



Qi College of Hatha Yoga

2012 Yoga Studies & Hatha Yoga Teacher-Training Diploma

Pursue your passion & take your Yoga to the world



12 months that will transform your yoga practice and prepare you to
share the gift of hatha yoga with your own students





Qi Natural Therapies & Yoga

2012 Hath Yoga Teacher-Training at Qi

Pursue your passion & take your Yoga to the world.

Grasp a unique opportunity to explore the Yoga Path on the beautiful Northern Beaches. Develop your personal practice and understanding of Yoga whilst learning how to teach Yoga with passionate teachers in a safe, supportive environment.

Our Teacher-Training course is registered with the **Yoga Australia** (formerly *Yoga Teachers' Association of Australia*) and will qualify you to become a nationally recognised **YA Level 1 Yoga Teacher**.

Some comments from recent Yoga Studies Students:

"When I started I was looking forward to learn how to do a better down dog! Instead I really began to discover what Yoga is about and how it can help me live a more fulfilling life...I remember a great Yogi saying that we know we are doing the right yoga when our relationships change. My family has grown so much over the course of the year, so the teacher training was very right indeed! Thank you." Lisa

"I walked away from yesterday feeling totally and utterly inspired and alive. An amazing feeling to embrace after wanting this (course) for so long." Kate Holmes

"Thank you for the extraordinary gifts (wrapped in joyful good humor) you have shared with us. Too much to simply fit on a mat but there is plenty enough space to fit the lessons into our lives. How fortunate we are that such a wonderful course exists – and that we have had mentors who have not only shared their knowledge with dedication but given their heart to all the students who have been lucky enough to undertake the journey." Leon

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OVERVIEW

Yoga Studies & Teacher Training Diploma: 2011 - 2012

Our 12 month Yoga Teacher-Training Course will deliver three practical outcomes for you.

1. **INTENSIFY AND CLARIFY YOUR PERSONAL YOGA PRACTICE:** You cannot teach without an established personal practice. We will help you broaden and define your own practice, incorporating many practical “tools” from the yoga tradition
Yoga is a practical life-skill that can benefit every aspect of your life. A one year format allows you to integrate this practice into many aspects of your daily life.
2. **RECOGNISED QUALIFICATION:** You will exceed all requirements to qualify as a Level 1 Yoga Teacher by the **Yoga Australia**. This is a nationally recognised, independent association of yoga teachers who set internationally recognised standards for reputable teachers. Membership is now usually a requirement to gain insurance cover.
3. **INDEMNITY INSURANCE:** You will be eligible to gain indemnity insurance cover to teach. (This is essential for all teachers these days!)



The Teacher Training consists of over **415 contact hours of study** in required subjects:

- Three 10 week study terms on **Sundays** (during school term times)
- A 5.5 day retreat as an intensive part of the course
- An informal apprenticeship with one of the core teachers on your course
- Student- teaching experience at Qi and in the community
- Minimum 9 individual sessions with the teaching faculty
- 7 “special needs” workshops
- Additional reading, assignments, class attendance and student-teaching opportunities in your own time make the total course content closer to 600 hours of specialised training.

Like our Yoga timetable at Qi, this is a “non-denominational” course, training you in the broad tradition of Classical Hath Yoga, and will expose you to elements of several popular styles of asana practice without favouring any style over another. We value safety and an individualised approach over dogma, and encourage you to explore your own practice and experience of Yoga.

LOCATION: All group sessions are held at Qi Freshwater, (Corner Moore Rd/Albert Street)
The retreat is held just outside Sydney, less than 2 hours from Manly.

Term Dates for 2011 - 2012

	SUNDAYS 10am – 4.30pm	Condensed version Monday – Friday 9 – 4.30pm
Term 1:	January 29 – April 1 (10 weeks)	February 20 – March 2
Term 2:	April 29 – July 1 (10 weeks)	May 28 – June 8
Term 3:	July 15 – Sept 16 (10 weeks)	August 27 – September 7
Retreat:	September 18 – 23 (5 days Residential)	September 18 – 23
Term 4:	October 14 – November 25 : 7 special needs workshops	October 15 - 25
1st Aid	December 2 (optional)	December 2 (optional)
Graduation:	Sunday December 9	Sunday December 9



Yoga Teacher Training Course: What's involved?

