



Yoga Academy Beginner Teacher YA400 and
Intermediate Teacher YA800 Part Time Ashtanga Yoga
Teacher Training Prospectus and Investment
Information

2023



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1. Introduction

The aim of the Yoga Academy's Teacher Training Course is to begin to develop qualified instructors in the Ashtanga Yoga field.

Alongside the wisdom imparted, trainee yoga teachers are taught business and life skills that will equip them with the tools to develop both spiritually and professionally.



Unlike other short courses, part of the training takes place in real classes, on real people, not other yogis. Monitored closely by Jude Hynes (ERYT500, YACEP) the Training Director who has been practicing and teaching for 33 years and teacher training for 17 years. Trainees are then able to work with diverse bodies with unique physiques and situations. Under the guidance of Peter Nilsson (ERYT500, YACEP) founder and director of the Yoga Academy, the trainees are also taught the skills needed to run a successful and ethical and equitable yoga school through assisting in the day to day running of the front desk and class management.

Consisting of 800 hours (the 12-month Intermediate Teacher Course) or 400 hour (the 6 month Beginner Teacher Course) of both practical and theoretical training, this course is an asset to those not only looking to train as a yoga teacher, but for individuals looking to deepen their practice and understanding of the Yoga teachings.

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.

Whaowhia te kete matauranga – seize every chance to learn – maori proverb.

2. Dates

12-month Intermediate Teacher Course: Commencing Saturday 4 February 2023, finishing Saturday 27 January 2024.

6-month Beginner Teacher Course: Commencing Saturday 4 February 2023, finishing Sunday 30 July 2023.

3. Overview

This is a RYS200 RYS300 accredited Yoga Teacher Training Course offered in block teaching sessions and daily supervised practice.



The 12-month course

consists of:

- Orientation Weekend followed by five months of supervised asana/ pranayama/meditation training modules, assignments, and tests.
- Three-week full-time Block Course I at the Yoga Academy.
- Seven months supervised asana/meditation followed by a three-week full-time Block Course II and Completion Ceremony

The 6-month course consists of:

- Orientation Weekend followed by five months of supervised asana/ pranayama/meditation training modules, assignments, and tests.
- Three-week full-time Block Course I at the Yoga Academy and Completion Ceremony.

4. Location

Auckland Yoga Academy
190 Federal St, Auckland CBD, NZ
+ 64 9 3570750 | yoga@yoga.co.nz

5. Assessment Procedure

This is a 12-month part time training program totalling approximately 800 hours (or 6 months part time totally approximately 400 hours if you choose that option).

The student will be assessed for competency in specific skill, knowledge and attitude as demonstrated via written and verbal assignments, practical exercises, group discussion, presentations to peer group and tutor, case studies and tests. While work is not graded, all work needs to be handed in on the due date and completed to a satisfactory standard. To pass the course all the work set by the tutor for the students must be completed.

The definition of completion is that the student has completed all assignments, readings and tests to a satisfactory level and has had a minimum 90% training and 80% supervised practice attendance record for each module (these are taught on Monday evenings 5.30 – 7pm, Saturdays 6am - 9am and in Block Course One and Two) and all asana classes.

Important: To participate in Block Course One all teaching tests must be passed. Since this course results in the student being able to teach beginner asana classes, students must be able to demonstrate proficiency in the poses taught in this class. Students unable to demonstrate this by course completion may continue with their asana practice until they reach the required level. However, they will not complete and be certified until appropriate proficiency is demonstrated at the Yoga Academy.

6. Certification and recognition gained

On successful completion up to the end of Block Course One students are presented with a RYS200 (Yoga Alliance) certificate which entitles them to register with Yoga Alliance as RYT200.

At the end of Block Course Two a RYS300 which entitles them to register with Yoga Alliance as RYT300 and currently after 100 hours teaching experience RYT500.

Use the title 'registered yoga teacher' or 'RYT' after their name

Use the Yoga Alliance logo

Note: these conditions may be changed at any time. It is the trainee's responsibility to keep up dated on the conditions of registration with the Yoga Alliance.

Plus, the Yoga Academy will present students with their in house 400 (6months) and 800 (12 months) hour certificates.

7. Program Outline

The program is comprised of:

- Orientation day
- Supervised Asana/Pranyama/Meditation Practice and Self-Directed Study
- Block Course I
- Block Course II and Completion Ceremony

7.1 Orientation Day

Saturday 4 February, 12.00pm - 5.30pm.

