



Yoga Academy (YA) 800 (including YA400) Part Time Ashtanga Yoga Teacher Training Prospectus and Investment Information

2022



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1. Introduction

The aim of the Yoga Academy's Teacher Training Course is to begin to develop qualified instructors in the Ashtanga Yoga field.

Alongside the wisdom imparted, trainee yoga teachers are taught business and life skills that will equip them with the tools to develop both spiritually and professionally.



Unlike other short courses, part of the training takes place in real classes, on real people, not other yogis. Monitored closely by Jude Hynes (ERYT500, YACEP) Training Director accompanied by Hui Zhang (ERYT500). Students are then able to work with diverse bodies with unique physiques and situations. Under the guidance of Peter Nilsson (ERYT500, YACEP) founder and director of the Yoga Academy, the trainees are also taught the skills needed to run a successful and ethical yoga school through assisting in the day to day running of the front desk and class management.

Consisting of 800 hours (or 400 if you choose the 6 month course) of both practical and theoretical training, this course is an asset to those not only looking to train as a yoga teacher, but for individuals looking to deepen their practice and understanding of the Yoga teachings.

If we practice the science of yoga, which is useful to the entire human community and which yields happiness both here and hereafter – if we practice without fail, we will attain physical, mental and spiritual happiness and our minds will flood toward the Self - Sri K. Pattabhi Jois.

2. Dates

12 month course: Commencing Saturday 5 February 2022, finishing Saturday 21 January 2023.

6 month course: Commencing Saturday 5 February 2022, finishing Saturday 30 July 2022.

3. Overview

This is a RYS200 RYS300 accredited Yoga Teacher Training Course offered in block teaching sessions and daily supervised practice.



The 12 month course consists of:

- Orientation Weekend followed by five months of supervised asana/meditation, assignments and tests.
- Three week full time Block Course I at the Yoga Academy.
- Seven months supervised asana/meditation followed by a three week full time Block Course II and Completion Ceremony

The 6 month course consists of:

- Orientation Weekend followed by five months of supervised asana/meditation, assignments and tests.
- Three week full time Block Course I at the Yoga Academy.

4. Location

Auckland Yoga Academy
190 Federal St, Auckland CBD, NZ
+ 64 9 3570750 | yoga@yoga.co.nz

5. Assessment Procedure

This is a 12 month part time training program totalling approximately 800 hours (or 6 months part time totally approximately 400 hours if you choose that option).

The student will be assessed for competency in specific skills, knowledge and attitude as demonstrated via written and verbal assignments, practical exercises, group discussion, presentations to peer group and tutor, case studies and tests. While work is not graded, all work needs to be handed in on the due date and completed to a satisfactory standard. To pass the course all the work set by the tutor for the students must be completed.

The definition of completion is that, the student has completed all assignments, readings and tests to a satisfactory level and has had a minimum 90% training and 80% supervised practice attendance record for each module (these are taught on Monday evenings 5.30 – 8pm, Saturdays 6am -8.30am and in Block Course One and Two) and all asana classes.

Important: In order to participate in Block Course One and teaching tests must be passed. Since this course results in the student being able to teach beginner asana classes, students must be able to demonstrate proficiency in the poses taught in this class. Students unable to demonstrate this by course completion may continue with their asana practice until they reach the required level. However, they will not complete and be certified until appropriate proficiency is demonstrated at the Yoga Academy.

6. Certification and recognition gained

On successful completion up to the end of Block Course One students are presented with a RYS200 (Yoga Alliance) certificate which entitles them to register with Yoga Alliance as RYT200.

At the end of Block Course Two a RYS300 which entitles them to register with Yoga Alliance as RYT300 and currently after 100 hours teaching experience RYT500.

Use the title 'registered yoga teacher' or 'RYT' after their name

Use the Yoga Alliance logo

Note: these conditions may be changed at any time. It is the trainee's responsibility to keep up dated on the conditions of registration with the Yoga Alliance.

Plus the Yoga Academy will present students with their in house 400 (6months) and 800 (12 months) hour certificates.

7. Program Outline

The program is comprised of:

- Orientation day
- Supervised Asana/Meditation Practice and Self Directed Study
- Block Course I
- Block Course II and Completion Ceremony

7.1 Orientation Day

Saturday 5 February, 12.00pm - 5.30pm.