Term 1: The Yoga Studies Course (term 1) primarily enables you to further develop your personal practice and understanding of Yoga philosophy and principles underlying asanas.

Terms 2 - 4: The next 3 terms of Teacher Training and the Retreat focus on teaching you how to teach others as well as further develop your own practice. The technical content on Asana study (with some Anatomy & Physiology) forms the major component of these terms. But we will revisit all the concepts introduced in the Yoga Studies term in greater depth along the way as you apply them to your own practice and understanding of Yoga.

Mentoring: Part of the study allows you to apprentice with one of the core teachers or other aligned teachers during their regular classes during terms 3 & 4. This will mean attending their regular classes to observe and question what they do, to assist with adjustments, present sections of the class and provides supervised teaching opportunities for you when you are ready.

Teaching Experience: you will teach student-teacher classes at Qi or teach karma yoga classes in the community.

Retreat: our 5.5 day retreat allows you to live a yoga life in a concentrated period of study, practice and contemplation, with healthy yogic food, and time for fun and relaxation in beautiful bush surroundings.

Regular Yoga Classes: we ask you to participate in at least 3 yoga classes/week (health permitting). Costs are not included in the course fees. Should you take classes at Qi, we allow generous discounts on passes and class rates for teacher-training students.

Our Values at Qi

- We believe there is no “one Path” in Yoga, and respect all traditions and practices falling under the collective description of “Yoga”. This is therefore a “non-denominational” Yoga course, which will expose you to elements of the most popular styles of Yoga in the West (Hatha, Ashtanga, Iyengar and Ki) as well as explore meditation, philosophy and health aspects of the Yoga tradition.
- We respect the needs of each individual and their situation.
- We believe in integrity and safety whatever you do in Yoga.
- We will explore Principles, Philosophy and the Practical experience of Yoga
- The core teacher group is composed of three senior teachers at Qi, with a combined teaching experience of over 60 years in Yoga.
- We will cover topics at a general or basic level in the Term 1, and return to explore these in greater depth over the rest of the Teacher-Training course.
- A dynamic and varied class timetable at the 3 Qi centres provides you with ample opportunity to explore the physical practice and experience of Yoga as you develop a personal yoga practice of your own.

Total Course Fees Summary

Early Bird option:	\$5,800 (paid in advance for whole course)
Full Payment option:	\$6,350 (part-payment start of each term)
Instalment Plan option:	\$6,650 (instalments paid during each term)



Term 1: “Yoga Studies”

a) Sundays 10am – 4.30pm; January 29 – April 1, 2012 OR

b) Monday – Friday 9 – 4.30pm Feb 20 – March 2

Minimum criteria to join the Course

- Minimum 2 years regular Yoga practice (preferably at least twice/week)
- There is no requirement for fitness or ability in Asana
- This course is open to all serious Yoga practitioners, regardless of Yoga style or background

What you will Learn

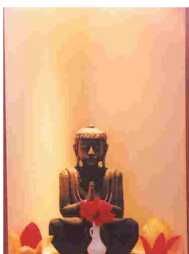
- A confident foundation in the principles and safe practice of Yoga, and a consolidation of your own personal practice.
- An understanding of basic principles of Asanas, (effect, sequencing and safety.)
- The tools and knowledge to develop your own personal and spiritual development, and your ability to manage your physical well-being.

Term 1 Contents: *65 hours training + 3 hours individual practice sessions.*

- 10 workshops 10am – 4.30pm (combining practice and theory)
- 2 written assignments
- Minimum 3 Personal Supervision sessions with a course teacher
- You will be required to have a daily personal practice, attending a minimum 3 classes per week (at Qi or elsewhere to suit you. Class costs not included in fees.)

Main Topics in the Yoga Studies Course:

- History and Philosophy of Yoga, and the range of “tools” covered by the term of “Yoga”
- Study of Yoga Sutras, Baghavad Gita and other classical Yoga texts
- Yoga anatomy and physiology (Nadis, Koshas, Gunas, Chakras, subtle energies)
- Principles of Asana practice: (effect, basic sequencing, contra-indications, modifications, breath, Brhmana/Langhana)
- Pranayama and Meditation
- Ayurveda, Health and Yoga: includes modifications for special needs students.
- Study of Mind, Consciousness and Perception
- Karma, non-dualism and Vedic philosophy
- Introduction to meditation, and Metta/compassion practices
- Different styles of Hatha Yoga (“forceful” or physical Yoga characterised by Asana practice.)
- **All sessions will include various aspects of Asana practice to illustrate and support the philosophy and principles introduced in that session.**



Required Course Reading Book: (available from Qi)

“Heart of Yoga” by TKV Desikachar

“Yoga and the path of the Urban Mystic” by Darren John Main



Term 2: “Asana Study 1” and Anatomy & Physiology

a) Sundays 10am – 4.30pm; April 29 – July 1 OR

b) Monday – Friday 9 – 4.30pm May 28 – June 8

a) **Asana I: Introduction** 10 – 1pm each day.

