



YOGA TEACHER TRAINING SUPPLEMENT

The following pages are a snapshot of some of the teacher training courses on offer in 2016. We hope you find them useful if you are planning to become a yoga teacher. Whatever the reason you decide to become a teacher here are some key points you might like to consider. There are no minimum mandatory qualifications to become a yoga teacher in Australia.

DON'T MISS OUR TEACHER TRAINING ARTICLE ON PAGE 48.

QUALIFICATIONS

- Type and level of qualification
- Delivery format of course
- Duration of training course
- Course content

VOLUNTARY PROFESSIONAL YOGA ASSOCIATIONS

- Yoga Australia – open to all suitably qualified yoga teachers
- Yoga Alliance – American based association

GENERAL ASSOCIATIONS

Lineage based such as BKS Iyengar Association of Australia, Satyananda Yoga Teachers Association (SYTA). General professional associations such as the IYTA, and Dru Australia offer membership to suitably qualified teachers also.

ACCREDITATION

There are a number of organisations that offer accreditation. If you are a stand-alone teacher you do not require any particular accreditation to teach in Australia, although some government organisations and gyms may require some sort of specific accreditation.

INSURANCE

Similarly there are a number of companies that offer insurance for Australia and overseas

www.expressinsurance.com.au

<http://www.insurancehouse.com.au>

<https://business-insurance.aon.com.au/Professions/Health-Professionals/Yoga-Instructors.aspx>

DRU YOGA

Aust. Wide



Expand your knowledge of yoga and deepen your practice, or try a new career doing something you love! Dru Yoga – the best in mind/body yoga. This potent form of yoga includes classical postures, flowing movements, breathwork, empowering visualisations and relaxing meditations. In the course you also learn anatomy, yoga philosophy and presentation skills. Dru's graceful potent sequences and postures help you to relax, re-energise and feel great.

Registered with YA and Yoga Alliance.

Next Dru courses:

Albury May 2016

Perth & Canberra 2017

Plus Dru Yoga Therapy, Canberra, February 2016

Ph 02 61611462

courses@dru.com.au

www.dru.com.au

THE AUSTRALASIAN YOGA INSTITUTE

Aust. Wide



HOME STUDY Yoga Teacher Training (350 hour YA Accredited)

AYI (Est. 1976) is Australia's oldest, most respected HOME STUDY Yoga Teacher Training Academy.

Introducing RESTORATIVE YOGA THERAPY COURSE (and a shorter CPE course) together with the PROFESSIONAL YOGA TEACHER TRAINING (Established in 1976). Each Home Study, each maintaining the integrity of the traditional practice and the essence of yoga. Plus we offer a support web/video site where our students can expand their yoga practice and teaching skills.

Director Rev. Jahne Hope-Williams

www.yogabeautiful.com.au

www.restoreandrecover.yoga

yogafirst@netcon.net.au

IYTA FOUNDATION COURSE

Aust. Wide



Deepen your understanding of yoga, and train with the longest running yoga teacher training association in Australia (established 1967).

If you're keen to develop your understanding of yoga, but are unsure if you'd like to teach, we offer a Foundation course.

Taking place over two weekends and forms the first part of our Diploma of Teacher Training (option to continue with the Diploma to become a qualified yoga teacher).

Study from anywhere with online lectures and mentor support via correspondence, or in Sydney face-to-face. Running Feb 6 – Mar 6 2016.



www.iyta.org.au

teachertraining@iyta.org.au

1800 449 195

IYTA DIPLOMA OF TEACHER TRAINING

Aust. Wide



Deepen your understanding of yoga, become a teacher and train with the longest running yoga teacher training association in Australia (established 1967). World class 350 hour Diploma of Teacher Training offered over 12 months (Feb 6 – Dec 4 2016). Yoga Alliance and Yoga Australia registered.

Study from anywhere with online lectures and mentor support via correspondence, or in Sydney face-to-face. Includes six day residential. Develop the knowledge and hands on practical experience to graduate as a confident and proficient yoga teacher.

Have a clear pathway to develop your yoga career or studies. Enjoy ongoing support.

www.iyta.org.au

teachertraining@iyta.org.au

1800 449 195



IYTA PRE AND POST NATAL DIPLOMA

Aust. Wide



Enhance your teaching with an IYTA Post Graduate course, and continue your yoga training with the longest running yoga teacher training association in Australia (established 1967).

Enjoy ongoing support from a team of highly experienced trainers and teachers. Specialise as a pre and post natal teacher, and develop your understanding of yoga for women at every stage of pregnancy, birth and beyond.

This 150 hour course provides world class training from midwives, senior pre natal yoga teachers and physiotherapists. Yoga Alliance and Yoga Australia registered. Running Mar 18 – Sep 25 2016 in Sydney and Brisbane.



www.iyta.org.au

prenatal@iyta.org.au

1800 449 195

IYTA JOIN AS A MEMBER

Aust. Wide



Join us and connect with a network of people interested in yoga. Have a clear pathway to develop your yoga career or studies, and enjoy ongoing support.

