

# LIVING PEACE YOGA

Thankyou for your interest in the Living Peace Yoga Teacher Training.

This course is run by long time, dedicated yogis, husband and wife team, Ginny and Greg Clarke. Their whole-hearted love of yoga shines through in their teaching and the curriculum for this course. They will lead you through a rich yogic program which will cultivate your passion and discipline for all of the components of yoga. You will be personally mentored throughout the year, so that you leave feeling confident and able to not only teach a yoga class, but to live a yogic life.

This may sound cliched, however, this is true – this course will change your life. It will provide you with a solid template and path which you can use in life, to help you make sense of its trials and tribulations and it will provide you with the tools to help you navigate them with ease and grace. There will be many times of joy and achievement throughout the course, and also, times of challenge. But you certainly will not regret making the decision to delve deeper into yoga.

There is something precious about the group of yogis who attend each yoga teacher training. A close bond evolves as a bunch of strangers learn and grow together, forming beautiful friendships of like-minded souls. Many trainees begin this course for their own advancement and knowledge, and by the end of the course, opportunities arise which they never could have imagined.

More details about the course are shared below. It is advisable to come and meet Ginny and Greg, either at one of the upcoming Info Sessions (check website for dates), or pop along to a class and see what they do. It is important that you resonate with their teachings so that you get the best experience from your training.

If you have any further questions about the teacher training, please don't hesitate to contact us on: [info@livingpeaceyoga.com](mailto:info@livingpeaceyoga.com) or phone 0410 553 610.

*"I feel very grateful that I have not only had 1 teacher, but two teachers guide me along this beautiful journey of learning more about Yoga. Ginny's extensive knowledge, calm and supportive manner is a quality that I aspire to in my teaching. I felt that no question was ever too silly to ask. Coupled alongside Greg's passion and deep understanding for a Yogic lifestyle, these 2 souls, live, breathe and do their life by Yoga which shines through every element of the course. As an added bonus, the clean, spacious waterfront studio has been like coming home each month. Endless thanks to you Ginny and Greg"*

*Skye Freeman, Living Peace Yoga Graduate 2019*



## Who is this course suitable for?

- Individuals interested in becoming certified Yoga Teachers.
- Individuals who would like to explore and experience yoga at a deeper level for their personal use.
- Yoga Teachers who wish to enhance their awareness and experience of yoga. Ginny and Greg have extensive knowledge and may share yoga in a new and fresh way you haven't felt before, which will benefit both yourself and your students.

## Our Approach: Be Yoga – Teach Yoga

Living Peace teacher training offers practical and grounded teaching in how to share and instruct yogic techniques and philosophy. We believe that the best teachers embody yoga in their day to day life, therefore, our course is designed to help you dive deep into all facets of yoga so that the teachings become a part of your life. The course framework and length allow you to ingest and digest the full yogic experience.

The overall curriculum is drawn from the sacred traditions of Raja Yoga and Vedanta. The yoga asana component is based upon Hatha Yoga, whereby we provide you with a large database of poses which you can choose from, including vinyasa and a breath centric approach. We share many variations of the poses since modifications are required to teach the vast array of bodies who attend a yoga class. Our yoga is not associated with any particular yoga style or lineage (even though we have been trained in Krishnamacharya, Kundalini and Hatha Yoga). Instead it encompasses freedom for you to find *“your voice”* as a teacher and a yogi. We also ensure that traditional yoga is merged with the contemporary teachings of anatomy and physiology, so that students learn how to move in an effective and functional way, to help them in their daily life.



# 2020 Dates and Times

We are offering both the 200 hour and 350-hour training. You can begin the 200-hour training which is delivered on 1 weekend approximately every 3 weeks. It runs from February to July. Then there's the option to continue the training until December to complete the full 350-hour training.

