



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>

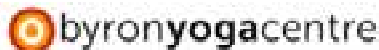
<https://business-insurance.aon.com.au/Professions/Health-Professionals/Yoga-Instructors.aspx>

BYRON YOGA CENTRE

NSW



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



DANCING WARRIOR YOGA

NSW



Our YAA registered teacher-training course offers a unique exploration into the evolution of Hatha-Vinyasa yoga. Led by Mathew Bergan and an experienced teaching faculty, our program will accelerate your journey towards becoming an exceptional teacher. We offer 200 hour training in Sydney over weekends and a successful mentorship program to refine your teaching skills.
 Our experienced teachers help students understand their own unique physiology and how to impart this essential wisdom. Our students evolve into accomplished, confident and knowledgeable teachers guaranteed to thrive in today's competitive teaching market.
www.dancingwarrioryoga.com.au
info@dancingwarrioryoga.com.au
0413 738 684



FLO FENTON'S INTOUCH YOGA

NSW



Level 1 and 2 Teacher Training in Byron Bay/Brisbane. This Yoga Australia/Yoga Alliance Registered training taught by Flo Fenton has consistently produced excellent, successful teachers.
 Level 1 – 200/350 hours. Part time Suffolk Park or residential intensive. A strong focus on injury prevention, and yoga for individual needs.
 Level 2 - 300 hours. 3 x 2 week intensive modules, Pine Rivers, Brisbane. A strong focus on Yoga Therapy, how to manage injuries, understanding Ayurvedic diet and lifestyle and increased depth of teaching yoga.
 Max 16 students per training. Residential intensive and part time options.
www.intouchyogabyronbay.com
flo@intouchyogabyronbay.com
(02) 6685 9910



BOWRAL AND DORRIGO - KATE PELL

NSW



350 direct contact hours of high quality training in all the aspects of Yoga. 9 weekends 8am - 6pm, weekly practice & 6 day retreat. Yoga Australia recognised since 2005. Develop, refine and make confident your 'personal practice' and teaching skills
 Course includes - Asana (alignment, adjustment & sequencing), pranayama (fast & slow rhythms), anatomy & physiology, developmental movement patterns, Yogic philosophy, meditation, Ayurvedic principles and cooking, on-going training and more.
 Full course cost \$5,500 - 5 easy payments throughout the year. Special guest teachers Dan Alder (The Yoga Den), Falu Eyre (Ayurveda) and Tamara Ditrich (Philosophy and history of yoga)
www.bowralyogastudio.com.au
Level 1 / 10 Boolwey St. Bowral
0432 598 582



INYOGA

NSW



InYoga presents Yoga Teacher Training with Nicole Walsh, delivering programs for aspiring and experienced yoga teachers, as well as for dedicated students. Deepen your practice, unlock and engage your potential on and off the yoga mat.
 Our unique programs offer a dynamic, integrative approach to the art of living and embodying yoga. We provide in-depth courses of 200, 350 and 500-hours, as well as modules for special interest and continuing professional development.
 If you want to transform your own life, become empowered, and share the benefits of yoga with others, then our programs are for you!
www.inyoga.com.au
belinda@inyoga.com.au



IYTA LEVEL TWO ADVANCED DIPLOMA OF TEACHER TRAINING

NSW



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).
 Our Level Two Advanced Diploma gives you the opportunity to expand your understanding of yoga, and will provide you with the skills to offer more complexity and depth to your classes.
 Delve deeper into philosophy and application of your yoga teaching.
 Upgrade your certification with this 150 hour course. Offered in Sydney (Mar 11 – Nov 20 2016). IYTA is a registered school with Yoga Australia and Yoga Alliance.
www.iyta.org.au
postgrad@iyta.org.au
1800 449 195

