



Kookaburra Yoga

YOGA IN HARMONY WITH NATURE

# hathayogamethod



yoga | meditation | mindfulness | mastery | yogic living



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## Yoga & Meditation Teacher Training 18 June 2022 - 17 June 2023 Prospectus & Curriculum

### Introduction

The Haṭha Yoga Method is a profound integration of yoga, meditation, mindfulness and yogic living. It is the synthesis of a combined 65 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, neuroscience, yogic psychology, Ayurveda, connection to nature, and traditional and modern approaches to asana biomechanics and movement. 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 registered with Yoga Australia at 500 hours, 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.

There is the option to attend all or part of the program online as all sessions are live-streamed, recorded and available online for the duration of the course. You'll connect with your peers and community through our integrated zoom sessions and in our online community forum. For those who live outside of Perth there is the option to stay with us onsite during any/all of the modules for a small additional fee.

Over 12 months there are 11 weekend workshops, a 5 day retreat, weekly online studio/zoom classes (led by lead trainers & students), a 30 hour online course in yoga anatomy; 5 live-streamed yoga anatomy workshops, self-study comprised of reading and written assignments to complete at home; a private mentoring sessions prior to your teaching practicum to ensure you are empowered and equipped to teach and a mentoring session for your personal and professional development. There are 500+ hours of training and study, including 360 contact hours and 180 non-contact hours comprised of self-study, assignments and home practice.

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. Regardless of the 'style' of yoga you come to teach, your classes will be grounded in an ancient, enduring and embodied wisdom.

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



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of like-minded students and teachers who share the journey with you. You'll graduate with the knowledge, confidence, resources, practical skills and authorisation to teach the Hatha Yoga and Meditation, and develop your own unique style of delivery to teach classes to students in your own community.

The training is led by Mandy and Robert who have a lifetime of lived and teaching yogic experience. Mandy is registered with Yoga Australia as a Senior Teacher which is significant as only teachers recognised as having 1,000+ hours of training and 10,000+ teaching hours are eligible to provide Teacher Training Programs accredited 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 (350 hours training, 1 year experience) immediately upon graduation. If you are currently teaching and already have 4 years experience then you can register as a Level 2 teacher (500 hours training, 5 years experience). 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

Anyone with an interest in developing their yogic knowledge and deepening their practice, and then applying this knowledge as a professional yoga and meditation teacher, or within any area or field of work. You will need to have a minimum of 12 months yoga experience to join this training.

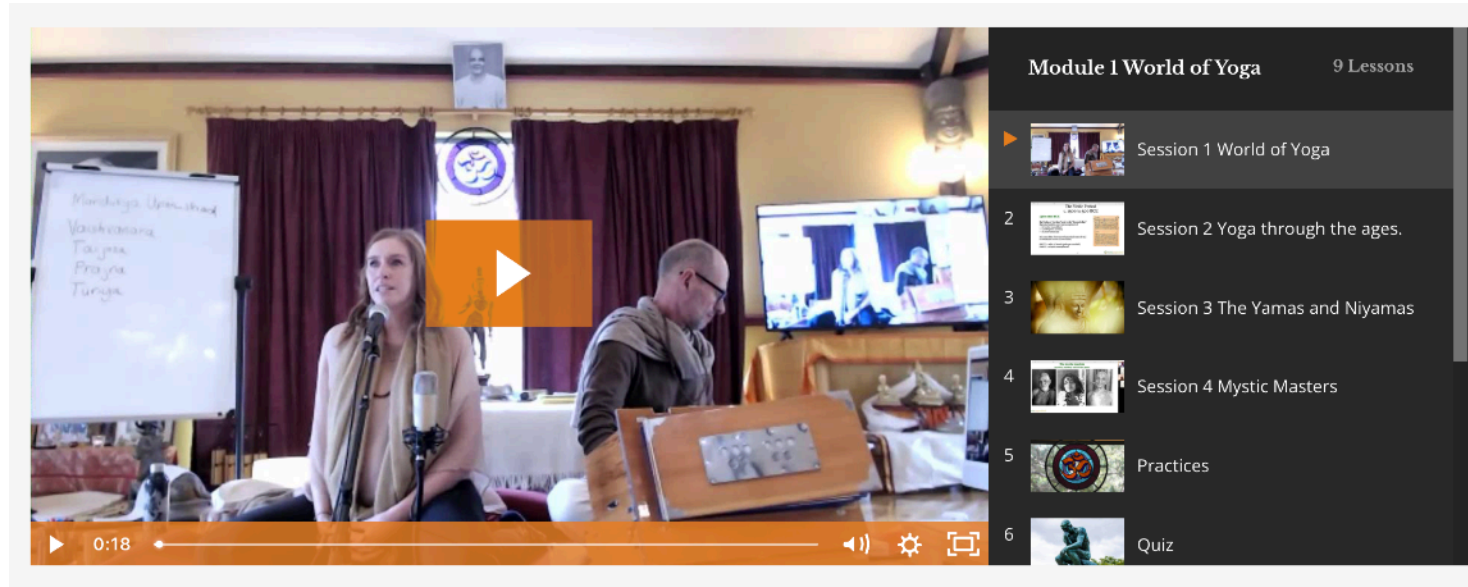
### What you gain

- **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 Courses which include '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.





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## 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 40 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 magnificent 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



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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 skilful 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). 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 Yoga, through online programs, 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 five 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

Mandy has been 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 her teachers AG Mohan and Indra Mohan, founders of Svastha Yoga. 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 (assistant to Paul Grilley, a founder of Yin Yoga) to teach Yin Yoga.



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. Her 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.

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 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 qualifying in and 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, research, 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. On the property there is also a residence with an extensive and beautiful kitchen garden where we enjoy meals and time together during the training; accommodation options including a railway carriage apartment, studios for meditation and sleeping; tranquil places for walking, meditation and camping. It is truly a place of peace and sanctuary for the many people who have visited and stayed over the decades.