Orientation allows for the formal introduction of the course, the tutors and participants:

- Tutors and students are introduced to one another and given the opportunity to begin developing the relationships that will mature during the course
- The course syllabus and year calendar are issued. In addition, course policies, structures and procedures are discussed
- Assignments are outlined and some are issued

7.2 Five Months Supervised Asana/Meditation Practice and Teacher Training Modules

Tuesday 8 February - Friday 24 June, 2022 (5 months).

The essence and integrity of teaching yoga comes from one's personal practice. Discipline and commitment to practice is essential. The time-honoured adage "you must walk your talk" definitely applies to teaching yoga.

Students attend a total of 8.5 hours per week of supervised asana and meditation practice and 2.5 hours per week of Teacher Training Modules.

The following classes are attended by students every week:

- Monday 5.30pm – 7.00pm
Beginners Ashtanga
Technical Detail Class
- Monday 7.00 – 8.00pm
Meditation and Philosophy
Class
- Saturday 6.00am – 8.30am Teacher Training Modules
- Saturday 8.30am – 10.30am or Wednesday 6am – 8am Mysore style class with Peter
- Tuesday 6am – 8am Mysore style class with Jude



In addition the student selects one scheduled Mysore Class from the school timetable which they also attend weekly.



Students will be given assignments, which include keeping a practice journal, doing anatomy and philosophy assignments as well as preparing to carry out teaching presentation exercises, by practicing their teaching skills on a buddy 1.5 hour per week for the duration of the course.

Students take full responsibility to register for, attend and successfully complete an approved Rescue Resuscitation Course. The trainee is responsible for sending a scanned copy of their certificate to jude@yoga.co.nz by December 10th 2022.

This course is required to provide the professional yoga teacher with the knowledge and skills to be able to cope with any emergency that could occur in the class room. The cost of this course is additional to the annual fee.

7.3 Block Course I

There are 2 Block Courses of 3 weeks each, one in late June and the other in January of the following year. For these courses you will be required full time at the Auckland Yoga Academy.

Tuesday 28 June to Sunday 17 July, 2022 (3 weeks).

Students are given a unique opportunity to live and breathe yoga from early morning to late afternoon; emerging themselves in philosophy, healthy eating, applied anatomy/physiology and indepth discussions with like minded students.

The Block Course is six days a week Monday to Saturday.

Block Course I also includes daily asana/meditation classes.

Certification

Students who sucessfully complete the first 6 months of training are awarded a certificate which acknoledges the completion of 200 hours of training at a registered yoga school that the internationally reconised professional body Yoga Alliance require for RYT200 plus the Yoga Academy in house YA400 certificate which acknowledges the total hours of training completed.

Note: Yoga Academy training is longer and more comprehensive the Yoga Alliance.

7.4 Five Months Supervised Asana/Meditation Practice (12 month course only)

Monday 1 August – Thursday 22 December, 2022 (*holiday 23 December 2022 - 1 January 2023*).

Students continue to attend a total of 8.5 hours per week of supervised asana and meditation practice in classes.

7.5 Block Course II (12 month course only)

Monday 2 January to Saturday 21 January, 2023 (3 weeks).

Students are given another unique opportunity to live and breathe yoga from early morning to late afternoon; emerging themselves in more philosophy, healthy eating/diet and nutrition, applied anatomy/physiology, learning to adjust in poses, ethics and lifestyle and indepth discussions with like minded students. The Block Course is six days a week Monday to Saturday.

Block Course II also includes daily asana/meditation classes.

Certification

Students who successfully complete 12 months of training are awarded a certificate which acknowledges the completion of 300 hours of training at a registered yoga school that the internationally reconised professional body Yoga Alliance require for RYT300 and currently after 100 hours teaching experience RYT500.

Plus the Yoga Academy in house YA800 certificate which acknowledges the total hours of training completed.

Note: Yoga Academy training is longer and more comprehensive the Yoga Alliance training.

7.7 Completion Ceremony

Saturday 21 January, 2023.

Set in a relaxed atmosphere with music, together with celebratory cake and chai, the completion ceremony is attended by family, friends and peers. It acknowledges the right of passage from student to teacher.

