academy Training Account. The first monthly payment of \$683 is due on 14 January 2023 (12 monthly payments of \$683). If any payment is not settled by due date the student's training will be terminated. Last payment December 14, 2023.

If the student decides to withdraw from the course, there will be no refund of the monthly payment that was paid prior to making the decision to withdraw. A transcript of the course contents which were covered by the student will be issued.

5. Enrolment

If you are interested in this course and have completed the YA800 Yoga Teacher Training with the Yoga Academy, enrol online here:

<http://www.yoga.co.nz/training/apprenticeship/enrol/>

You can choose to pay the enrolment fee by PayPal (or credit card via PayPal), or by bank deposit.

If you are not able to complete the online form, you can email **Jude** (jude@yoga.co.nz) providing the following information:

Name:

Age:

Address:

Email address:

Phone number:

A few sentences on why you would like to become an Apprenticeship Teacher Trainee.

If you are accepted, you will be advised. You must have paid your non-refundable enrolment fee for your enrolment to be completed.

Jude welcomes all enquiries face to face, by e-mail or phone 021-0245-1983