

Advanced Yoga Studies & Practice

Post-graduate Yoga Teacher Training (150hrs) & Continuing Professional Development

A flexible, module-based program
with a supportive mentoring focus

Feb - Nov 2020

Paula Carey

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Background & Teaching faculty

This 150-hour post-graduate Yoga Teacher Training program is led by Paula Carey at her studio in Mudgeeraba on Australia's Gold Coast.

Paula has been on the path since 1979 when she learned and started practising transcendental meditation. In the early 1990s she certified in natural health modalities of massage and shiatsu, but found her calling when she started practising yoga in 1993. Paula completed her teaching diploma with the International Yoga Teachers' Association (IYTA) Australia and has taught yoga consistently on the Gold Coast since 2000.

In 2013 she met her teachers - A. G. Mohan and Indra Mohan of Svastha Yoga & Ayurveda, Chennai, India. A. G. Mohan was a personal student of Sri T. Krishnamacharya for 18 years until his guru's passing in 1989, and Indra Mohan received her yoga teaching qualification from Krishnamacharya himself.

Paula immediately recognised the depth of authentic yoga knowledge and practice in her teachers, and is honoured to have been learning from and studying with them ever since. Paula has subsequently also certified as a yoga teacher and yoga therapist with the Mohans directly, and has her teachers' blessings to educate and guide yoga teachers in the authentic traditions of yoga knowledge and practice.

Main Qualifications & Memberships:

***Registered Senior Yoga Teacher
Yoga Australia***

***Diploma in Yoga Teaching 350hrs
(IYTA – full member)***

***Certified Svastha Yoga Teacher
(200 hours)***

***Certified Svastha Yoga Therapy
(300 hours)***

***Personal studies with A. G. Mohan
and Indra Mohan
(300 hours + continuing)***

***Yogasūtras studies with Vina Shah of
Svastha Yoga & Ayurveda Australia
(+100 hours)***

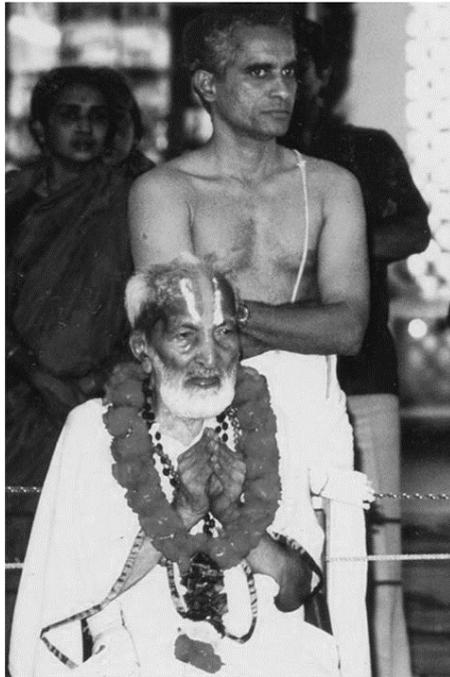
***Bachelor of Business (Accounting)
Griffith University***

***Certifications in Music (Piano) and
Modern Dance***



A.G. Mohan, Indra Mohan, Paula Carey 2017

Who is this training for?



Krishnamacharya and A.G. Mohan



Indra Mohan receiving her yoga teaching diploma from Krishnamacharya

This is a flexible, module-based program enabling both qualified yoga teachers *AND* unqualified yoga students or practitioners to: *a)* choose any module as a stand-alone training, or *b)* complete all modules to gain 150 hours of Advanced Yoga Teacher Training.

Current yoga teachers already holding a 200-hour teaching certification from any school will be able to, on completion of this program, register as a Level 1 teacher or upgrade their current teaching level with Yoga Australia. Individual modules also satisfy annual CPD requirements for existing Yoga Australia members.

A certificate of completion along with necessary supporting documentation will be provided upon completion.

Modules are open to anyone interested in either deepening their understanding of a specific area, or covering the full spectrum of practices including yoga psychology and yoga therapy.

This program is ideal for those who want to be sure that they are accessing accurate yoga knowledge and practice originating from an authentic source.

Entry is by application - please contact Paula to discuss your requirements and interest areas, make further enquiries and obtain an application form.

This program has a personal mentoring focus so a comfortable connection is important – let's have a chat and see if this program aligns with your personal and yoga goals.



Program contents & structure

This 150-hour post-graduate yoga teacher training program is for yoga teachers and practitioners who would like to understand yoga on a more comprehensive level, and further develop their skill and efficacy in teaching yoga in group classes and one-to-one.

