



YOGA FOR LIFE

**YOGA TEACHER TRAINING DIPLOMA
COURSE ANALYSIS**

Module 1 Yoga Philosophy

		Contact Hours	Home Practice	Dates
Eight Limbs of Yoga				
	Yamas	2		2/2/19
	Niyamas	2		2/2/19
	Asana	1		2/2/19
	Paranayama	3		9/2/19
	Pratyahara	2		9/2/19
	Dharana	2		16/2/19
	Dhyana	2		16/2/19
	Samadi	1		16/2/19
Meditation Techniques and Practices				
	Mindfulness	2	2	23/2/19
	Vipassana	2	2	23/2/19
	Yoga Nidra	2	2	2/3/19
	Mantra	2	2	2/3/19
	Stillness / Self- awareness	2	2	2/3/19
Chakras		2		9/3/19
Basic Sanskrit		4		9/3/19



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Module 2 Anatomy and Physiology

		Contact Hours	Home Practice	Dates
Asana knowledge and practice				
	Joint Rotations	5	2	16/3/19
	Warming up and Limbering	5	2	23/3/19
	Forward Bends	5	2	30/3/19
	Back Bends	5	2	6/4/19
	Twists	5	2	13/4/19
	Inversions	5	2	20/4/19
	Hips	5	2	27/4/19
	Balancing and Standing Poses	5	2	4/5/19
Basic Anatomy				
	Muscles	4		11/4/19
	Joints	4		18/4/19
	Circulatory	2		25/4/19
	Respiratory	2		25/4/19
	Digestive	2		1/6/19
	Immune	2		1/6/19



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Module 3 Teaching Methodology

		Contact Hours	Home Practice	Dates
Preparing a class		4		8/6/19
Mudras		4		15/6/19
Bandhas		4		22/6/19
Cues		4		29/6/19
Adjustments		4		6/7/19
Meditation and Shavasana		4		13/7/19



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Module 4 Applied Yoga

		Contact Hours	Home Practice	Dates
The Business of Yoga:				
	Business Plan	1		
	Marketing	2		
	Products and Services:			
	Gyms	.5		
	Private	.5		
	Corporate	.5		
	Studio	1		
	Events, Workshops and retreats	1		
	Your own Yoga Studio	.5		
Insurance and Liability		.5		
Belonging to an Association		.5		



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YOGA TEACHER TRAINING DIPLOMA IMPORTANT CONSIDERATIONS:

PREREQUISITES:

You will need to have a one year established Yoga practice. If you do not practice at YFL you will need a letter from your current teacher.

ATTENDANCE:

You will need 100% attendance to your Saturdays' training. If you need to miss a session you can replace it with a mentoring session at \$100. An extra hour per week will be required for teaching practice.

MEDITATION:

You are expected to meditate for at least 15 minutes every day for the duration of the teacher training.

FEES:

You can pay one off payment of \$1,850 AUD for the full Teacher's Training, if you pay with credit card it will incur a 1.5% surcharge, so that we do not have to increase our fees due to credit card payments commission.

You can also pay in 6 monthly instalments of \$350AUD each, if you pay with credit card it will incur a 1.5% surcharge, so that we do not have to increase our fees due to credit card payments commission.

INFORMATION:

Location: 52 Timber Ridge, Doncaster, VIC 3108

Contact email: Julia@yogaforlifeaustralia.com

Contact mobile: 0434 848 511

Course duration: 6 months

Starts: 2nd February 2019

Ends: 27th July 2019

Saturdays from 11am to 4pm

Snacks, tea and water provided during the course, a break in the middle of the day for lunch (BYO)

Information days: Saturday 15th December 2018 at 12pm and Saturday 22nd December 2018 at 12pm

Please park on the park side of the road to avoid problems with the council.

All equipment and props provided.

All our teacher trainees will receive a 50% discount on all our classes during the course.