Orientation allows for the formal introduction of the course, the tutors, and participants:

- Tutors and students are introduced to one another and given the opportunity to begin developing the relationships that will mature during the course
- The course manual and year calendar are issued. In addition, course policies, structures and procedures are discussed
- Assignments are outlined and some are issued

7.2 Five Months Supervised Asana/Meditation Practice and Teacher Training Modules

Tuesday 7 February – Sunday 25 June, 2023 (5 months).

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

Students attend a total of 8.5 hours per week of supervised asana and meditation practice and 2.5 hours per week of Teacher Training Modules.

The following classes are attended by students every week:

- Monday 5.30pm – 8.00pm
Beginners Ashtanga
Technical Detail Class plus
Meditation Philosophy Class
- Tuesday 6am – 8am Mysore
style class with Jude
- Saturday 6.00am – 8.30am Teacher Training Modules
- Saturday 8.30am – 10.30am or Wednesday 6am – 8am Mysore style
class with Peter
- Three Saturday Full Day Workshops 6.00am – 1.30pm - 11 February, 15
April and 17 June 2023



In addition, the student selects one scheduled Mysore Class from the school timetable which they also attend weekly.

Students will be given assignments, which include keeping a practice journal, doing



anatomy and philosophy assignments as well as preparing to carry out teaching presentation exercises, by practicing their teaching skills on a buddy 1.5 hour per week for the duration of the course.

Students take full responsibility to register for, attend and successfully complete an approved Rescue Resuscitation Course. The trainee is responsible for sending a scanned copy of their certificate to jude@yoga.co.nz by 1 June 6-month course 1 December 2023 12 month course.

This course is required to provide the professional yoga teacher with the knowledge and skills to be able to cope with any emergency that could occur in the classroom. The cost of this course is additional to the annual fee.

7.3 Block Course I

There are 2 Block Courses of 3 weeks each, one in late June and the other in January of the following year. For these courses you will be required to be full time at the Auckland Yoga Academy.

Monday 26 June to Saturday 15 July 2023 (3 weeks).

Curriculum/Content: Deepening the asana, pranayama, and meditation practices. Practicing a wide array of teaching methods. Teaching in real live classes under guidance. Applying functional anatomy to identify how anatomical structures interact to create movement in each yoga pose. Exploring the principles of group dynamics and leadership. Delving into energetic anatomy and physiology of classical yoga, i.e. the mechanisms of the subtle body pathway leading to evolution of the human consciousness. Speculate on the many ways and means of utilising the philosophy of yoga on and off the yoga mat, as presented in the text Patanjali's sutras. Examining the guidelines for living a yogic life, including exploration of ethical self-conduct. Consider the basic principles of Ayurveda, the holistic traditional and way of living a healthy life. Appraising the value of becoming a member of the professional body Yoga Alliance. Constructing a business plan under guidance.

Attain and practice basic administration skills. Reflect deeply upon the Yoga Alliance guidelines for Ethical Commitment, Code of Conduct, Scope of Practice and Commitment to Equity

Certification:

Students who successfully complete the first 6-month Beginner Teacher Course are awarded a certificate which acknowledges the completion of 200 hours of training at a registered yoga school that the internationally recognised professional body Yoga Alliance require for RYT200 plus the Yoga Academy in house YA400 certificate which acknowledges the total hours of training completed.

Note: Yoga Academy training is longer and more comprehensive than the Yoga Alliance.

7.4 Five Months Supervised Asana/Meditation Practice (12 month course only)

Monday 31 July – Friday 22 December 2023 (*holiday 23 December 2023 - 8 January 2024*).

Students continue to attend a total of 8.5 hours per week of supervised asana/pranayama and meditation practice in classes.

7.5 Block Course II (12-month course only)

Monday 8 January to Saturday 27 January 2024 (3 weeks).

Taking the asana, pranayama, and meditation practices to the next level. Teaching in real live classes under guidance. Developing the knowledge and skill to keep yoga students safe from injury or from aggravating existing injury or health related issues. Designing modified asana programs to introduce the unfit, older, or injured student to the practice safely. Creating explicit plans for personal self-transformation plans based on the teachings from the yogic text

Patanjali's Sutras. Designing and implementing a wellbeing plan based on Ayurvedic principles. Create plans to apply the Yoga Alliance guidelines for Ethical Commitment, Code of Conduct, Scope of Practice, and their position on the awareness of and responsibility to equity in yoga.