## 200 Hour Course

Beginning in February and finishing in July, this format provides the following:

- 7 x Weekends (Saturday & Sunday), 7.5 hours each day (9:00am – 5:30pm)
- 2 x 3-day in-house intensives

### **Weekend Dates:**

- 15 & 16 Feb
- 29 Feb & 1 Mar
- 20, 21 and 22 Mar (3-day in-house intensive)
- 18 & 19 Apr
- 2 & 3 May
- 23 & 24 May
- 12, 13 & 14 Jun (3-day in-house intensive)
- 4 & 5 Jul
- 25 & 26 Jul

## 350 Hour Course

Beginning in February and finishing in December, this format provides the following:

- 13 x Weekends (Saturday & Sunday), 7.5 hours each day (9:00am – 5:30pm)
- 2 x 3-day in-house intensives
- 1 x 4-day retreat at Swami's Retreat Centre in Kenthurst (included in price)

### **Weekend Dates:**

- 15 & 16 Feb
- 29 Feb & 1 Mar
- 20, 21 and 22 Mar (3-day in-house intensive)
- 18 & 19 Apr
- 2 & 3 May
- 23 & 24 May
- 12, 13 & 14 Jun (3-day in-house intensive)
- 4 & 5 Jul
- 25 & 26 Jul
- 15 & 16 Aug
- 12 & 13 Sep
- 2, 3, 4, & 5 Oct (Retreat at Kenthurst)
- 17 & 18 Oct
- 7 & 8 Nov
- 28 & 29 Nov
- 5 & 6 Dec

## Course Overview

- A comprehensive 200 or 350-hour teacher training course.
- Learn how to teach Hatha Yoga in your own unique way.
- Deepen your knowledge of pranayama, meditation and yogic philosophy.
- Online Yoga Anatomy Fundamentals course with a distinct Yogic flavour taught by Leslie Kaminoff and Amy Matthews.
- An encouraging and supportive learning experience at a dedicated yoga centre, with like-minded souls.
- Ongoing mentoring and study support from devoted yoga practitioners.

## Course Outcomes

- Qualified yoga teacher, with skills to teach a range of yogic techniques to groups and individuals.
- Eligibility for membership with the Yoga Australia (200-hour course = Provisional Member, 350-hour course = Level 1 Member). Note, since Yoga Australia's requirements for teacher training are more extensive than Yoga Alliance, if you complete a training with Yoga Australia, you can automatically register with Yoga Alliance too.
- Qualifications to be eligible for professional indemnity insurance.
- Development of your individual yoga practice.
- Embody the yogic lifestyle.
- The foundation for on-going yoga studies.



# Course Material

## Yoga Asana

- **Wellbeing:** Teach yoga asanas safely and effectively.
- **Alignment:** Physical and energetic alignment for optimising postures.
- **Competency:** Teaching and adjusting for beginners, advanced and for a range injuries.
- **Sequencing:** Designing a fluid and thorough class.
- **Props:** How to affectively use props in the class to help students enter a pose or go deeper in a pose.
- **Voice:** Finding your voice as a teacher. Using clear, concise and accurate communication.
- **Demonstration:** How to consciously demonstrate and communicate to a class.
- **350 Hours only – Adjustment:** Verbal and gentle adjustment of asanas for a wide range of students and for those who are injured or have lack of mobility.
- **350 Hours only – Explore many styles of yoga,** e.g. Hatha, vinyasa, kundalini, restorative, chair yoga, prenatal yoga, etc.
- **350 Hours only – Yoga sequences for special needs and particular themes,** e.g. digestion, shoulders, spine, hips, etc.



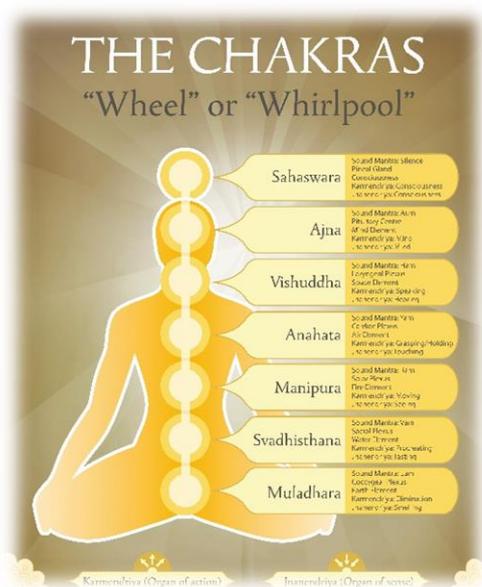
## Anatomy and Physiology

- **The body systems:** musculoskeletal system, nervous system, circulatory system and respiratory system.
- Understand joint and muscle movements.
- Effects of yoga on the physical body, including specific benefits of yoga asanas.



