

Level 1 Yoga Teacher Training



Start date 16th of March 2020
12 day intensive Vanuatu +
8 days Sydney.

Cost: from \$4,600
(incl accom and meals)

Making the step to become a yoga teacher is for many of us the beginning of a journey towards awareness and living more authentically.

This holistic yoga teacher training program helps you start your journey and create real change in your life. It gives you great insight into what yoga is, the various yoga styles, yoga philosophy, the energetic body, applied anatomy, it teaches you yoga poses and how to design, plan and sequence a class.

However, more than that, it will help you to understand what kind of yoga teacher **YOU** want to become and what service you would like to offer your community. You will develop confidence, skills and an understanding of your own authentic qualities and gifts to feel comfortable and empowered to start teaching your first class.

Why Choose this Course?

- ★ Learn in a beautiful tropical setting on Vanuatu
- ★ Discover the yoga teacher within you
- ★ Designed to give you confidence to start teaching.
- ★ The most complete course you'll find, covering everything you need to know in a useful and practical way.
- ★ Practical application of theory to get a 'real' understanding.
- ★ Prepares you to teach Beginners, Flow, Hot and/or Yin yoga.
- ★ 200 hours face to face, taught by senior teacher with 20 years of teaching experience.
- ★ 12 day intensive in tropical Vanuatu and 4 weekends in Sydney.
- ★ Registered by Yoga Australia and Yoga Alliance
- ★ Option to complete +350 Teacher Trainer program by advancing into the +150hrs Level 2 Applied Teacher Training.
- ★ Life long mentoring included.

Inclusions:

- ★ Accommodation, breakfast, lunch and dinner during intensive.
- ★ Comprehensive handbooks and notebooks.
- ★ Daily yoga practices.

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Your Facilitators

Lead trainer **Anneriek** has been teaching yoga for 20 years, completed far over 1000 hours of teacher training and is certified in Ashtanga, Vinyasa, Prana Flow and Yin yoga. She is a Level 3 Senior Registered Teacher with Yoga Australia and RYT500 with Yoga Alliance.

She knows that yoga is not just a physical practice but that it is about overcoming your fear and self doubt. About creating space where you feel stuck, about being kind and revealing your heart. That it is about believing in yourself.



Level 1 Yoga Teacher Training

12 day intensive + 4 weekends

Start date 16th of March 2020

Cost: from \$4,600

Location: Le Life Resort Vanuatu

Subjects Covered

A large part of this course includes practical application of the learned material. A yoga practice is included each day. Subjects covered include:

- ★ What is yoga
- ★ Yoga philosophy & Yoga Sutras
- ★ History and yogic texts
- ★ Anatomy - including anatomical position, directional terms, bones, muscles, tendons, ligaments, joints, and how this relates to yoga poses
- ★ Anatomical teaching guidelines and postural assessment
- ★ Asana decomposition of over 200 poses, including Yin yoga poses
- ★ Sequencing guidelines and class planning
- ★ Teaching special groups, conditions & injuries
- ★ Hands on adjustments and assists
- ★ Teaching Guidelines & Techniques: Hatha, Vinyasa Flow & Yin yoga
- ★ Practice teaching, sequencing & adjusting - including sample sequences
- ★ Subtle Energies, including Chakras, Gunas, Koshas, Doshas, Rasas, Nadis
- ★ Pranayama & meditation
- ★ Mantras & chanting
- ★ Living a yogic lifestyle & your own practice
- ★ Yoga as a profession

Students on the Advanced Teacher Training Program (350+ hrs) will follow on from here into the Level 2 Yoga Teacher Training program.

2020 Dates:

- ★ 16 - 27 March - 120 hr Intensive in Vanuatu +
- ★ 4 weekends (9-10 + 23- 24 May , 27-28 June, 25-26 July) in Sydney, NSW

Locations:

Vanuatu: The intensive part of this training is taught at "Le Life" resort in Vanuatu. This eco-friendly boutique resort is spread out over 400 acres, on the waterfront and surrounded by natural beauty and the friendliest villages. More info: www.leliferesort.com

Sydney, NSW: Beautiful rural studio in Cattai. 15 minutes out of Windsor, 50 min out of Sydney CBD.

Cost - Shared accommodation and ALL meals are included:

- ★ \$5,200 full price
- ★ Early bird (8 weeks before start date) from **\$4,600.**

Accommodation and all meals during the 12 day intensive are included. Excludes flight. Price based on twin share Glamping accommodation. Different accommodation options are available (see website).

A \$500 deposit is required to secure your spot. Payment plans are available.

Numbers for this course are limited to warrant personal guidance.

Prerequisites:

- ★ A willingness to explore the depths of yoga
- ★ A regular yoga practice (and NO your practice does not have to be advanced)

*Insightful, transformative,
Inspirational, Life changing
~Flora*

*Anneriek has a wealth of
information, compassion &
fun ~Tim*

*Anneriek has mastered a
way to use her passion to
spread a powerful energy
that makes all of us naturally
connected and willing to
follow that same path
~Celine*

*It's been hard, fun,
energising, exhausting and
SO worthwhile. I feel I've
learned more than i could
ever have imagined. ~Di*



Anneriek Favelle

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