We are the longest running yoga teacher training organisation in Australia (established 1967), and offer huge member benefits: workshops, online videos, first aid training, health provider benefits, member discounts and eligibility for insurance coverage. Community minded with scholarships available.

Yoga Alliance and Yoga Australia registered. Whether you're interested in becoming a teacher, deepening your understanding of yoga, or connecting with likeminded people, the IYTA has something for you.

www.iyta.org.au

info@iyta.org.au

1800 449 195



THE INTEGRAL YOGA ACADEMY OF AUSTRALASIA (IYAA)

Aust. Wide



For over 35 years IYAA. has provided this all rounded non-residential correspondence Yoga (Teacher) Diploma Course worldwide. Devised by Yogacharini Dr. Savitrananda Devi Y.D. and recognised by the International Yoga Federation. Students aged 16-70 have gained a broader and higher understanding in the application of the ancient wisdom and practices of yoga.

Includes yoga sutras, asanas, mudras, bandhas, yantras, pranayamas, yoga therapy, nutrition and various relaxation, meditation and kriya practices. Linda Burr is IYAA Principal, Course Mentor, Oceania representative and Honorary Life Member for the World Wide Council of Yoga and the World Governing Body IYF.

www.integralyoga.com.au
linda@integralyoga.com.au
+ 61 (0)431 300 151

ANGEL YOGA 4 KIDS ADULTS & FAMILIES

Aust. Wide



Teacher Training established in 2000 by Dani Reidy, Level 3, Senior Yoga Teacher with Yoga Australia. Train to teach kids, teens, families and special needs, Fun, creative, engaging, practical, spiritual, resourceful program suitable for Yoga Teachers & Professionals working with children.

CPD points for Yoga Australia members and apply for registration as RCYT 2015 Australia & International by Correspondence Brisbane, Melbourne face to face.

www.angelyoga4kids.com.au
admin@angelyoga4kids.com.au
+61 412 564 757



BLISS BABY YOGA

Aust. Wide & International



Founded by Ana Davis, Bliss Baby Yoga is internationally renowned for offering quality courses in the specialist field of Yoga for Women. Grounded in safe, scientifically based practice, our courses offer a balanced approach to the theoretical, practical and the more holistic elements of teaching with intelligence, awareness and sensitivity.

- Prenatal and Postnatal Training as weekend Intensives (throughout Australia/NZ) or 100 hr RPYT residential intensives (Byron Bay)
- Specialised teacher training in Restorative Yoga, Yoga for Fertility, Yoga for Women
- Online / Flexible study options available
- Yoga Alliance & Yoga Australia accredited

www.blissbabyyoga.com
info@blissbabyyoga.com
0413 996 439



BYRON YOGA CENTRE

Aust. Wide & International



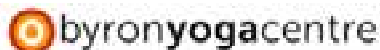
Byron Yoga Centre is one of Australia's longest running yoga schools, with over 28 years experience.

Level 1 & Level 2 Yoga Alliance 200 & 500 hr accredited courses: 20 day intensive or 12 day plus online components.

Byron Yoga Centre also offers the industry leading 800 hour Certificate IV in Yoga Teaching, a 7 week intensive or a 12 month part time course – international students qualify for 12 month visa.

See website for specialist courses in Yoga Therapy, Pre-natal. Meditation and the part-time options in Byron Bay, Sydney, Melbourne, Hobart, and Adelaide.

www.byronyoga.com
info@byronyoga.com
(02) 6685 8327



YOGA ARTS

Aust. Wide & International

Yoga Arts



Yoga Arts is an Internationally Accredited Yoga Teacher Training School, RYS 200 & 300 hours, with Yoga Alliance.

Level 1 & Level 2 Yoga Teacher Trainings & Yoga Holiday Retreats are offered in Bali, Sri Lanka & Byron Bay.

Yoga Arts' trainings are taught by an experienced team of senior teachers who have from 15 - 37 years of teaching experience. This experience enables Yoga Arts to deliver highly specialised trainings for dedicated yoga practitioners.

Yoga Arts ~ Dedicated to training Yoga Teachers for over 20 years.

www.yogarts.com.au
info@yogarts.com.au
(02) 6679 2057



8 LIMBS

International - Bali



Teacher Training

Yoga Alliance accredited 200 and 300-hour Immersion trainings. Exclusively taught by international author Gregor Maehle and Dr Monica Gauci (Chiropractor).

Teacher Training or personal Yoga Immersion, Bali is the perfect setting... no work, cooking, cleaning or stress. Instead, time to experience the gifts of immersing yourself in living and learning yoga. Open your body, mind and heart with these experienced, authentic yogis surrounded by the Balinese tradition, which is steeped in recognition of the Divine in all.

200-hour Immersion, 22 days,
13 May - 4 June

300-hour Immersion, 34 days,
11 June - 15 July

**Gregor Maehle
& Monica Gauci**

www.8limbs.com
info@8limbs.com
0404 120 409