- 20 core postures, covering:
 - function
 - lines of energy
 - adaptation
 - preparation
 - counterpose
 - contra-indications
 - experience of the pose in practice
 - teaching the pose to others
- Review the principles underlying Asanas: (Ahimsa, Tapas, Swadhyaya, sthira/sukha)
- 3 one-on-ones to explore personal themes, problems and practice.



b) **Anatomy & Physiology:** 1.30 – 4.30pm each day

- Overview of major systems of the body
- Detailed study of musculo-skeletal system, movement and execution of Yoga poses by bones/muscles/ligaments and breathing.

Required Course Book: The Muscles of Hath Yoga

Term 3: “Asana Study II”

a) Sundays 10am – 4.30pm: July 15 – Sept 16 OR

b) Monday – Friday 9 – 4.30pm August 27 – September 7

Asana Study II

- Further core postures, in same format as Term 2
- Sequencing principles (why, how, goals etc)
- Asana adjustments, when and how to offer this assistance appropriately
- Modifying practices/postures for individuals, including Ayurveda review
- Bandhas, and energy movement and containment in asana
- Practical adjusting skills
- Pranayama techniques and application
- 3 one-on-ones to explore personal themes, problems and practice.
- 10 classes to assist with adjustments under supervision

Practice and principles for teaching:

Ethics
Integrity
Personal preparation
Teaching methodology, demonstration techniques, hand outs, presentation skills
Student learning styles and how to connect with all of them.

- **Practice management**
 - Practicalities of running a Yoga school/teaching for yourself
 - Transitioning into teaching Yoga



The Retreat: “Yoga as a Living Practice” (6 days) **September 18 - 23**

Run at Satyananda Yoga Ashram near Peats Ridge, this is a unique opportunity to “live” what you have been practicing as a group. A time for further study, for deep introspection, meditation and personal practice but also combined with social time together, enjoying a true Yoga Sangha (yoga community)

- Yoga diet
- Morning practices
- Mantra, chanting,
- Karma Yoga (help with communal retreat chores)
- Case-studies to design a sequence and teach it to the group
- Relaxations/Yoga Nidra training
- Meditations
- Sangha/community



Term 4: Special needs Yoga Workshops

a) Sundays 10am – 4.30pm: October 14 – November 25 OR

b) Monday – Friday 9 – 4.30pm October 15 - 25

These 7 special needs modules may be tailored to suit the needs of the course, and may change as issues or interests arise. We will focus on common “special needs” that often arise in class, so you are prepared to manage them safely in a class situation. Topics will include:

- Pre and post-natal Yoga
- CFS, ME, depression
- Knees, backs and necks
- Women’s health, menstrual sequences
- Asthma, bronchitis, respiratory problems
- Structuring stress management and corporate Yoga sessions

There are 2 one-on-ones to explore personal themes, problems and practice in this term.

1st Aid Certification: December 2

Graduation/Celebration Session: December 9



Deposits, Fees and Payment Options

Enrolment Deposit: \$600

Deposit will be deducted from your final term fees. We can refund your deposit if you withdraw more than 1 month from the start date less a \$75 admin fee.

A 50% refund may be possible up to 2 weeks prior to start date if we can fill your space.

A) EARLY BIRD OPTION: \$5,800 in advance and save money. (No deposit required)

B) FULL PAYMENT OPTION: TOTAL COST \$6,350

Term 1, 2 and 3: \$1,515 due by start of each term (*Please note that other class requirements are not included in the course fees*) includes all Sunday workshops, three one-on-one sessions per term, written assignments, and session notes.

