

## One Family Yoga & Fitness 2020 Weekday Part-time 200/350hr Core Foundational Yoga Teacher Training



Thank you for your interest in this yoga teacher training. During this training you will learn to teach and understand the basics of yoga. It is also an opportunity to deepen your own practice. This course is both practical and theoretical. It requires focus, some days you will be doing up to 3-5 hours of asana practice. Please note that if you are carrying injuries or illnesses that there is no expectation that you have to participate in the physical practice. We ask that you are self-motivated, punctual and know how to take care of yourself. Practicing and learning yoga is a lifelong journey. The teachers will be there to guide you and offer support but ultimately it's up to you to accept the exciting changes and challenges that yoga offers.

On completion of this course, you will have a profound understanding of the principles of teaching yoga, however it is important to realise you may not necessarily be ready to teach. If you are already teaching or have experience in related fields this course will give you clear tools and techniques for teaching to the individual within a group. If you are less experienced this course will help you develop the discipline for a meditation and asana practice and further your inquiry into the deeper levels of yoga. Being a yoga teacher is a vocation of the heart; your skills ripen from years of practice, persistence and inner transformation. Embarking on the journey to become a yoga teacher is an opportunity to discover more of who you are and how to share that with others. Completing the full 350hrs will allow you to register with Yoga Australia as a yoga professional giving students the choice to claim yoga on their private health.

Lainie Jenkins founder of One Family Yoga & Fitness is the lead teacher with over 17 years self-practice and 15 years yoga teaching experience.

This is more than just a teacher training course, our process encourages you to be a living example of health and vitality, and from this solid foundation you will be able to share your experiences with others. Completion of our Core Foundational Teacher Training will give you the ability to teach a well-rounded and cohesive yoga class catering to all levels with skill, integrity and compassion.

The 200-350hr Part Time course is delivered over a 6 to 10 month period. These options make the course accessible to those who have non-negotiable career, study or family commitments; or who prefer to absorb and integrate the study material over a longer period of time. Outside of contact hours you will have to complete 3-6 x written assignments, 1 x general knowledge quiz and Anatomy homework questionnaire. You are expected to attend and or observe 1 to 2 classes a week. These can be done at One Family Yoga & Fitness, as part of your package includes a 6 to 11 month membership or at any other studio/gym. I will give you an attendance log for this as the hours contribute to your overall 200-350hrs.



## 2020 200hr Weekday (Thursday) Course Dates

February 6th, 13th, 20th, 27th

March 5th, 12th, 19th, 26th

April 2nd, 9th

May 7th, 14th, 21st, 28th

June 4th, 11th, 18th, 25th

July 2nd

Training dates Thursday 9:30am–2:30pm (excludes school holidays)

\*\*\*\*\*Weekend format to start 4<sup>th</sup>, 5<sup>th</sup> July 2020\*\*\*\*\*

## 2020 Continuation to 350hr Weekday (Thursday) Course Dates:

Restorative Yoga July 16<sup>th</sup>, 23rd, 30th, August 6th, 13th, 27th

Prenatal Yoga September 3rd, 10th, 17th

Postnatal Yoga September 24th, October 15th

Yoga Nidra October 22nd, 29th

Yin Yoga November 5th, 12th, 19th, 26th, December 3rd

All training dates are Thursday 9:30am – 2:30pm (excludes school holidays and public holidays)

## WHAT YOU WILL LEARN 200hr

- The History of yoga
- Philosophy of yoga
- The Yoga Sutras of Patanjali
- Anatomy & physiology for yoga teachers
- Asana
- Prana, Nadis, Chakras
- Pranayama, Meditation, Mantra
- Teaching methodology – teaching to the individual within a group and group dynamics
- Ethical Teaching Practices
- Introduction to Ayurveda
- Alignment & Safe Adjustments
- Sequencing
- The Business of yoga



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### Additional for 350hr

- Restorative Yoga
- Pre & Post-natal Yoga
- Yoga Nidra
- Yin Yoga

### TEACHING FACULTY

**Lainie Jenkins (Course creator and director)** Yoga asana & hands-on assisting, Sequencing, Ayurveda, Pranayama, Nadis and Chakras, Meditation, Yoga teaching tools, methodology & business of yoga, Restorative Yoga, Yin Yoga, Prenatal Yoga ... and more

**Swami Mukti Saraswati** Yoga History, Philosophy & Yoga Sutras, Yoga Nidra

**Maria Kirsten** Foundational Anatomy & Physiology for yoga teachers

### 200hr PACKAGE COST

**SAVE \$500 - RED HOT EARLYBIRD PRICE**

**Paid in full 3 months prior to start date \$3780**

**SAVE \$300 PAY IN FULL \$3980**

Payment due 1 month before commencement of training.