### **Kookaburra Yoga**

Kookaburra Yoga's integrative approach brings together Hatha, Raja and Tantra Yogas in a way which is respectful of the traditions and mindful of the objectives of modern practitioners and is beneficial on every level of being. The approach has been systemised as is now known as 'the Hatha Yoga Method'. Hatha Yoga classes are often the starting point for many people who may eventually enquire into the more meaningful and spiritual paths of yoga. For this reason Kookaburra Yoga classes always incorporate the key components of the Hatha Yoga Method: Bhava, Mudra, Pranayama, Asana, Vichara (enquiry), Vidya (knowledge), Dharana (meditation) and consideration of mindfulness in everyday living.



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### Our teachers 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 what they have learnt from their study with their revered master teachers of over fifteen 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.

Mohan was a personal student of Sri T. Krishnamacharya 18 years from 1971 to 1989 and is one of the most senior and highly regarded yoga masters alive today, and a direct link to the most authentic, enduring yoga traditions. A. G. Mohan continues to study, practice, and teach.

Together with his wife Indra, he originated the Svastha organisation in Chennai, India which has an international presence with programs around the world, online, and is an authoritative and accessible source of authentic yoga and Ayurveda. They offer training on yoga, yoga therapy, mindfulness 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 text books on this yoga teaching training program.





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### Program Outline, Dates and Costs

<p><b>Dates</b> <b>Weekend Modules</b> Saturdays 10am-6pm &amp; Sundays 9am-5pm Module 1: 18-19 June Module 2 16-17 July Module 3 13-14 August Module 4: 10-11 September Module 5: 8-9 October Module 6: 12-13 November Mid-Year Review: 10-11 December Module 7: 14-15 January Module 8: 18-19 February Module 9: 18-19 March Module 10 &amp; 11: 6-10 April Module 12: 19-20 May</p> <p><b>Anatomy Workshops (Zoom)</b> Saturdays 9.30am-11.30am. 7 Aug, 2 Oct, 4 Dec, 5 Feb, 2 April.</p> <p><b>5 Day Retreat (Easter weekend)</b> Modules 10 &amp; 11: 6-10 April. Thurs 5pm-Mon 2pm. Other days 6.30am-9pm.</p> <p><b>Weekly classes led by trainers, trainees</b> Wednesdays 7pm-8pm. 2 times a month.</p> <p><b>2 private Mentoring Sessions</b> in-studio or online. 1st session is week prior to your teaching practicum. 2nd during May 2023.</p> <p><b>Graduation</b> 17 June 2023 Saturday 2pm-8pm</p>	<p><b>Hours</b> <b>11 x 2 Day Weekend Workshops</b> <b>Modules 1-9, Mid-Year Review, Module 12</b> 200 contact hours 120 non-contact study/practice hours</p> <p><b>5 Day Residential Immersion</b> <b>Modules 10, 11</b> 70 contact hours 30 non-contact hours</p> <p><b>Dynamic Anatomy (online &amp; zoom)</b> 30 contact hours 10 non-contact hours</p> <p><b>Weekly class led by trainers or trainees</b> 50 contact hours 10 non-contact hours</p> <p><b>Mentoring</b> 4 contact hours; 8 non-contact hours</p> <p><b>Graduation Day</b> 6 contact hours; 2 non-contact hours</p> <p>360 contact hours + 180 non-contact hours <b>540 TOTAL HOURS</b></p> <p>Study groups also offered throughout training. In addition to above hours, home practice and self-study may require more time.</p>	<p><b>Costs</b></p> <ul style="list-style-type: none"><li>• <b>\$5400 total tuition fee</b></li><li>• <b>\$450 non-refundable deposit</b></li><li>• <b>earlybird:</b> pay full amount when booking for \$200 discount (total price \$5,200).</li><li>• <b>upfront:</b> \$450 deposit and balance by course commencement date (total price \$5,400)</li><li>• <b>payment plan:</b> choose term of 6, 9, 12 or 18 months (additional \$100 fee for payment plans. Total price \$5,500).</li><li>• Note: graduation certificates issued after full payment received.</li></ul> <p><b>5 Day Retreat - additional costs</b></p> <p><b>Accommodation</b> +\$200 venue fee - stay onsite shared room +\$100 venue fee - camp in own tent +\$0 - stay offsite in your own accommodation</p> <p><b>Meals</b> + \$320 All meals mentioned below +\$30pm <b>Dinner</b> Thurs, Fri, Sat, Sun 7.30pm +\$20pm <b>Breakfast</b> Fri, Sat, Sun, Mon 9.30am +\$30pm <b>Lunch</b> Fri, Sat, Sun, Mon 2.30pm +\$0 provide your own meals</p> <p><b>Scholarship</b> <b>2 scholarships offered valued at \$4400 each.</b> (\$1000 tuition fee + retreat costs payable). \$450 deposit on application. If successful there is another \$550 to pay. If not successful, your deposit will be refunded in full if you choose not to proceed.</p>
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## Program Structure

### **In studio and/or online**

The Hatha Yoga Method Teacher Training is comprised of 11 weekend workshops, which are delivered monthly, a 5 day residential retreat over the Easter long weekend, fortnightly Wednesday evening classes, private mentoring and Saturday morning anatomy sessions. There is the option of attending in-person at the studio in the Perth hills, or by joining the live-stream via Zoom from your home. All modules are recorded and if you miss a session you can catch up online. The course is hosted on our professional online learning platform and includes a private community forum to connect with your fellow teacher trainees, much like social media, but without the distractions.

### **Weekend Workshops**

Each weekend module includes 3-4 lectures (see Learning Areas below), facilitated discussion, guided practice, and practical workshops to apply the knowledge. There are workshops and sessions to practice and teach asana, pranayama, various forms of meditation, mantra, yoga nidra, guided relaxations, kriyas, chanting and other yogic practices in a sequential way building on knowledge and skill as the course progresses. The practices shared are linked to the topics and theoretical material presented as outlined in the Learning Areas.

