

yoga presence

YOGA TEACHER TRAINING

2010 PROGRAM

16 February – 17 December

TEACHERS

Kate Pell
Zara Matthews
Peter Douglas
Simon Borg-Olivier
Falu Eyre

COST

\$5,500 for 504hrs
Deposit of \$1,100 due upon registration,
then \$1,100 per term.

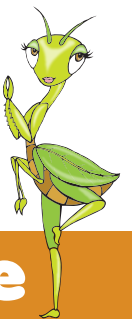
FOR MORE INFORMATION

Please visit www.theyogaden.com.au for
detailed information and an application form.
Or feel free to phone us on 07 3892 5512

SUBJECTS

Philosophy, ethics and lifestyle
Self inquiry
Insight meditation
Yogic physiology
Anatomy and physiology of Yoga
Alignment, sequencing and adjustment in asana
Integrative teaching practice and methodology
Group dynamics
Ayurvedic knowledge and cooking

YTAA certified



ZARA MATTHEWS

Zara's passion for yoga began in 1990 when she began her first classes and connected to the joyful calm and insights this practice offers. Zara takes an eclectic approach to her yoga practice blending the influences of many teachers and traditions including Tai Chi, Ashtanga, Siddha and Anusara Yoga into her practice. Guided by prominent teachers such as John Friend, Judith Lasater, Donna Farhi, Marcia Monroe, Eileen Hall, Simon Oliver Borg, Peter Scott, Clive Sheridan, Craig Sharp and Julie Taylor, Zara continues to immerse herself in the delights of yoga.

Zara continues her yogic studies primarily inspired by Donna Farhi and in 2010 will work with Donna as an assistant teacher at her Advanced Yoga Teachers retreat in New Zealand.

Zara is a health professional, and has worked as a registered nurse in several areas of health practice. Her greatest interest however, lies in the mental health arena and she is currently completing a postgraduate degree in Counselling and Psychotherapy enhancing many years of practical experience.

Inspired by human relationships and movement, Zara loves to share the exploration of hidden assumptions, which inform our choice and actions. Those that enrich and those that hinder present experience. Zara carries a foundational belief that through self-enquiry into our unconscious wisdom we expand mindfulness within each second of life.

Zara looks forward to sharing this exciting journey with you!

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Subjects	Description	'Yoga Presence' teacher training hours	YTAA : requirements for Level 1
Anatomy and Physiology	Study of functional anatomy & physiology of bodily systems.	31 hours 2 weekends S. Borg-Olivier	30 hours
Yogic Physiology	Study of subtle yogic physiology and energy fields such as: Nadis, Koshas, Chakras, Gunas, etc. (study of Ayurveda not counted)	28 hours 1 weekend 8hrs K. Pell & Z. Matthews 20 wks x 1hr K. Pell	20 hours
Philosophy, Ethics and Lifestyle	Study of the yogic philosophies and yoga educational texts, ethics for yoga teachers, yoga lifestyle. There are a number of yogic texts but at least the following must be included: <ul style="list-style-type: none"> - Yoga Sutras of Patanjali - Hatha Yoga Pradipika - Bhagavad Gita - YTAA Code of Ethics 	98 hours 1 weekend 10hrs P. Douglas 1 weekend 8hrs K. Pell & Z. Matthews Self study: Svadyaya 40wks x 2 hrs = 80 hrs Z. Matthews	50 hours
Techniques	Theory and practice of yoga techniques in traditional areas of yoga study. Yoga techniques such as: Asana, Pranayama, Meditation, Bandha, Mudras, Kriyas, Shatkarma, etc, relaxation, chanting, and other traditional yoga techniques.	225 hours Asana: 160 Pranayama: 20 Meditation: 20 Yoga Nidra: 20 Bandhas/Mudras 5 K.Pell & Z. Matthews	150 hours

Subjects	Description	'Yoga Presence' teacher training hours	YTAA : requirements for Level 1
Teaching Methodology	Study and practice of teaching methodologies such as: Principles of demonstration, observation, communication, assistance, correction, adjustments, instruction, teaching styles, learning styles, etc.	32 hours 2 weekends: 16hrs observe + adjust 2 weekends : 16hrs teaching practicum K. Pell Z. Matthews	30 hours
Integrative Practice and Teaching (Practicum)	Such as: supervised teaching practice, observation of teaching, assistance in classes taught by qualified teacher, receiving and giving feedback.	48 hours Observe : 28 hrs Assist : 20hrs K. Pell Z. Matthews	40 hours
Other training hours or Specialities	May be distributed among the categories above or in an area of specialisation such as: Therapeutic use of asana, pranayama, relaxation, meditation, cleansing practices, yoga for special needs groups such as children, pre/post natal, etc.	42 hours Ayurvedic knowledge and cooking practices 16hrs F. Eyre First Aid 8hrs Kirtan/chanting 18hrs	30 hours
Total Hours		504 hrs	350 hrs

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Prerequisites, Assessments and Accreditations

Training Prerequisites

- It is desirable that applicants will have been practicing yoga regularly for two years.
- Have a committed dedication to continued studies and exploration of Yogic studies, practice and personal exploration.
- The programme is designed for each unique individual person, so there is no requirement for a particular level of fitness or ability to do yoga postures.
- Acceptance into the course is at the discretion of the course directors.

