

# Yoga Teacher Training Apprenticeship

**Level 1 (200hr) or Level 2 (+150hr)**

**One-on-one tuition**

My Yoga Teacher Trainer apprenticeship program creates a path to becoming a yoga teacher in a more gradual and traditional format. It involves one-on-one tuition, practical training and study assignments, finding your own path to becoming the best teacher you can be.

If you have thought about becoming a yoga teacher in a way that is more gradual and thorough than a typical Western teacher training model, this program is for you.

I am offering two different programs.

- The 200 hr, 10 month program for those wanting to become a yoga teacher.
- The +150 hr, 12 month program for teachers who wish to deepen their knowledge and are on their way to either 350 or 500 hr registration.

## Why Choose this Course?

- ★ Practical and gradual face to face learning
- ★ Highly customised to your needs and preferences with regular one-on-one tuition.
- ★ Designed to give you confidence and start teaching authentically.
- ★ The most complete course you'll find, covering everything you need to know in a useful and practical way.
- ★ Comprehensive handbooks and notebooks.
- ★ Prepares you to teach Beginners, Flow, Hot and/or Yin yoga.
- ★ Taught by senior teacher with over 18 years teaching experience.
- ★ Registered by Yoga Australia and Yoga Alliance
- ★ Option for 200, +150 or 350 Teacher Trainer program
- ★ Life long mentoring is included.

## About Anneriek

I believe yoga is not about touching your toes or being able to do a handstand. It is about overcoming your fear and self doubt. It's about creating space where you feel stuck, about being kind and revealing your heart, it's about believing in yourself.

I have been teaching yoga for over 18 years, completed over 1000 hours of training. I am certified in Ashtanga, Vinyasa, Prana Flow and Yin yoga. I am a Level 3 Senior Registered Teacher with Yoga Australia.



**Yoga Teacher Training  
Level 1 or Level 2 Apprenticeship**

**Start date:** March 2019

**Cost:** level 1 (200hr) from \$4,500

level 2 (+150hr) from \$3,400

## 200 hr (level 1). Duration 10 months. Max 4 students.

### Your commitment:

- 16 hrs per month face to face, Group learning for theory.
- (Practical) assignments to complete
- 2 times per month shared practice in which you will also learn to assist and teach
- 1 private session per month (Skype sessions offered)
- Regularly attending one of Anneriek's classes (or youtube classes)
- Attending classes of other teachers (we'll create a plan together)
- During last few months: Assisting in Anneriek's classes, and Teaching classes

### Prerequisites:

- A willingness to explore the depths of yoga
- Regular yoga practice

### What you'll receive:

- 200 hr certification
- Personal guidance and practical learning opportunities
- Level 1 manuals and notebooks
- Discounted price to attend any of Anneriek's workshops and retreats

### Startdate and costs:

- The program starts in March 2019
- Costs: \$1,000 upfront + \$450 per month (10 month commitment) or \$5,000 upfront

## +150 hr (level 2). Duration 1 year. Max 4 students.

### Your commitment:

- 8 hrs per month face to face learning for theory, feedback, assisting, etc.
- Monthly (practical) assignments to complete
- 2 times per month shared practice in which you will also teach and/or assist
- 1 private session with Anneriek per month (Skype Sessions available)
- Weekly assisting in one of Anneriek's classes (optional to assist at retreat)
- Regularly attending one of Anneriek's classes (or youtube classes)
- Attending at least one of Anneriek's retreats (if possible)
- Attending workshops of other teachers (we'll create a plan together)

### Prerequisites:

- Completed level 1 teacher training (200 hrs)
- Some prior teaching experience is beneficial
- Regular yoga practice

### What you'll receive:

- +150 hr level 2 certification
- Personal guidance and practical learning opportunities
- Level 2 manuals and notebooks
- Discounted price to attend any of Anneriek's workshops and retreats

### Startdate and costs:

- The program starts in March 2019
- Costs: \$1,000 upfront + \$230 per month (12 month commitment) or \$3,750 upfront
- 10% discount for teachers who completed Yoga4You's Level 1 Teacher Training



*I think my life has changed paths now*  
- **Claudia**

*The content and course layout facilitates spiritual growth and practical applications.*- **Christie**

*Yoga teacher training with Anneriek has been an incredibly life changing experience. She has given us all the tools to have a positive and confident start in our teaching careers.*  
- **Flora**

*Anneriek is a real leader and a spiritual guide who inspires me and whom I admire ~* **Celine**

*Beautiful, Informative, Expanding* - **Tim**

**Anneriek Favelle**

0439 886 185

anneriek@yoga4you.com.au

www.yoga4you.com.au

<https://www.facebook.com/Yoga4You2/>