### **Easter Residential Retreat**

Modules 10 and 11 are part of a residential teacher training retreat to be held at Kookaburra Creek over the Easter long weekend (Thursday evening - Monday afternoon). In-person attendance at the residential retreat is strongly encouraged even if you have opted to do the course online. You have the option of staying onsite in shared accommodation (limited to 12 places) or camping onsite, or 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 Monday. Other days are 6.30am-9.30pm with a rest period and breaks during the day. Meals are catered and vegan, gluten-free (or you can choose to bring your own). This retreat replicates an ashram experience, and is an incredible opportunity to immerse yourself in all you have learnt without everyday responsibilities and distractions.

### **Dynamic Anatomy**

Our anatomy expert **Jean Campbell** has developed a practical and simplified approach to anatomy developed over 25 years of study, practice and teaching. Jean will provide a thorough and engaging education in anatomy and physiology as it applies to yoga through her online learning platform [www.dynamicanatomycourses.com](http://www.dynamicanatomycourses.com) combined with five 2 hour interactive live-streamed Zoom sessions. Jean is based in Sydney and is a dedicated yoga and anatomy educator and has also been associated with Svastha Yoga and the Mohans for many years. There is an emphasis on the practical application of anatomy as it relates to our practice of yoga, and to our teaching of yoga asana to ensure our instruction is appropriate, safe and relevant. The course complements the overall training, helping you integrate and comprehend the most practical aspects of anatomy study. There are 16 modules focussing on a different part of the body, discussing bones, joints, ranges of motion, muscles and possible reasons for muscular imbalance, restrictions and pain. Principles of injury prevention are presented in a concise and practical manner - meaning that you will be able to apply this knowledge immediately into your own yoga practice and teaching. At the commencement of the training you will be given access



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to [www.dynamicanatomycourses.com](http://www.dynamicanatomycourses.com) where you will complete the 30 hour level 1 course. You'll have a year to complete the program and will be assigned units to complete each month. In addition to this you will have five 2 hour sessions with Jean which are live-streamed over Zoom.

### **Supervised Teaching**

7pm-8pm Wednesday evenings. You'll gain live teaching experience! Attend in studio or online from home. Each teacher trainee will design and teach a supervised class at the studio and online via zoom for fellow teacher trainees. Prior to teaching your class you will have a one-to-one mentoring session to receive guidance and advice, learn to market and promote your class online and gain studio experience teaching to students in person and online. There will be some weeks where the facilitators and guest teachers lead the Wednesday classes to ensure you have plenty of practical guidance and opportunities for integration of practices and concepts learnt during the weekend modules. The Wednesday evening calendar will be established once the training commences. It is likely to be a commitment of 2 Wednesdays per month. If you can't attend live you can watch the replay.

### **Self-study & Assignments**

Every month there is reading to do at home and assignments to complete. Assignments are set each month and explore the themes and source texts more deeply and are designed to be completed sequentially. These vary each month and may include short essays, writing a story/parable, designing classes and yoga sequences, recording meditations, drawing infographics, designing your daily routine, writing a business plan and more. Support and guidance is given to help structure and craft these. We also organise optional Study Groups during the training generally on a Monday or Saturday morning instudio (and live-streamed). 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 across varying mediums. There are also monthly online quizzes following each Module which are a blend of multiple choice and short answer questions to complete - to ensure integration of theoretical material. In our last module together is our final quiz - which will be a little like an exam requiring you to revise the course material.

The time commitment is significant. To really get the most from the course you will need to dedicate at least about an hour a day to self-study and completing course work. No need to worry if you don't quite get everything done on time - you will have access to all the course materials online including video lectures and the anatomy program for an extra year following the training, and if needed you have this extra 12 months to complete the coursework and graduate. There is also the option to graduate with a lesser qualification (300 Hour Certificate - see criteria below).

### **Practice & Reflect**

Following each Module students are expected to practice what was learnt at home over the month. Practices will include asanas, mudras, pranayama, meditation, mantra, chanting. Each month students will complete and submit a 'Monthly Reflection' which is essentially a chronicle of your practices and study completed, obstacles faced, any insights gained along the way and questions which arise.

### **Graduation & Dinner**

Graduation Ceremony with certificates issued, sharing, gift-giving, Havan Fire Ceremony and Dinner.



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### Learning Areas

Module	Lecture Topics	Reading	Assignments & Home Practice
<b>Module 1 June</b> An Introduction to the World of Yoga; Opening the door to a new way of being	<ul style="list-style-type: none"> <li>• Session 1: Welcome &amp; Introduction</li> <li>• Session 2: The World of Yoga</li> <li>• Session 3: The Hatha Yoga Method - foundations of an holistic practice</li> <li>• Session 4: Yoga masters, mystics, their lineages and methods</li> <li>• Workshop: What is Yoga</li> </ul>	Required <ul style="list-style-type: none"> <li>• The Heart of Yoga by Desikachar</li> <li>• Yoga for Body, Breath and Mind by A.G. Mohan</li> </ul> Suggested <ul style="list-style-type: none"> <li>• Yoga Reminder by A.G. Mohan</li> </ul>	<ul style="list-style-type: none"> <li>• Write short essay: 8 Limbs of Yoga. Describe each limb; why each are relevant and important; and how you can integrate them in to your daily life and yoga practice. (Essays up to 1000 words)</li> <li>• Draw short vinyasa kramas from 20 foundation poses.</li> <li>• Practice assigned asana, pranayama, mantra, meditation, chant.</li> <li>• Module 1 Quiz - complete online</li> <li>• Complete Yoga Anatomy Unit 1</li> <li>• Submit Module 1 Reflections</li> </ul>
<b>Module 2 July</b> The story of yoga: from ancient to modern; east to west.	<ul style="list-style-type: none"> <li>• Session 1: A History of Yoga: from ancient to modern, east to west.</li> <li>• Session 2: Patanjali's Yoga Sutras and the 8 Limbs of Yoga</li> <li>• Session 3: An ethical foundation: Yamas and Niyamas</li> <li>• Session 4: The Hatha Yoga Pradipika: yoga of the sun, moon and harnessing the innate energies within</li> <li>• Workshop: Asanas of Hatha Yoga</li> </ul>	Required <ul style="list-style-type: none"> <li>• Enlightened Living by Swami Venkatesananda (pdf supplied)</li> <li>• The Hatha Yoga Pradipika (pdf supplied) or the translation by A.G. Mohan</li> <li>• Asana Pranayama Mudra Bandha by Swami Satyananda</li> </ul> Suggested <ul style="list-style-type: none"> <li>• Roots of Yoga by James Mallinson and Mark Singleton</li> </ul>	<ul style="list-style-type: none"> <li>• Write short essay in 3 parts: What are the 5 Yamas and 5 Niyamas? Why are they considered a foundation for Yoga? How are they relevant to your own life?</li> <li>• Infographic: draw by hand the 'Tree of Yoga' including 8 limbs of yoga, the Yamas and Niyamas &amp; descriptions of each.</li> <li>• Practice assigned asana, pranayama, mantra, meditation, chant.</li> <li>• Module 2 Quiz - complete online</li> <li>• Complete Yoga Anatomy Units 2, 3</li> <li>• Submit Module 2 Reflections</li> </ul>