## THE CHAKRAS

“Wheel” or “Whirlpool”



## Yogic Anatomy and Physiology

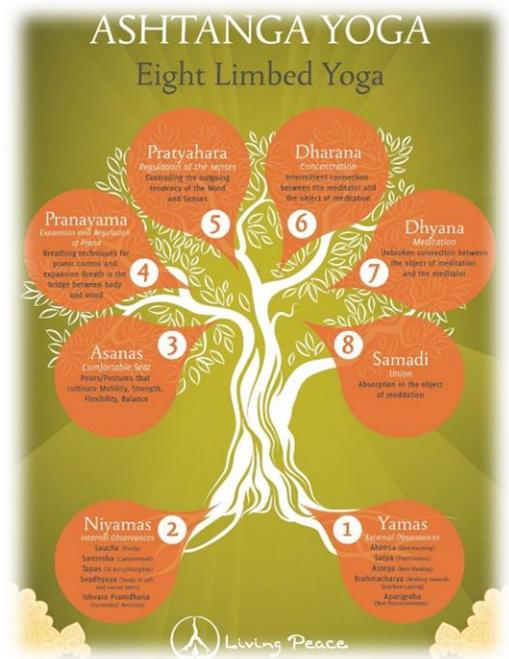
- The subtle energetic fields and their effects on the body and mind, including Prana, Nadis, Chakras and Koshas.
- Review the Shatkarmas – purification techniques.
- **350 Hours only – Vayus & Elements**

## Yogic History and Philosophy

- The origins of yoga – ancient and modern yoga.
- The yogic philosophy of Patanjali's Yoga Sutras.
- Sanskrit pronunciation.
- **350 Hours only** – Other important yogic texts such as Hatha Yoga Pradipika and The Bhagavad Gita

## Pranayama and Meditation

- Breathing techniques to control and direct prana/energy.
- The evolution and benefits of meditation.
- Explore the mind from a yogic perspective.
- The practice and instruction of Yoga Nidra.
- **350 Hours only** – More techniques and a deeper understanding of pranayama and meditation is explored.
- **350 Hours only** – Bandhas and Mudras



## Yoga Teacher Ethics and Life Skills

- The teacher – student relationship.
- Live the yogic lifestyle and be a teacher and yogi of ethical behaviour.
- The steps to becoming a successful yoga teacher.



# Assessment Criteria

## 200-Hour

1. Complete a written final assessment on your chosen yogic topic of interest.
2. Complete 10-hour online Anatomy and Physiology course with Leslie Kaminoff and Amy Matthews.
3. Teach a 1-hour yoga class to fellow teacher trainees.
4. Teach a 15-minute pranayama practice to fellow teacher trainees.
5. A written asana assignment, exploring 8 poses.
6. 1 x 14-day pranayama journal (no more 15 minutes/day)
7. Attend a general yoga class at Living Peace Yoga on the days of the course (included in price)
8. Attend at least 85% of face to face course hours.

## 350-Hour

Same as above plus:

1. 1 x 14-day Meditation Journal
2. Complete a written assessment on a block of Sutras of your choice.

## Cost for 200 Hour Course

- **Early Bird special:** \$3500 – Paid in full by December 2019
- **Full Course fee:** \$3800
- Payment Plans are available on individual consultation



## Cost for 350 Hour Course

- **Early Bird special:** \$5300 – Paid in full by December 31st, 2019
- **Full Course fee:** \$5600
- Payment Plans are available on individual consultation

There is a \$300 non-refundable deposit upon submitting your application. The remaining is to be paid before the start date or in alignment with agreed payment plan.

Payment can be done via Direct Deposit into this account:

**Account Name:** Living Peace Yoga

**BSB:** 062 822

**Account Number:** 1735 7906

The course fees cover the costs of tuition and the 3 Living Peace Yoga manuals. The 350-hour course cost also includes the 4-day retreat in Kenthurst.

The course fees do not include:

- Text: Patanjali's Yoga Sutras – required for both 200- and 350-hour course
- Text: The Bhagavad Gita – required for 350-hour course only.
- Both of these texts are approximately \$30 and can be purchased from our store.
- Travel to and from the studio.
- Lunch. There are many local cafes or BYO lunch and leave in our fridge.

