



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>

ACADEMY OF YOGA LEARNING

VIC



A Yoga Australia recognised teacher training course beginning February 2016

Two years (853 hours) part-time based in Melbourne CBD

Completion of this 2 year Diploma course enables experienced Yoga practitioners to become qualified Yoga teachers.

The course provides graduates with the skills and depth of knowledge to teach in a safe manner to students from a variety of age groups and backgrounds. The course is not style specific but draws from a range of classical Yoga sources plus contemporary Yoga texts and teachings to suit the western body.

Contact: Kaye Tribe
0425 815 431
academyofyogalearning@gmail.com



AGAMA YOGA CENTRE

VIC



Agama Yoga Centre established 1989, trains Teachers in the tradition of T Krishnamacharya who presented yoga as a self-empowering tool in holistic healing. His guiding principal was that yoga must be tailored to suit the needs of the individual, while respecting the classics.

Our courses are accredited with Yoga Australia and affiliated with (KYM) Krishnamacharya Yoga Mandiram, Chennai.

- Teacher Training: 500hrs over 2yrs
- Bridging Program: (300hrs) over 1yr for teachers trained in other traditions or approaches.

Prospectus, Fees & Info available upon request.

www.agamayogacentre.com.au
barbara.j.brian@gmail.com
+61 439 358 021

BHAVA YOGA & DANCE CENTRE

VIC



Bhava Centre (Est. 1986) offers a 300 hour Yoga Australia recognised course. Our style of teaching is creative in nature, using smooth transitions, themes and imagery. Our programs aim to develop strength, suppleness and a balanced attitude towards life.

Trainees study yoga in its many aspects to gain qualification to teach yoga, or to immerse in a transformative personal journey.

Our course runs from February – December 2016 in Warrandyte.

Wendy is a Chopra certified Meditation instructor and Gabrielle is a qualified Yoga Therapist. Together we bring 30 years combined teaching experience to the course.

(03) 9844 1128
bhavacentre@gmail.com
www.thebhavacentre.com



DRU YOGA

VIC



Expand your knowledge of yoga and deepen your practice, or try a new career doing something you love! Dru Yoga is the best in mind/body yoga. Train in this potent form of yoga that includes classical postures, flowing movements, breathing and relaxation techniques, empowering visualisations and soothing meditation. Dru's graceful yet powerful sequences and postures help you to relax, re-energise and feel great.

Next course: Albury Wodonga May 2016

In-depth training in anatomy, yoga philosophy and confidence-building teaching skills.

Registered with YA and Yoga Alliance.

(02) 6161 1462
courses@dru.com.au
www.dru.com.au

IYTA BACK CARE DIPLOMA

VIC



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).

Become an expert in teaching yoga for back care. Our Back Care Diploma is the first course of its kind, providing you with advanced training to support students with back complaints and injuries, and developing your understanding of yoga for back pain management and mobility.

This ground breaking 150 hour course is offered in Melbourne (Jun 17 - Nov 13 2016). IYTA is a registered school with Yoga Australia and Yoga Alliance.

www.iyta.org.au
postgrad@iyta.org.au
1800 449 195



SYMPHISIS YOGA

VIC



Symphisis Yoga provides Yoga Spiritually teacher training for people who seek to grow spiritually and make a tangible difference in the world.

New, practical and relevant to life today, it offers much more than a physical experience. Help yourself and others explore, through yoga, who am I, how do I feel and what do I want in life.

This accredited 20-day course is empowering and includes Hahnemann Healing (spiritual and emotional healing from Ancient Egypt). A shorter course is available for teachers already trained.

Next course starts Melbourne, March 2016 with Julia Symington.

www.symphisisyoga.com.au
julias@symphisisyoga.com.au
+61 419 305 762



PRANA HOUSE LEADERS IN YOGA EDUCATION

VIC



Learn with highly experienced teacher & leader in the field of yoga, Julie Gargano; pioneer of Amrit Yoga & Amrit Method Yoga Nidra in Australia, creator of Prana Yoga & founder of Prana House, Melbourne.

Our teacher training courses are comprehensive, methodical and professional. We offer a unique depth you will not find elsewhere, where the inner dimension of yoga is explored and experienced as 'meditation in motion'. Accredited Yoga Australia.

Prana House Yoga Teacher Training
350hrs –12 mths starts 16th May
Amrit Yoga Teacher Training
200hrs – 3 mths
Part 1: 18th - 24th July
Part 2: 3rd - 9th October

www.pranahouse.com.au
training@pranahouse.com.au
(03) 9484 5344

TRIKAYA YOGA

VIC



Trikaya Yoga specialise in Yoga Teacher Training from the Krishnamacharya Tradition, suitable for all levels:

Yoga Foundations - 350 hour initial teacher training.

Yoga Journey - 150 hour post-grad training for teachers from other approaches.

Yoga Evolution - 150 hour post-grad training for experienced teachers seeking personal evolution.

Kelly Davies and Scott Rennie have been studying, teaching and training in this lineage for over 10 years. All courses are Yoga Australia registered. In 2016 our courses will run in Melbourne, Byron Bay and Cambodia.

Contact us via the website below to receive the relevant Course Prospectus.

www.trikayayoga.com
contact@trikayayoga.com



VIYETT

VIC



Victorian Institute of Yoga Education and Teacher Training is located in the Melbourne Bayside area and has been conducting yoga classes and yoga teacher training for over 20 years. We are committed to developing highly skilled professional yoga teachers and trainers who are able to teach yoga at all levels with confidence.

At VIYETT we offer a number of courses to suit the individual needs. Yoga Studies, Yoga Philosophy, Diploma of Yoga Teaching, Advanced Diploma of Yoga Teaching and Distance Education Programs.

All of the VIYETT courses are approved by Yoga Australia. Please contact us for the 2016 Student Resource Handbook.

www.viyett.com.au
admin@viyett.com.au
(03) 9533 1347

YOGA JIVANA

VIC



Yoga Jivana Study Courses – Yoga Immersion-YI and Study to Teach Yoga-STTY, provide a clear and effective method of learning the art and science of yoga practice and teaching.

The basis of both the YI and the STTY Courses lie in the cultivation of a strong personal yoga practice and the exploration and study of yogic principles and wisdom.

This unique approach which is progressive and delivered in focused modular formats, enables a progression of knowledge and understanding, along with the development of maturity in the processes of yoga and self-realisation.

www.yogajivana.com.au
sty@yogajivana.com.au
+61 3 9481 1087



YOGA PLUS PRENATAL YOGA TEACHER TRAINING

VIC



Yoga Plus is a Registered Prenatal Yoga School with Yoga Alliance (RPYS).

In 2016 we are offering an in-depth 85hr part time teacher training course, as well as short courses and workshops.

Our intention is to give yoga teachers confidence and skill in this specialised area.

The lead facilitator is Andi Kiprillis, founder of Melbourne's largest prenatal yoga program.

Melbourne based, also available for interstate and international courses.

www.yogaplus.com.au
info@yogaplus.com.au
Andi Kiprillis
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