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<p><b>Module 3 August</b> The yoga of Krishnamacharya. Personalising and Teaching Yoga</p>	<ul style="list-style-type: none"> <li>• Session 1: Yoga for everybody: teaching yoga as appropriate to the individual.</li> <li>• Session 2: The class arc: how to structure a yoga class.</li> <li>• Session 3: cues, props and adjustments to help, support, heal, and not cause harm.</li> <li>• Session 4: Trauma Informed Yoga &amp; Communication</li> <li>• Workshop: Create a Yoga Class</li> </ul>	<p>Required Yoga Therapy by A.G. Mohan</p> <p>Suggested</p> <ul style="list-style-type: none"> <li>• Teaching Yoga by Donna Farhi</li> <li>• Yoga Sequencing by Mark Stephens</li> <li>• The Body Keeps The Score by Bessel Van Der Kolk</li> </ul>	<ul style="list-style-type: none"> <li>• Design a yoga class for beginners based on 20 foundation poses using class arc template (include modifications for poses)</li> <li>• Design: 3 x 30 minute personalised yoga, pranayama, meditation sessions for a private student - see Brief. Write a supporting statement.</li> <li>• Write &amp; Record a trauma-informed relaxation script.</li> <li>• Practice assigned asana, pranayama, mantra, meditation, chant.</li> <li>• Module 3 Quiz - complete online</li> <li>• Complete Yoga Anatomy Units 4,5</li> <li>• Submit Module 3 Reflections</li> </ul>
<p><b>Module 4 September</b> Finding your own true north</p>	<ul style="list-style-type: none"> <li>• Session 1: Kriya Yoga: tapas, svadhyaya, and devotion.</li> <li>• Session 2: Ishta Devata - finding your inner guide and cultivating a practice with meaning</li> <li>• Session 3: Mystery and Science of the Breath. Pranayama and Prana Vayus.</li> <li>• Session 4: Sounds of Sanskrit - language of the mystics, sages and universe</li> <li>• Workshop: meditation, pranayama and mantra</li> </ul>	<p>Required</p> <ul style="list-style-type: none"> <li>• Enlightened Living Heart of Yoga</li> </ul> <p>Suggested</p> <ul style="list-style-type: none"> <li>• Breath by James Nester</li> <li>• Mantra Yoga and Primal Sound by David Frawley</li> </ul>	<ul style="list-style-type: none"> <li>• Write short essay - how are the 3 components of Kriya Yoga a support for your practice of yoga and life?</li> <li>• Practice spoken Sanskrit sounds and words</li> <li>• Design your own 'ideal' daily yoga practice</li> <li>• Practice assigned asana, pranayama, mantra, meditation, chant.</li> <li>• Module 4 Quiz - complete online</li> <li>• Complete Yoga Anatomy Units 6,7</li> <li>• Submit Module 4 Reflections</li> </ul>





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<p><b>Module 5 October</b> Journey of the self to the Self</p>	<ul style="list-style-type: none"> <li>• Session 1: Samkhya: Story of Creation, the Universe and the Self</li> <li>• Session 2: The Taittiriya Upanishad - Koshas: the multi-dimensional self.</li> <li>• Session 3: Concept of the Subtle Body - from body, mind to soul. The 'self' from the perspectives of Bhagavad Gita and The Yoga Sutras.</li> <li>• Session 4: The Yoga Body - yogic, tantric and Ayurvedic perspectives of the body</li> <li>• Workshop: yoga for the Koshas</li> </ul>	<p>Required</p> <ul style="list-style-type: none"> <li>• The Taittiriya Upanishad</li> <li>• Yoga and Ayurveda by David Frawley</li> </ul> <p>Suggested</p> <ul style="list-style-type: none"> <li>• Yoga of the Subtle Body by Tias Little</li> <li>• The Subtle Body by Cyndi Dale</li> </ul>	<ul style="list-style-type: none"> <li>• 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 tailoring a yoga practice for yourself or students</li> <li>• Draw by hand: the Samkhya map of the Self</li> <li>• Practice assigned asana, pranayama, mantra, meditation, chant.</li> <li>• Module 5 Quiz - complete online</li> <li>• Complete Yoga Anatomy Units 8,9</li> <li>• Submit Module 5 Reflections</li> </ul>
<p><b>Module 6 November</b> Yogic Meditation - Yoga and the Mind</p>	<ul style="list-style-type: none"> <li>• Session 1: Yogic meditation. Yoga and the Brain.</li> <li>• Session 2: The higher limbs of yoga. Unlocking the wisdom of the Yoga Sutras.</li> <li>• Session 3: Vrittis, Samskara, Vasana and Sankalpa</li> <li>• Session 4: The kleshas, and overcoming obstacles on the path to happiness - applying kriya yoga.</li> <li>• Workshop: Yoga Nidra, the brain and consciousness</li> </ul>	<p>Required</p> <ul style="list-style-type: none"> <li>• Enlightened Living</li> <li>• Heart of Yoga</li> </ul> <p>Suggested</p> <ul style="list-style-type: none"> <li>• Raja Yoga by Swami Vivekananda</li> <li>• Yoga Nidra by Swami Satyananda</li> <li>• Altered Traits by Goleman and Davidson</li> </ul>	<ul style="list-style-type: none"> <li>• Write: Write a short essay on one or more of the Yoga Sutras referenced related to the Kleshas. Link to your own life, ie how they manifest in your life, and how applying yoga (ie Kriya Yoga, Yamas/Niyamas, Dharana/ Dhyana) could be helpful in overcoming the kleshas and bringing about an inner and outer transformation of your life.</li> <li>• Write a 10 minute <i>Yoga Nidra or Relaxation</i> script, and make a recording of yourself delivering it.</li> <li>• Practice assigned asana, pranayama, mantra, meditation, chant.</li> <li>• Module 6 Quiz - complete online</li> <li>• Complete Yoga Anatomy Units 10,11</li> <li>• Submit Module 6 Reflections</li> </ul>