## Facilitators

[Ginny Clarke](#) has been teaching yoga since 2003 and is a senior teacher registered with Yoga Australia. She has a passion for all facets of yoga and has completed 2 yoga teacher trainings, yoga therapy training and continues to study and learn with teachers she resonates with. She is a Yoga Therapist after studying with Ganesh Mohan and has a passion for both anatomical knowledge, functional movement, energetic expansion and spiritual upliftment. Ginny leads regular workshops and retreats and has taught at festivals around Australia. Her depth of yogic wisdom is broad, and her experience of yoga is ingrained in her daily life. Her aim is to train yoga teachers to understand the vastness yoga, the life-changing ability of yoga, as well as mentor teachers to find their unique and authentic voice as a teacher. Ginny will lead the asana, anatomy and teacher ethics in this course.



[Greg Clarke](#) / Hanuman Das is a respected teacher and author in the field of spiritual living. He has been studying, practising and living a spiritual life since his early twenties after being introduced to his teacher Ram Dass. He shares techniques in the areas of meditation, self-enquiry and inner strength with the objective of integrating spiritual life with daily life. He conducts workshops and retreats and has lectured on consciousness and spiritual living at yoga and spirit-based festivals across Australia. Hanuman Das is a gifted and entertaining speaker and author whose parables make learning joyous, clear and easy to incorporate into daily life. Greg will be leading the yogic history, yoga philosophy, meditation and pranayama aspects of this course.



# Frequently Asked Questions

## **How do I know this training is right for me?**

Embarking on a yoga teacher training is a big step, however, it is one you will not regret, especially if you find a studio where yoga is ingrained in the teachers and the students. Firstly, come along and meet Ginny and Greg, perhaps try a class and ensure that their style and energy resonates with you.

It is also useful to ask yourself these questions.

Are you:

- Passionate about yoga?
- Ready for transformation and growth?
- Inspired to pass on the yogic wisdom to others?
- Wanting to understand the full range and depths of yoga, and not just the postures?
- Ready to dedicate time and energy to your own personal development?
- Wanting to find and use the yogic skills to reveal more peace and understanding in your life?

The Living Peace Yoga Team truly value you as a student and we nurture and support you throughout your journey to becoming an inspiring yoga teacher and yogi.

## **Is a certain level of experience/fitness required?**

The main requirement is a passion for yoga. It is desirable that you have been practicing some sort of yoga over a period of time (e.g. any form of yoga asana or meditation or philosophical studies). We believe that yoga is for every "body" and so a particular level of fitness is not required.

## **Will daily practice be a requirement? If so, how much time per day?**

If you want to be a yoga asana teacher, then a daily yoga practice is "recommended" (but we won't be monitoring you ? . You reap the rewards of yoga in your daily life when you have a consistent, regular and whole-hearted practice, whether that is 5 minutes or 2 hours per day – it all depends on your other life commitments. We can help you find the right practice for you.

## **What is the qualification after the training?**

Students will become a qualified yoga teacher at the end of the training. They will be eligible for membership with the Yoga Australia as well as for professional indemnity insurance.

## **What if I can't do a headstand or hold a pose for 5 mins? I'm nervous about my physical capabilities! Can I still complete training?**

As mentioned above, yoga is for every 'body'! There are many people in this world who should never even try a headstand and it is not expected that you can do all yoga poses. Every pose has many different variations, and these will be shared during the training to ensure you understand how to tailor yoga to suit the individual.

This training will help you discover the yoga that works best for you – the yoga you are passionate about. Whether you want to teach a power vinyasa class, or a chair yoga class for seniors, or be able to teach meditation and philosophy, this training will guide you to understand all facets of yoga and then you can decide that path that’s right for you.

### **Is there written/reading homework/assignments and how much time per week would be involved?**

There will be some homework during the terms, not necessarily every week though. On average, expect 1 to 2 hours homework per week. See the Assessment Criteria above for more details.

### **What if I can’t attend some of the training?**

Ideally, attending all of the training is recommended, but since this training is extended from 6 - 9 months, we understand there may be the occasion when you can’t attend a day or some of the day’s training due to a prior engagement or illness. There will be detailed handouts each week which you can review if you miss some training, and Ginny or Greg will be happy to spend time reviewing what you might have missed



Namaste