Term 4: (7 weeks) \$455 (+\$600 enrolment deposit already paid)

C) INSTALMENT PAYMENT OPTION: TOTAL COST \$6,650

4 X \$400 instalments per term to make budgeting easier. (Term 1, 2, 3)

Retreat: \$750 Term 4: 2 x \$250 (+\$600 enrolment deposit already paid)

NB if you are exempt from Anatomy & Physiology, term 2 costs are: \$900 or 4 payments of \$225

Retreat Fees: \$750 cost will depend on the final number of students and 2012 price of the venue, includes notes, food, lodging and tuition for the full 5.5 days.

1st Aid Certificate (optional): in December. Valid 1st Aid is a requirement to join the Yoga Australia, and is essential for all safe teachers! Cost approx \$135 not included in course fees.

Total Course Requirement: Minimum 420 hours

Philosophy & ethics and lifestyle:

Term 1	45 hours	
Term 2	5 hours	
Total:		50 hours

Anatomy & Physiology

Term 2	30 hours	
Total		30 hours

Yogic Physiology

Term 1	6.5 hours	
Retreat	20 hours	
Total		26 hours

Techniques of Yoga & Asanas

Term 1	15 hours	
Term 2 & 3	78 hours	
Retreat	30 hours	
Total		123 hours

Teaching methodology

Mentoring/Supervised classes	15 hours (minimum requirement)	
+ supervised practice		
Adjusting/presentation skills Term 3	20 hours	
Total		35 hours

Integrative practice and teaching

Supervised practice	100+ hours	
Student teacher classes	6 hours	
Total		106+ hours

Specialised Yoga/Yoga as Therapy

Special needs Workshops	45.5 hours	
Total		45.5 hours



Your Teaching Faculty:



Mark O'Brien has practiced Yoga for over 15 years, and been teaching since 1996. Born in England, he moved to Australia and left a successful career in advertising to follow his heart by opening Qi Natural Therapies & Yoga in Sydney. He has since become one of Sydney's in-demand teachers. He holds Senior Membership status and is on the National Executive of "Yoga Australia". Mark designed this course and is looking forward to his 9th year of work on it!

Mark had a strong meditation practice before graduating from the "Heart of Yoga" teacher-training in 1999 with Karen Schaeffer and Mark Breadner, (based on the approach of TKV Desikachar.) He has since trained with many respected Yoga teachers including further in-depth study with both TKV Desikachar and his son Kausthub Desikachar. Mark continues to study elements of Tantra and Hatha yoga. His current teacher over several years is the inspiring Donna Farhi.

With a diploma in Remedial Massage and a background in meditation and somatic therapy, he remains in awe of the joyful way that skillful physical movement and attention to the breath can dramatically improve our moods, energy, health and outlook on the physical world. Flexibility—or lack of it—is of little importance in this approach which is open to anyone who can breathe and sincerely wants to improve their life.



Nikola Ellis has been practicing yoga since 1991, studying with teachers in both the UK and Australia. Having explored many styles of yoga, Nikola now teaches according to the principles of Viniyoga.

This style of yoga, as taught by **TKV Desikachar**, endeavours to provide a practice that is appropriate to each individual class or student. A graduate of Nature Care College's Yoga Teacher Training Diploma, Nikola is also a practicing massage and Shiatsu therapist. She now teaches Asana-sequencing for the NatureCare Yoga Diploma course and recently became a mother for the second time. Nikola is back for her 9th year on the Qi teacher training programme.



Joan Miller brings a wealth of yoga experience and training to the course. She trained widely in the US, graduating from the 650 hour **Phoenix-Rising** yoga training and the **Kripalu** teacher training courses in 2000, and has assisted **Donna Farhi** on several of her training courses and retreats. She brings a warm, human empathy to her teaching, a deep knowledge of the human body and psyche and is passionate about working with her students. Joan is also a qualified Pilates teacher!

Joan is back for her 8th year on the Qi teacher training programme.



Sindar Pal Kaur brings to both her teaching and healing work over 20 years of practical experience and insightful knowledge, using simple yet effective methods that have helped and inspired numerous people and yoga teachers all across Australia and overseas. After many years of practice and training in yoga, ayurveda, meditation, energy healing and other mind-body therapies, she established her own healing and yoga therapy practice in 1994 and at the same time started teaching meditation and yoga, and running workshops on self

healing therapies.

Other teachers: We also draw on other specialized teachers to supplement the workshops in term 4 or on other topics as required.