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<b>Mid Year Review December</b>	<ul style="list-style-type: none"> <li>• Asana review</li> <li>• Pranayama &amp; meditation review</li> <li>• Pranayama workshop</li> <li>• Workshop: Advancing in asana and pranayama</li> </ul>		<ul style="list-style-type: none"> <li>• Catch up on any outstanding assignments and quizzes.</li> <li>• Submit half year review notes</li> </ul>
<b>Module 7 January</b> The Subtle Self and Yoga of Sound.	<ul style="list-style-type: none"> <li>• Session 1: Mantra Yoga</li> <li>• Session 2: Nada Yoga - the yoga of sound</li> <li>• Session 3: Sanskrit and the Subtle Body, Chakras, Nadis, Life Force and Bija Mantras</li> <li>• Session 4: Laya Yoga: chakras, mantra, and the yoga of subtle sound</li> <li>• Workshop: Mudras, Mantras and Creative Visualisation - Yoga for the Subtle Body</li> </ul>	Suggested <ul style="list-style-type: none"> <li>• The Subtle Body by Cyndi Dale</li> <li>• Laya Yoga by Swami Venkatesananda</li> <li>• Mudras for Healing and Transformation by Joseph Le Page and Lilian Le Page</li> </ul>	<ul style="list-style-type: none"> <li>• Draw infographic of the subtle body with chakras, major nadis, koshas.</li> <li>• Write: a guided meditation script incorporating knowledge of subtle body, ie chakras</li> <li>• Practice: Laya Yoga, Asana with Mantra, Pranayama with mantra.</li> <li>• Practice assigned asana, pranayama, mantra, meditation, chant.</li> <li>• Module 7 Quiz - complete online</li> <li>• Complete Yoga Anatomy Units 12,13</li> <li>• Submit Module 7 Reflections</li> </ul>



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<p><b>Module 8 February</b> Buddhi Mind. Wisdom, Creativity and Flow.</p>	<ul style="list-style-type: none"> <li>• Session 1: Western and yogic psychology. The concept of consciousness in the east and west. The mysticism of Carl Jung.</li> <li>• Session 2: Who Am I? The yoga of self enquiry. Ramana Maharshi the great sage of Advaita Vedanta.</li> <li>• Session 3: The Mandukya Upanishad: states of consciousness and the meditation journey.</li> <li>• Session 4: The Bhagavad Gita and the Hero's Journey. Accessing creative inspiration.</li> <li>• Workshop: The Hero's Journey. Write your story - past, present and future.</li> </ul>	<p>Required</p> <ul style="list-style-type: none"> <li>• Who Am I by Ramana Maharshi</li> <li>• Mandukya Upanishad</li> <li>• The Bhagavad Gita (pdf supplied). We recommend My Gita by Devdutt Putanik)</li> </ul> <p>Suggested</p> <ul style="list-style-type: none"> <li>• Tripura Rahasya: the mystery beyond the trinity by Ramana Maharshi</li> <li>• The Alchemist by Paulo Coelho</li> <li>• The Hero with a Thousand Faces by Joseph Campbell</li> <li>• The Complete Life of Krishna by Vanamali</li> </ul>	<p>Write: short story/parable using the Hero's Journey template. It can be autobiographical with yourself as the hero; or fictional.</p> <p>Practice: Chant Mandukya Upanishad</p> <ul style="list-style-type: none"> <li>• Practice assigned asana, pranayama, mantra, meditation, chant.</li> <li>• Module 8 Quiz - complete online</li> <li>• Complete Yoga Anatomy Units 14,15</li> <li>• Submit Module 8 Reflections</li> </ul>
<p><b>Module 9 March</b> Modern Yoga Asana. Pranayama</p>	<ul style="list-style-type: none"> <li>• Session 1: Early Modern Yoga</li> <li>• Session 2: Evolution of Modern Yoga</li> <li>• Session 3: Modern Yoga Styles</li> <li>• Session 4: Somatic Yoga: healing the body, mind and emotions</li> <li>• Workshop: Pranayama Workshop</li> </ul>	<p>Suggested</p> <ul style="list-style-type: none"> <li>• A History of Modern Yoga by Elizabeth de Michelis</li> <li>• Roots of Yoga by James Mallinson and Mark Singleton</li> <li>• Your Body, Your Yoga by Bernie Clark</li> <li>• Somatics by Thomas Hanna</li> </ul>	<ul style="list-style-type: none"> <li>• Practice assigned asana, pranayama, mantra, meditation, chant.</li> <li>• Module 9 Quiz - complete online</li> <li>• Complete Yoga Anatomy Unit 16</li> <li>• Submit Module 9 Reflections</li> </ul>