### **PAYMENT PLAN on the 200hr Yoga Teacher Training**

Payment Plan \$275 deposit and \$333.75 per month for 12 months  
(total \$4280)

### 350hr PACKAGE COST

**SAVE \$750 - RED HOT EARLYBIRD PRICE**

**Paid in full 3 months prior to start date \$5780**

### **PAYMENT PLAN SAVE \$590 on the 350hr Yoga Teacher Training**

Payment Plan \$255 deposit and \$473.75 per month for 12 months  
(total \$5940)

### **\*200/350hr UPGRADE PACKAGE COST**

**Paid in full before start date \$1960**

Payment plan available on request



Payment can be made by Credit Card or bank transfer please state Name and 200hr or 350hr YTT in transaction description Eg: John Smith 350hr YTT  
ACC: Lainie Jenkins BSB: 084130 ACC NO: 771031497

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### **PRICE INCLUDES:**

- 19-36 Days of Comprehensive Hands on Training
- 200 - 350hr Comprehensive Training Manuals
- 10 hours of co-teaching and feedback with one of Brisbane's most experienced Senior Yoga Teachers
- Unlimited Yoga at One Family Yoga & Fitness for the duration of the training.

### **Terms & Conditions of Accreditation**

- All assessment tasks throughout the course must be completed to graduate from your course.
- A daily self-practice and journal
- Advance notice of absence must be given where possible. Students may miss 2 days in total of the course but will be expected to complete assignments as required.
- Students must complete 40hrs (200hr), 70hrs (350hr) of Class attendance and or Class observation, these must be completed to graduate from your course. You have 12 months from the course start date to complete your class hours. You may start using your class hours as soon as you have made a payment for your chosen course (even if this is before the start date of the course).

### **Cancellation Policy**

On acceptance into this course a \$255 non-refundable deposit is required to secure your place.

Final balance is due by commencement of training unless a payment plan is in place.

For cancellations, more than 4 weeks prior course commencement, all fees will be refunded less the \$275/\$255 non-refundable deposit.

For cancellations within 4 weeks of commencement date, a 50% cancellation fee applies.

For cancellations within 2 weeks of commencement date, no refund will be given.

For those paying monthly, if you drop out at any time any past payments will not be refundable.



### **Attendance Policy**

A minimum of 95% attendance is required for certificate to be awarded. Students who miss more than 95% of the contact hours may request private tuition at their own cost to make up any missed sessions (costs are \$85/hour). This course is competency-based, which means there is no pass or fail. Students may submit their final assessment until they are deemed to be competent.

### **REQUIRED READING for 200hr**

- The Heart of Yoga by TKV Desikachar
- Yoga and the path of the urban mystic by Darren John Main
- Ayurveda, The science of self-healing by Vasant Lad
- Teaching Yoga by Donna Farhi
- The Key Muscles of Hatha Yoga by Ray Long MD FRCSC

### **ADDITIONAL REQUIRED READING for 350hr**

- Relax and Renew by Judith Hanson Lasater
- Restore and Rebalance by Judith Hanson Lasater
- Yoga Nidra by Swami Satyananda Saraswati
- The Complete Guide to Yin Yoga by Bernie Clarke 2<sup>nd</sup> Edition

**\*I order all my books online through 'The Book Depository', free shipping and competitive prices.**



Please answer the following questions about your own yoga practice and is not a test. There is no expectation that you can say yes to everything.

Name:

Phone number:

Email address:

Please give a detailed outline of your yoga history and experience.

What style of Yoga do you practice, including meditation?

Do you have a Home Practice?

Do you practice pranayama and meditation? If so, how often and for how long?

Who have your teachers been and do you attend regular classes?



What are your personal challenges in your yoga practice?

Are you already teaching? If so, where and how often?

Are you familiar with the eight limbs of yoga?

What is your understanding of the essence and purpose of yoga beyond the techniques?

Can you sit (in stillness) in meditation for half an hour?

Do you have an injury or disability that restricts your yoga practice?

Do you have a history of depression or mental illness?

Are you taking any medications? If so what are they and what are they for?



Do you smoke, drink or take recreational drugs? And please answer honestly.

How do you minimise the possibility of injury in your practice?

How do you integrate your understanding of yoga into daily life?

Please describe your reasons for choosing to apply to the One Family Yoga & Fitness Yoga Teacher Training.

What are your expectations of this course?

Please confirm that you understand the intense nature of the course.

Thank you for completing this questionnaire. I can't wait to move forward on your teacher training journey. Please if you have any questions do not hesitate to give me a call.

Namaste