Certificates are awarded to graduates who successfully completed the course. There are speeches, by both students and teachers and sometimes performances of dance or poetry (as the students wish). Family, friends and peers are thanked and acknowledge for their willingness to support the trainees through the challenging year of transformation and growth.

8. Schedule of Costs

Total cost for training	NZ\$8196 (NZ\$4098 – 6 month course)
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8.1 Additional Costs

In addition to the above table the following costs apply:

- Non-refundable enrolment fee \$200.00
- Rescue Resuscitation Module is run external to the Yoga Academy at a cost of \$160.00 subject to change by St Johns First Aid or equivalent.
- Payment for attending classes at the Yoga Academy these may be paid (currently) \$1290.00 twelve months and \$710 six months, casually, or by discount cards
- Text Books (approximately \$200).
- Stillwaters Yoga Retreat \$160 - \$200.

8.2 Payment Procedures

Payment of the \$200 **non refundable** enrolment fee is payable at time of enrolment. Payment for the Rescue Resuscitation Module is paid directly to the provider (i.e. St Johns First Aid) at the time of the course.

There are then two separate payments:

- **Payment for Yoga Academy asana classes:** This is paid to the Yoga Academy, either as a yearly membership or casually, or by discount cards, etc.
- **Payment for Yoga Academy Teacher Training:** This is paid by a monthly automatic payment, to the Yoga Academy Training Account. The first monthly payment of \$683.00 is due on 14 January 2022, the last payment on 14 December 2022 (12 monthly payments of \$683.00). The 6th and last payment for the 6 month course is on 14 June 2022 (6 monthly payments of \$683.00). If any payment is not settled by due date the student's training will be terminated.

Note: These charges do not include the cost of text books (approximately \$200.00) or the St Johns First Aid Course (approx \$160.00) which is a required module. Cost of Stillwaters Yoga Retreat visit (\$160 - \$200).

Payments are deposited to our on line account (contact **Jude Hynes** for details: jude@yoga.co.nz).

If the student decides to withdraw from the course there will be **no refund of the monthly payment that was paid prior to making the decision to withdraw**. A transcript of the course content which was covered by the student will be issued on request.

9. Enrolment

Prerequisites

Minimum level of practice:

You must be able to demonstrate that you are proficient in:

- Salutes A and B
- Standing poses
- Basic sitting poses i.e. forward bends, twists and boats, (no need to have lotus pose)
- Basic back bends i.e. setu bhandasana and urdhva dhanurasana
- Inversions (1/2 headstand and shoulderstand)



Age

- You must be over 18 and under 65 years old.

Language

- You must be proficient in English.

Smoking drugs and vaccinations

- You must not smoke and must avoid abuse of substances such as drugs and alcohol.
- You must be fully vaccinated against Covid-19.

Computer skills

- You will be required to do assignments in MS Word, correspond via the internet and work within Google Drive.
- If you are interested in this course and have a knowledge of the basic yoga poses enrol online here:

<http://www.yoga.co.nz/training/ya800/enrol/>

You can choose to pay the enrolment fee by PayPal (or credit card via PayPal), or by bank deposit. (e-mail Jude for banking details). If you are not able to complete the online form you can email **Jude** (jude@yoga.co.nz) providing the following information:

Name:

Age:

Address:

Email address:

Phone number:

History of yoga:

i.e. how long have you been practicing yoga, what style of yoga have you been practicing, how often do you practice on a weekly basis, is meditation included in your practice of yoga, what schools or teachers have you studied at/with.

Why you would like to become a yoga teacher:

A statement that you do meet the minimum requirements for competence in asana. e.g. I am proficient in: 'salutes' 'standing poses' 'basic sitting poses' i.e. forward bends, twists and boats 'basic back bends' i.e. setu bhandasana and urdhva dhanurasana and 'inversions (1/2 headstand and shoulderstand)'.

Where possible it is advisable to arrange to attend a class in which your asana practice can be assessed. If you are accepted you will be advised – You must have paid your non-refundable enrolment fee for your enrolment to be completed.

Jude welcomes all enquiries face to face, by e-mail or phone 021-0245-1983