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<p><b>Module 10 April Residential Retreat</b> Yogic Living</p>	<ul style="list-style-type: none"> <li>• Session 1: the authentic teacher: living what you teach</li> <li>• Session 2: yogic sadhana: your personal practice</li> <li>• Session 3: yogic living, food and the yogic diet</li> <li>• Session 4: dinacharya: designing your daily routine to support your life, health and wellbeing</li> <li>• Evening story telling, fire ceremonies, yoga nidra. Early morning meditations.</li> <li>• Workshop: design your life</li> </ul>	<p>Suggested</p> <ul style="list-style-type: none"> <li>• Yoga and Ayurveda by Dr David Frawley</li> <li>• Ayurveda: the Science of Self Healing by Vasant Lad</li> </ul>	<ul style="list-style-type: none"> <li>• Participate Vedic Rituals: Agni Hotra, Havan, Puja (during retreat)</li> <li>• Design: dinacharya daily routine</li> <li>• Design: weekly food plan to incorporate sattvic foods.</li> <li>• Practice assigned asana, pranayama, mantra, meditation, chant.</li> <li>• Module 10 Quiz - complete online</li> <li>• Submit Module 10 Reflections</li> <li>• Complete Yoga Anatomy Units 10,11. Submit worksheets.</li> </ul>
<p><b>Module 11 April Residential Retreat</b> Blue Ocean visioning - for Personal &amp; Professional Transformation</p>	<ul style="list-style-type: none"> <li>• Session 1: becoming wise: applying yogic knowledge to transform your mind, body, heart.</li> <li>• Session 2: ishvara pranidhana: awakening devotion in a material world</li> <li>• Session 3: sharing your light: finding, communicating and presenting your passion</li> <li>• Session 4: the yogic visionary: dreaming your life purpose into being. Workshop a business/life plan using our Blue Ocean template</li> <li>• Workshop: yogic visioning and the beauty of work</li> </ul>	<p>Required</p> <ul style="list-style-type: none"> <li>• Vijnana Bhairava Tantra (pdf supplied). We suggest The Radiance Sutras by Lorin Roche</li> </ul> <p>Suggested</p> <ul style="list-style-type: none"> <li>• Blue Ocean Strategy by W. Chan Kim, Renée Mauborgne</li> </ul>	<ul style="list-style-type: none"> <li>• Write: business (or general life) plan during retreat using Blue Ocean template.</li> <li>• Design a full meditation class interweaving concepts, themes and storytelling from Vijnana Bhairava Tantra</li> <li>• Submit: Blue Ocean business plan draft</li> <li>• Submit: outline of a workshop, retreat or masterclass</li> <li>• Practice assigned asana, pranayama, mantra, meditation, chant.</li> <li>• Module 11 Quiz - complete online</li> <li>• Submit Module 11 Reflections</li> <li>• During April and May you will have your 2nd mentoring session. You'll need to submit a questionnaire in advance of this.</li> <li>• Study for exam in Module 12 - questions are from previous 11 quizzes so use them as a study guide.</li> </ul>





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<p><b>Module 12 May</b> Into the World</p>	<p>Session 1: Exam. Session 2: the four paths of Yoga in the Bhagavad Gita: Karma Yoga: path of the peaceful warrior. Karma, Dharma and making a difference. Jnana Yoga: embodying wisdom, becoming wise. Raja Yoga: taking the high road to peace. The Bhakti Yoga: Mantra, Music, Love for the Divine. Session 3: The business of yoga. Accountability, Continuing Education and Conduct. Processes, procedures, finance, accountability. Session 4: Blue Sky Mind. Marketing methods, ethics and influence. Being you in a crowded world. How to be a success in any field. Workshop: Teaching Methods: HYM Absolute Beginners Yoga Course &amp; Intro to Meditation Course.</p>	<p>Required</p> <ul style="list-style-type: none"> <li>• The Bhagavad Gita (pdf supplied). We suggest My Gita by Devdutt Patanik.</li> </ul> <p>Suggested</p> <ul style="list-style-type: none"> <li>• Bhakti Yoga; Jnana Yoga; Karma Yoga. All by Swami Vivekananda</li> </ul>	<p>Complete: bring all assignments, reflections and quizzes to completion and submit. Ensure all anatomy units completed and do the final assessment online.</p> <p>Write: a short piece (poem, story, song, meditation etc) about your Teacher training journey to present and share at Graduation (maximum 5 minutes)</p> <p>Recommended: ensure you have your Senior First Aid certificate to register with Yoga Australia and before you begin teaching.</p>
<p>Dynamic Anatomy - Online</p>	<p>16 units to complete online. There are 5 live-streamed 2 hour workshops with our anatomy trainer Jean Campbell. Final assessment.</p>	<p>Suggested</p> <ul style="list-style-type: none"> <li>• Your Body Your Yoga by Bernie Clark</li> <li>• Yoga of the Subtle Body by Tias Little</li> <li>• The Yoga Anatomy Coloring Book by Kelly Solloway</li> </ul>	<p>Complete units sequentially as assigned above. Complete final assessment.</p>



