



## 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.expressinsurance.com.au)

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

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

ANGEL YOGA 4 KIDS ADULTS & FAMILIES

QLD



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](http://www.angelyoga4kids.com.au)  
[admin@angelyoga4kids.com.au](mailto:admin@angelyoga4kids.com.au)  
+61 412 564 757



BEING YOGA

QLD



Vinyasa Yoga and the Art of Living – Level 1 & 2. Brisbane, Sunshine Coast, Rockhampton and now BALI in 2016.

Are you ready for a more vibrant, inspired and empowered existence?

Being Yoga is one of Qld's longest running and most loved Yoga training schools.

Our teaching is a blend of passion, depth, humour and focus alongside modern learning tools.

If you wish to teach, or just deeply immerse yourself in the life changing science of yoga and a stress free conscious lifestyle, this 6 month part-time course offers comprehensive, hands on training in all facets of vinyasa yoga.

[www.beingyoga.com.au](http://www.beingyoga.com.au)  
[freedom@beingyoga.com.au](mailto:freedom@beingyoga.com.au)  
(07) 5446 3224

CONSCIOUS LIVING YOGA

QLD



Svaroopaa® Yoga Teacher Training.

Working in a completely different paradigm, be lead into experiencing your body in a whole new way far beyond the physical benefits that yoga provides. Enjoy thorough training, designed to qualify you as a skillful and confident teacher. Develop exceptional skill in handling diverse people with different conditions and perspectives. Benefit from great personal growth and transformation within a supportive community of teachers and yogis.

Training begins with the 5 day Foundations Course grounding you in the practices and giving you a 'taste' of what it means to be a Svaroopaa® Yoga teacher

[www.consciouslivingyoga.org](http://www.consciouslivingyoga.org)  
[www.svaroopaaaustralia.org.au](http://www.svaroopaaaustralia.org.au)  
[www.svaroopaa.org](http://www.svaroopaa.org)  
Janaki at [yogajan@tpg.com.au](mailto:yogajan@tpg.com.au)  
0413 350 293



COREYOGA

QLD



CoreYoga's Teacher Training produces empowered and informed yoga facilitators armed with practical experience. The original CoreYoga has been at the forefront of yoga in Brisbane for over 12 years and we are passionate about increasing the holistic knowledge base and teaching proficiency of yoga teachers.

We respect our ancient yogic traditions, modern medicine and functional physiotherapy, actively combining these modalities in our teachings. Our course format and delivery allows students the opportunity to learn valuable theoretical and practical skills in these sciences in order to develop an integrated appreciation and application of the material as skilled yoga facilitators.

350h Yoga Australia Accredited | Start Jan 2016

[www.CoreYogaStudios.com.au](http://www.CoreYogaStudios.com.au)  
[info@CoreYogaStudios.com.au](mailto:info@CoreYogaStudios.com.au)  
(07) 3846 4335



KNOFF YOGA SCHOOL

QLD



The Knoff Yoga System is a modern approach that greatly simplifies the complexity of this ancient science and makes it easy to understand and teach. Taught by Master teachers Nicky Knoff & James Bryan with 78 combined years of yoga training experience.

All 9 Levels of Teacher Training are principle based, with supporting systems, so you gain the knowledge and understanding essential to enhance your personal practice and guide your students with confidence and clarity. Intensive courses are held nationally and internationally throughout the year.

Accredited Yoga Alliance 200, 300 and 500 hour.

[www.knoffyoga.com](http://www.knoffyoga.com)  
[james@knoffyoga.com](mailto:james@knoffyoga.com)  
(07) 4053 5857 – 0450 195 301



THE YOGA DEN

QLD



Course commences February 13, 2016. Yoga Australia accredited 350 hour course. 10 Weekend workshops plus a 6 day retreat. Asana practice – observation, adjusting and sequencing. Meditation, pranayama, philosophy, anatomy, yoga nidra, learning sanskrit, chanting, an Ayurvedic cooking weekend, and more! Observe and assist in public classes. Weekly practice and connecting with your group.

Expertise: Kate has been training teachers since 2006. Kate Pell, Senior Level 3 Dan Alder, Level 2.

Deepen your practice of understanding Yoga and Self.

Make Yoga teaching your lifestyle and profession.

[www.theyogaden.com.au](http://www.theyogaden.com.au)  
[dan.theyogaden@gmail.com](mailto:dan.theyogaden@gmail.com)  
0402 565 441  
[kate@bowralyogastudio.com.au](mailto:kate@bowralyogastudio.com.au)  
0432 598 582



**YIMI YOGA AND INTEGRATIVE MEDICINE INSTITUTE**

**QLD**



YIMI respects the ancient yogic and Ayurvedic teachings and modern Western medicine, and gives students the opportunity to learn these sciences side by side so they can develop an appreciation of their value and become the best practitioners in their fields.

200hr, 350hr & 750hr Yoga Teacher Training  
Restorative Yoga Teacher Training  
Meditation Teacher Training  
Advanced Diploma in Yoga & Meditation  
Teacher Training

Post-graduate specialties in Meditation,  
Restorative Yoga Therapeutics, Traditional  
Yoga Therapy, Yoga Physiotherapy, Yoga  
Psychology, Yoga Nidra & Ayurvedic Massage  
& Emotional Bodywork.

Experienced & highly qualified senior teachers.  
Yoga Australia accredited

[www.yimi.com.au](http://www.yimi.com.au)  
[info@yimi.com.au](mailto:info@yimi.com.au)  
(07) 3162 1652

**YOGA NRG**

**QLD**



Yoga + Mindfulness Training School

- \* Level 1 + Level 2 Yoga Teacher Training
- \* Mindfulness Training
- \* NRG Power Yoga Teacher Training
- \* Long Slow Deep Teacher Training
- \* Thai Yoga Massage Training
- \* Core Yoga Instructor Training
- \* Mindfulness Based Yoga Therapy
- \* World Class Guest Teachers

Yoga NRG programs empower you to teach from the heart with your own unique style, passion and flare! We honour diversity and focuses on Mindfulness Based Personal Development for Modern Day Living.

Locations: Sunshine Coast/Brisbane Townsville/  
Mackay Gladstone + Remote Options  
Retreats North Stradbroke Island, Sunshine  
Coast, North Qld + International Destinations.

[www.yoga-nrg.com](http://www.yoga-nrg.com)  
[support@yoga-nrg.com](mailto:support@yoga-nrg.com)  
0439 418 571