Certification

Students who successfully complete 12 months of the Intermediate Teacher Training Course are awarded a certificate which acknowledges the completion of 300 hours of training at a registered yoga school that the internationally recognised professional body Yoga Alliance require for RYT300 and currently after 100 hours teaching experience RYT500.

Plus, the Yoga Academy in house YA800 certificate which acknowledges the total hours of training completed.

Note: Yoga Academy training is longer and more comprehensive than the Yoga Alliance training.

7.7 Completion Ceremony

Saturday 27 January 2024.

Set in a relaxed atmosphere with music, together with celebratory cake and chai, the completion ceremony is attended by family, friends and peers. It acknowledges the right of passage from student to teacher.

Certificates are awarded to graduates who successfully completed the course. There are speeches, by both students and teachers and sometimes performances of dance or poetry (as the students wish). Family, friends and peers are thanked and acknowledged for their willingness to support the trainees through the rewarding year of transformation and growth.

8. Schedule of Costs

Total cost for training	NZ\$8196 (NZ\$4098 – 6-month course)
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8.1 Additional Costs

In addition to the above table the following costs apply:

- Non-refundable enrolment fee \$200.00.
- Rescue Resuscitation Module is run external to the Yoga Academy at a cost of \$160.00 subject to change by St Johns First Aid or equivalent.
- Payment for attending classes at the Yoga Academy these may be paid \$129 per month (\$1548.00 twelve months and \$774 six months), casually, or by discount cards.
- Textbooks (approximately \$200).
- Stillwaters Yoga Retreat \$300 (this applies to the Intermediate Teacher Training Course).

8.2 Payment Procedures

Payment of the \$200 **non refundable** enrolment fee is payable at time of enrolment. Payment for the Rescue Resuscitation Module is paid directly to the provider (i.e., St Johns First Aid) at the time of the course.

There are then two separate payments:

- **Payment for Yoga Academy asana classes:** This is paid to the Yoga Academy, either as a yearly or 6-month membership.
- **Payment for Yoga Academy Teacher Training:** This is paid by a monthly automatic payment, to the Yoga Academy Training Account. The first monthly payment of \$683.00 is due on 14 January 2023, the last payment on 14 December 2023 (12 monthly payments of \$683.00). The 6th and last payment for the 6-month course is on 14 June 2023 (6

monthly payments of \$683.00). If any payment is not settled by due date the student's training will be terminated.

Note: These charges do not include the cost of textbooks (approximately \$200.00) or the St Johns First Aid Course (approx \$160.00) which is a required module. Cost of Stillwaters Yoga Retreat visit (\$300).

Payments are deposited to our online account (contact **Jude Hynes** for details: jude@yoga.co.nz).

If the student decides to withdraw from the course, there will be **no refund of the monthly payment that was paid prior to notifying the Training Director of the decision to withdraw**. A transcript of the course content which was covered by the student will be issued on request.

9. Enrolment

Prerequisites

Minimum level of practice:

You must be able to demonstrate that you are proficient in:

- Salutes A and B
- Standing poses
- Basic sitting poses i.e., forward bends, twists and boats, (no need to have lotus pose)
- Basic back bends i.e., setu bhandasana and urdhva dhanurasana
- Inversions (1/2 headstand and shoulderstand)



Age

- You must be over 18 and under 65 years old.

Language

- You must be proficient in English.

Smoking drugs and vaccinations

- You must not smoke and must avoid abuse of substances such as drugs and alcohol.
 - You must be fully vaccinated against Covid-19.
-
- If you are interested in this course and you are proficient practicing the basic yoga poses enrol online here:

<http://www.yoga.co.nz/training/ya800/enrol/>

You can choose to pay the enrolment fee by PayPal (or credit card via PayPal), or by bank deposit. (e-mail Jude for banking details). 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:

History of yoga:

i.e., how long have you been practicing yoga, what style of yoga have you been practicing, how often do you practice on a weekly basis, is pranayama/meditation included in your practice of yoga, what schools or teachers have you studied at/with.

Why you would like to become a yoga teacher:

A statement that you do meet the minimum requirements for competence in asana. e.g., I am proficient in: 'salutes' 'standing poses' 'basic sitting poses' i.e., forward bends, twists and boats 'basic back bends' i.e., setu bhandasana and urdhva dhanurasana and 'inversions (1/2 headstand and shoulderstand)'.

Where possible it is advisable to arrange to attend a class in which your asana practice can be assessed. 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