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<p>Practicum - Supervised Class &amp; Mentoring Session</p>	<p>Teach a 60 minute Yoga Class. Prepare for and attend a 60 minute Mentoring Session with Mandy or Robert. Design and teach a class at Kookaburra Yoga studio and online via zoom for fellow teacher trainees. Remote learning students can teach from home via Zoom. You'll need to ensure you have a microphone and webcam/phone etc you can use to film your class. You are also welcome to invite your own family, friends to your own class if you like.</p>	<p>Suggested</p> <ul style="list-style-type: none"> <li>• Teaching Yoga by Donna Farhi</li> <li>• Yoga Sequencing: Designing Transformative Yoga Classes by Mark Stephens</li> <li>• The Professional Yoga Teacher's Handbook by Sage Rountree</li> </ul>	<ul style="list-style-type: none"> <li>• Submit in advance of mentoring session: draft of class plan, meditation script, class notes, marketing flyer to post in forum.</li> <li>• Following class you will receive written feedback. Return this with your own reflections on the experience to complete the assessment.</li> </ul>
<p>Mentoring Session - Your personal &amp; professional development</p>	<p>Attend a 60 minute mentoring session either on zoom or instudio with Mandy or Robert. The purpose is to assist and support you in your personal and professional development.</p>		<ul style="list-style-type: none"> <li>• Submit Mentoring Questionnaire in advance of attending.</li> <li>• Bring Blue Ocean Thinking Business Visioning/Planning document; Dinacharya Design Your Life document or anything else you would like us to review and focus on during the session.</li> <li>• Opportunity to be given a mantra for your personal practice.</li> </ul>
<p><b>Graduation</b> Celebration &amp; Dinner</p>	<p>Session 1: Final Words &amp; Reflections Session 2: Graduation Ceremony Havan Fire Ceremony &amp; Dinner</p>		<p>Prior to graduation submit completed 'Graduation Checklist'. Bring:</p> <ul style="list-style-type: none"> <li>• a gift and beautiful message for a fellow trainee (Keep to below \$40)</li> <li>• a piece of your own writing/poetry/music etc to share (this should be up to 5 minutes)</li> </ul>
<p>Study Groups</p>	<p>Opportunities for study groups led by facilitators, and also student-led groups throughout the training.</p>		



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### Learning Outcomes

Through the above mentioned Modules, you will acquire a firm foundation of knowledge in the following areas. Comprehension and competency is demonstrated through participation and contribution in workshops, monthly assignments, online quizzes, teaching practicum and assessments.

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



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





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<p>6. Teaching methodologies appropriate to the teaching of yoga</p>	<ul style="list-style-type: none"> <li>• communication and learning styles</li> <li>• effective observational skills when teaching groups of learners</li> <li>• specific teaching methodologies</li> <li>• interpersonal considerations such as: personal space and permission, cultural backgrounds</li> <li>• principles of good teaching, demonstration and assisting, including verbal, visual and tactile methods</li> <li>• communication and learning styles</li> <li>• effective observational skills when teaching groups of learners</li> <li>• specific teaching methodologies</li> <li>• interpersonal considerations such as: personal space and permission, cultural backgrounds</li> <li>• principles of good teaching, demonstration and assisting, including verbal, visual and tactile methods</li> <li>• Code of professional conduct as a yoga teacher</li> <li>• Accountability and continuing professional education &amp; registration with Yoga Australia and peak bodies</li> </ul>	<p>60 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>	<ul style="list-style-type: none"> <li>• Undertake a student intake, including eliciting information regarding student needs and health conditions</li> <li>• Plan and develop a yoga class or series of yoga classes, taking into consideration student needs and health conditions</li> <li>• Plan and design an extended masterclass, workshop or retreat</li> <li>• Manage teacher 'self-care' in the teaching of yoga</li> <li>• How to receive and act upon student feedback</li> <li>• The role of supervision or mentoring while undertaking practicum</li> <li>• How to engage with a supervisor or mentor while undertaking practicum</li> <li>• Regulatory requirements in the conducting of a small business</li> <li>• Insurance options for yoga teachers</li> <li>• Ethical marketing</li> </ul>	<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	<ul style="list-style-type: none"><li>• Laya Yoga &amp; Nada Yoga</li><li>• Vedic Rituals &amp; Vedanta</li><li>• Traditional Tantra</li><li>• Trauma Informed Yoga</li><li>• Yoga Nidra</li></ul>	50 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 pre-modern and contemporary texts
2. The History of Yoga, the traditions, teachers and paths of Yoga
3. Sanskrit terminology: key words and essential concepts
4. Comparative traditions & systems - Hinduism, Tantra, Vedanta, Western Psychology

#### 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

#### 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 pre-modern texts and traditions
2. Theories of the self, mind and consciousness from eastern mystical and western psychology perspectives



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### **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, prakriti, 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.





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### Reading List

Texts listed in the **Required Reading List** are essential. We have some copies for loan if needed. Many of the source texts are provided to you as .pdfs. Books listed in the **Suggested Reading List** are referenced during the Training. We strongly recommend you read them. They have been selected to broaden your knowledge base, and to keep as a valuable reference for years to come.

### Required Reading

- **Yoga for Body, Breath and Mind** A.G. Mohan
- **Yoga Therapy** A.G. Mohan
- **The Heart of Yoga: developing a personal practice** TKV Desikachar
- **Yoga & Ayurveda: Self-Healing & Self-Realisation** Dr David Frawley
- **Enlightened Living. The Yoga Sutras of Patanjali** Swami Venkatesananda. *pdf provided.*
- **Who Am I** Ramana Maharshi. *pdf provided.*
- **The Upanishads** *Various pdfs provided.*  
\* we suggest **The Upanishads** by Eknath Easwaran.
- **Vijnana Bhairava Tantra** *pdfs provided.*  
\* we suggest **The Radiance Sutras** by Dr Lorin Roche.
- **The Bhagavad Gita** *pdf provided.*  
\* we suggest **My Gita** Devdutt Patanik.
- **The Hatha Yoga Pradipika** *pdf provided.*  
\* we suggest the book by **The Hatha Yoga Pradipika** A.G. Mohan & Dr Ganesh Mohan.
- **Taittiriya Upanishad** *pdf provided.*
- **Mandukya Upanishad** *pdf provided.*

