



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

2024



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## 1. Introduction

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

In addition to 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. The training is monitored closely by the Training Director 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 effectively, by tailoring the yoga to each client's body type. Under the guidance of Peter Nilsson (ERYT500, YACEP) Founder and Director of the Auckland Yoga Academy, the trainees are also taught the skills needed to run a successful and ethical and equitable yoga school, including through assistance with the day to day running of the front desk and all components of class management.

The theoretical and practical training offered by the 6-month course (400 hours) Beginner Teacher Course and the 12 month (800 hours) Intermediate Course gives our clients essential assets required for training as yoga teachers, as well as the opportunity 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 3 February 2024, finishing Saturday 25 January 2025.

6-month Beginner Teacher Course: Commencing Saturday 3 February 2024, finishing Sunday 28 July 2024.

## 3. Overview

This is a RYS200 RYS300 accredited Yoga Teacher Training Course offered in block teaching sessions and with 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 3370751 | yoga@yoga.co.nz

## 5. Assessment Procedure

The student is assessed for competencies 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 must be completed to a satisfactory standard and by the due date. Students must complete all work set by the tutor to satisfy requirements for passing the course.

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 Courses 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. They will not receive certification until they demonstrated appropriate proficiency is at the Yoga Academy.

## 6. Certification and recognition

After successfully completing Block Course One, students are presented with a RYS200 (Yoga Alliance) certificate that 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 stay up dated on the conditions of registration with the Yoga Alliance.

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

## 7. Programme Outline

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

### 7.1 Orientation Day

Saturday 3 February, 12.00pm - 5.30pm.

- 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 of Supervised Asana/Meditation Practice and Teacher Training Modules

Monday 5 February – Saturday 29 June, 2024 (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 of 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
- Wednesday 6am – 8am  
Mysore style class with Jude
- Saturday 6.00am – 8.30am Teacher Training Modules
- Saturday 8.30am – 10.30am or Tuesday 6am – 8am Mysore style class with Peter
- Six Saturday Full Day Workshops 6.00am – 1.00pm - 10 February, 20 April 15 June, 17 August, 12 October, 23 November 2024.



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

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



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](mailto:jude@yoga.co.nz) by 1 June for the 6-month course 1 December 2024 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 1 July to Saturday 20 July 2024 (3 weeks)

Curriculum/Content: Learn functional anatomy the asana, pranayama, and meditation practices. Practice a wide array of teaching methods. Experience guided teaching in real-life classes under guidance. Learn functional anatomy to identify how anatomical structures interact to create movement in each yoga pose. Explore the principles of group dynamics and leadership. Delve into the energetic anatomy and physiology of classical yoga, i.e. the mechanisms of the subtle body pathway through which human consciousness evolves.

Speculate on the many ways and means of utilising the philosophy of yoga on and off the yoga mat, as presented in the text of Patanjali's sutras. Examine the guidelines for living a yogic life, including exploration of ethical self-conduct.

Consider the basic principles of Ayurveda, the holistic traditional way of living a healthy life. Appraise the value of becoming a member of the professional body Yoga Alliance. Construct a business plan under guidance. Attain and practise

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Jude Hynes Training Director/Lead Trainer & Peter Nilsson Lead Trainer/Director



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 6-month Beginner Teacher Course are awarded a certificate acknowledging the school, to fulfil the internationally recognised professional body Yoga Alliance RYT200 plus the Yoga Academy in house YA400 certificate which acknowledges the total hours of training completed.

Note: Auckland 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 22 July – Friday 20 December 2024 (*holiday 21 December 2024 - 6 January 2025*).

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 6 January to Saturday 25 January 2025 (3 weeks)

Asana, pranayama, and meditation practices are taken to the next level. Experience guided teaching in real-life classes. Develop the knowledge and skill to keep yoga students safe from injury, from aggravating existing injury and health-related issues. Design modified asana programs to introduce the unfit, older, or injured student to the practice. Creating personal, explicit plans for personal self-transformational plans based on the teachings in Patanjali's Sutras. Design and implement 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 recognized professional body Yoga Alliance require for RYT300 and currently after 100 hours teaching experience RYT500.

Plus, the Auckland 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 25 January 2025

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 rite of passage from student to teacher.

Certificates are awarded to graduates who successfully complete 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 \$200 enrolment fee.
- The Rescue Resuscitation Module is hosted externally to the Yoga Academy at a cost of \$160 subject to change by St Johns First Aid or equivalent.
- Attending Auckland Yoga Academy classes may be paid \$129 per month (\$1548 twelve months and \$774 six months), casually, or by discount cards.
- Textbooks (approximately \$200).
- Stillwaters Yoga Retreat \$350 (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:** \$129 paid by a monthly automatic payment to the Yoga Academy
- **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 is due on 14 January 2024; the last payment on 14 December 2024 (12 monthly payments of \$683). The

last payment for the 6-month course is due on 14 June 2024 (6 monthly payments of \$683). 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) or the St Johns First Aid Course (approx \$160) which is a required module. Cost of Stillwaters Yoga Retreat visit (\$350).

Payments are deposited to the Auckland Yoga Academy online account (contact **Jude Hynes** for details: [jude@yoga.co.nz](mailto: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 already 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 be proficient in the 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.
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- If you are interested in this course and you are proficient with 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 (email Jude for banking details). If you are not able to complete the online form, you can email **Jude** ([jude@yoga.co.nz](mailto:jude@yoga.co.nz)) the following information:

**Name:**

**Age:**

**Address:**

**Email address:**

**Phone number:**

**History of yoga:**

Detail how long have you have been practising yoga, what style of yoga you have you been practising, how often you practise on a weekly basis, whether you include pranayama/meditation in your practice of yoga, what schools or teachers you have 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)'.

You can arrange to attend a class in which your asana practice can be assessed. If you are accepted, you will be advised – You must pay your nonrefundable enrolment fee for your enrolment to be completed.

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