Training Assessments

For those who wish to gain certification as a yoga teacher, a variety of assessment requirements are necessary. These include demonstration of competencies relevant to the particular course units and teaching practice, including knowledge and understanding of key concepts of Yoga, commitment and competence in regular personal yoga practice; and competence in skills required as a Yoga Teacher. A minimum of 80% attendance is required for completion.

For students participating for personal development and experience of Yoga and do not wish for certification no formal assessment is required.

Training Accreditations

Yoga Presence Teacher Training is accredited and meets all requirements of the Yoga Teachers Association of Australia (YTAA), an independent association of yoga teachers, who set their own standards for generally accepted requirements in Yoga Teaching Training In Australia. Membership of the YTAA provides the necessary eligibility to gain professional indemnity insurance in Australia.

Yoga Presence offers training of the highest standard and clarity.

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Application Form

Name:

Address:

Phone: H:

W:

M:

Email:

Name of contact person (in emergency):

Phone: H:

W:

M:

Personal Details

Briefly outline your experience of Yoga in chronological order? Please describe the traditions that have most influenced you, with your teacher's names.

What does Yoga mean to you?

Please describe the content and average length of your daily yoga practice.

What do you consider your strengths and weaknesses?

Briefly outline your reasons for doing this teacher training?

Please describe your educational background or enclose your CV.

Medical Details

Please supply details of pre-existing and current injuries.

Please supply details of pre-existing or current medical conditions.

Are you taking any medication? If so please list.

General Information

How did you hear about this Yoga Teacher training?

Advertising (specify)

Friend

Internet

Other (specify)

What are your preferred times (am, pm, weekends etc) for classes?

I have answered these questions honestly in submission for consideration for teacher training.

Signature:

Payment Details

Course Total: \$5,500

Or entire payment may be made a month prior commencement of year at a discounted cost of \$5,000

I enclose:

Course deposit: \$1,100 due upon registration, to reserve a place.

Balance of fees: \$1,100 is due a week prior commencement of each term.

All payments to be made to Yoga Presence

Cash:

Cheque:

Direct Deposit: Account Name: Yoga Presence.

BSB: 939200

Account Number: 656036555

Cancellation policy: Registration is not final until deposit is received and your application is accepted. If you make a cancellation after 1st January 2010 your monies will not be refunded unless someone on a waiting list replaces your position.

I have read and agree to these terms and conditions for registration.

Signature:

Yoga Presence, C/O The Yoga Den
43 Vulture St., West End, Queensland, 4101
Ph: +61(7) 3892 5512
E-mail: zarasmat@yahoo.com.au
Website: www.theyogaden.com.au

Please know all information will be treated with utmost confidentiality and will serve to meet your needs more efficiently.

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Policies, terms and conditions.

Professional Training Program.

To qualify a student must fulfil the following obligations:

- Demonstrate that academic and technical skills have been obtained of a satisfactory level, through attendance and examination.
- Demonstrate that he/she will be a suitable member of the profession, through appropriate behaviour, character and demeanour, and have the abilities to provide safe, caring and professional advice to others.
- Satisfy all academic and clinical training requirements expected through assessment policies.
- Satisfy all financial obligations to Yoga Presence.

Yoga Presence Policies.

A student may be suspended or expelled at the absolute discretion of the directors of Yoga Presence in regards to:

- Failure to uphold and maintain terms and conditions
- Misconduct and repeated disruption of classroom
- Cheating in an exam or assignment
- Non payment of fees
- Non compliance will result in the student being ineligible to sit assessments
- Non-compliance will result in the student being ineligible to receive an Academic record or statement of achievement, until all outstanding fees have been finalised.
- No student may practice unless under a school supervisor, until fully qualified.

Enrolment terms and Conditions.

1. In order to enrol and reserve a place, a payment of \$1,100.00 is due upon registration.
2. The remaining fees of \$1,100.00 payment for each term, is due a week prior commencement of each term.
3. Or entire payment may be made a month prior commencement of a year at a discounted cost of \$5,000.
4. In common with other educational institutions, fees are non-refundable and non-transferable, unless cancelled by Yoga Presence.
5. Withdrawal Policy: Unfortunately, we cannot accept responsibility for changes in your personal circumstances or work commitments that may occur after the commencement of the term.
6. Yoga Presence reserves the right to adjust fees, vary course

- requirements or class schedule at any time as deemed necessary.
7. Yoga Presence reserves the right to, alter any arrangements for classes, either before or during a course, to cancel a course, or refuse any enrolments as permitted by law.
 8. By enrolling, students accept the enrolment conditions above.

Privacy Policy.

The privacy of your personal information is a vital part of our relationship with you as a student. We are committed to maintaining the secure custody of your personal information and strictly adhere to the QLD Privacy and Personal Information Protection Act (QLD).

As a part of our functioning as an educational institution Yoga Presence holds personal information regarding our students. All information collected is necessary for the conduct of our business as an educational institution. The information is used for a variety of purposes including:

- Student admission
- Enrolment and progression
- Archival purposes
- Mandatory reports to external agencies.

We are committed to keeping secure personal information you provide us. We will take reasonable precautions to protect your personally identifiable information from loss, misuse, unauthorised access, alteration or disclosure.