### Suggested Reading

- **Yoga Reminder** A.G. Mohan
- **Raja Yoga** Swami Vivekananda
- **Yoga Yajnavalkya** A.G. Mohan & Dr Ganesh Mohan
- **The Hatha Yoga Pradipika** A.G. Mohan & Dr Ganesh Mohan
- **The Body Keeps The Score** Bessel Van Der Kolk
- **The Subtle Body** Cyndi Dale
- **Laya Yoga** Swami Venkatesananda
- **Tripura Rahasya: the mystery beyond the trinity** Ramana Maharshi
- **The Radiance Sutras** Dr Lorin Roche
- **My Gita** Devdutt Patanik
- **Blue Ocean Strategy** W. Chan Kim, Renée Mauborgne
- **Teaching Yoga** Donna Farhi
- **Yoga Sequencing: Designing Transformative Yoga Classes** Mark Stephens
- **The Professional Yoga Teacher's Handbook** Sage Rountree
- **Ayurveda: the Science of Self Healing** by Vasant Lad
- **Yoga of the Subtle Body** Tias Little
- **Altered Traits** Daniel Goleman and Richard J. Davidson
- **Breath** James Nester
- **Mantra Yoga and Primal Sound** Dr David Frawley
- **Kundalini Yoga** Sri Swami Sivananda
- **The Alchemist** Paulo Coelho
- **The Hero with a Thousand Faces** Joseph Campbell
- **The Complete Life of Krishna** Vanamali
- **Asana Pranayama Mudra Bandha** Swami Satyananda Saraswati
- **Yoga Nidra** Swami Satyananda Saraswati
- **Roots of Yoga** James Mallinson and Mark Singleton
- **A History of Modern Yoga** Elizabeth de Michelis
- **Your Body, Your Yoga** Bernie Clark
- **Somatics** Thomas Hanna
- **Mudras for Healing and Transformation** by Joseph Le Page & Lilian Le Page
- **The Yoga Anatomy Coloring Book: A Visual Guide to Form, Function, and Movement** Kelly Solloway



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## 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 asanas or an advanced practitioner to attend this training. It has been designed to be accessible to all genuine seekers willing to commit. If you have less than 12 months experience please be in touch to ensure this program is suitable for you.

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, and/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. We also offer generous payment plans allowing you to pay for the course over 9-18 months.

### 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 \$450 application fee/deposit. Once accepted into the training you will be invoiced for the balance, and can choose to pay upfront by the 1st June to receive a \$200 discount, or will have the option of a Payment Plan over a 6, 9, 12 or 18 month period.

### Scholarship

We believe yoga is relevant and should be accessible for all. We are offering two scholarships (to the value of \$4,400 of the course fee. The successful 2 recipients will pay the balance of \$1000 + any retreat costs. To apply there is a \$400 deposit/application fee). To qualify you will be a long term and sincere student of yoga and have genuine need of financial assistance. Scholarship application to be submitted by 1st May. Recipients will be notified by the 10th May. If you are not nominated as a scholarship recipient and choose not to proceed with training the application fee will be returned to you.





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### Terms & Conditions

#### **Covid Policy**

- Please see our Covid Information page which is updated with any restrictions and considerations: <https://www.kookaburrayoga.com/kookaburra-yoga-covid-policy-and-information.html>
- At 1st March 2022, current rules include: proof of full vaccination or medical exemption required to attend instudio; masks required to be worn instudio unless exercising.

#### **Payment Policy**

- A non refundable \$450 deposit is required to book this training.
- If full payment is received by 1st May a \$200 discount applies.
- Payment plans are available at an additional cost of \$100. Terms are 6 months; 9 months; 12 months or 18 months.
- If any payments on a payment plan default then an administrative charge of \$40 per defaulted payment may apply.
- Easter Immersion: accommodation and food is an additional cost.

#### **Refund Policy**

- If you withdraw from this training before the training commencement date you will be refunded in full (minus non-refundable \$450 deposit)
- If you withdraw after the training commences you will be refunded a pro-rata amount (minus non-refundable deposit).

#### **Graduation Policy**

To graduate at 500 Hours you will need:

- 100% attendance at weekend modules and 5 day retreat. This can be in-person, attending online via zoom; a hybrid of both. If any modules are missed then you can watch them once they are uploaded, and mark as complete
- to pass all monthly online quizzes and final exam. (Pass mark is 90%)
- to complete the practicum and mentoring session (prepare and teach a 60 minute class)
- To attend all Wednesday evening practicum classes (instudio or zoom)
- to practice what you learn at home, submit monthly Reflections outlining your practice and insights
- to do all the required reading and submit all assignments
- to complete all the Yoga Anatomy worksheets and assessments, and 100% attendance at 5 anatomy workshops (Zoom)
- course fees to be paid in full

To graduate at 300 Hours you will need:

- 100% attendance. This can be in-person, attending online via zoom; a hybrid of both. If any modules are missed then you can watch them once they are uploaded, and mark as complete.



## hathayogamethod

- To complete all the online quizzes and final exam
- to complete the practicum and mentoring session (prepare and teach a 60 minute class)
- to submit monthly Reflections outlining your practice and insights
- To complete all the Yoga Anatomy units online, and 100% attendance at 5 anatomy workshops (Zoom)
- course fees to be paid in full

This program is potentially incredibly empowering and transformational. We strongly encourage all students to strive for the 500 Hour qualification by completing all the assignments, self-study and home practices. If you need extra time to finish your assignments and required tasks then you have an additional 12 months after the graduation date to submit them. All students will have an additional 12 months access to all the course materials and videos on our online platform, the community forum and the online yoga anatomy platform.

## Testimonials

### Hear from our 2021 students...

This yogic learning program is rich and deep in knowledge, wisdom, resources and teachings. Mandy and Robert generously and lovingly shared their wealth of lived yoga experience, encouraging growth and offering an opportunity that is rare and precious. It's been a highlight to be their student, and learning that has enriched my life.

Much gratitude. ~ *Liz*

It's been an incredible journey for me. Through everything I have learned and still learn everyday (for this will never stop), I make more informed choices and my life has flourished and I am so content and happier than I have ever been. Being a teacher is not something that is written in a book and handed out at graduation. It is but a choice to take everything you both have offered (and this is in abundance), to become a truer person to yourself and others, only then can you begin to teach yoga. As you said early in the program it is not in how you yourself perform the asana, as we are not alike but how you feel it and listen to your body, then you become real. I never imagined I would be a yoga teacher, so now I want to continue being a student and deepen my practice. Thank you so much for all you do for me, this community and way outside these boundaries.

Namaste to my beautiful teachers. ~ *Farida* 💕💕