The program contains a strong focus on yoga psychology and philosophy as well as presenting comprehensive information in āsana; mudrā-s and bandha-s; prāṇāyāma; mindfulness and meditation; sound, mantra and chanting; Sanskrit pronunciation; ancient texts; and, modern teaching methodology.

You will learn about the background of classical haṭha yoga as practised and taught by Sri T. Krishnamacharya and how this connects with the pathway of aṣṭāṅga (rāja) yoga, along with insights from modern movement science and current medical research. A thorough grounding in the authentic foundations of yoga will give you the knowledge and skills to teach in a modern day setting without losing sight of the essence of the practice.

You will be encouraged to consider and question current teaching methods and alignment cues, and to foster a healthy approach to movement practices with an understanding of sthira sukha (stability and ease) and prayatna śaithilya (balancing effort and relaxation).

Although insights from the Haṭha Yoga Pradīpikā, Yoga Yājñavalkya and Bhagavad Gītā are included, the key foundational text for this program is the Yogasūtras of Patañjali along with the main commentary of Vyāsa. The yoga psychology and philosophy of Patañjali underpins Paula's own practice and teaching - it addresses the mind-body connection which guides us in the integration of yoga knowledge and practice in daily life, and gives us the means to transform ourselves and our lives.

The emerging field of yoga therapy will be discussed, along with some physical, mental and emotional challenges commonly encountered in the teaching space. A foundation is a comprehensive 'landscape of well-being' which outlines several areas to help you identify students' functional skills (or deficits) and thereby determine appropriate yoga and lifestyle practices to suit. Principles of Ayurveda and Ayurvedic dietetics are also covered as this beautifully supports the practice of yoga as lifestyle medicine.

An important part of this program is the personal support you will receive in developing and refining your personal practice, as experiential understanding is key to effective teaching.

This advanced training program will provide you with a solid grounding in authentic yoga knowledge, yoga practice and yoga teaching.

Modules covered:

- Yoga philosophy & psychology – Yogasūtras, Sāṃkhya, viewing traditional yoga texts with a critical eye, the kriyā-yoga of Patañjali as the foundation for habit and change (saṃskāra-s & vṛtti-s)
- Āsana - practice & theory of āsana, anatomy and function (pain-free movement, stability, endurance, strength, range of motion, flexibility), functional alignment, common disorders of the locomotor system, awareness, proprioception, classical āsana & modern variations, āsana groups, identifying skill sets & skill deficits, principles of breathing in āsana, the use of sound in āsana, principles of the Haṭha Yoga of Krishnamacharya
- Prāṇāyāma – principles of breathing in āsana leading to prāṇāyāma, application of different prāṇāyāma practices (not just learning techniques), mudrās & bandhas, inner body sensation (interoception), the haṭha yoga relationship to rāja/aṣṭāṅga yoga
- Mindfulness, Yogic Mindfulness & Meditation – Yogasūtra, guṇas, aṣṭāṅga, smṛti-sādhana, cognitive re-framing, the positive psychology and compassion-based practices of the Yogasūtra, acceptance and gratitude, meaning and devotion, simple rituals
- Ayurveda – Yoga and Ayurveda as lifestyle medicine and as a self-care practice, doshas, dinacarya (daily routine), finding balance in the imbalances, dietetics and cooking, intelligent fasting and detoxification
- Sound, Mantra & Chant – understanding the difference between, and applications of, mantra, chanting, Vedic chanting, recitation, kirtan, Sanskrit phonetics and pronunciation, sound and neuroplasticity, polyvagal theory, nervous system resilience, mindfulness & meditation, sound in āsana; kriyā-yoga; mauna (silence)
- Nervous system resilience – physiology and neurobiology of the nervous system; developing resilience; stress & anxiety, depression & addictions, chronic pain, fatigue, release, remodelling; tamas, rajas & sattva
- Teaching guidelines – the importance of your personal practice (embodiment), framing language, trauma sensitivity, safety and support, agency and empowerment, principles rather than rules, managing the teacher-student relationship
- Synthesis (final module) – integration and review, case studies and elective topics, questions

Dates, Rates & further information

Module One starts in February 2020. Hours may be subject to change as not all 150-hours need necessarily be face-to-face.

There will be a recommended, but not compulsory, reading list provided.

There will be some written submissions required so that participants are encouraged to reflect, consolidate and communicate their understanding of certain concepts.

There will be (optional) opportunities to teach supervised class/es for feedback purposes, if you wish to do so.

Modules will be delivered over 10 weekends in 2020 on the following dates:

February	Saturday 22 nd & Sunday 23 rd – 9am to 4pm - Yoga philosophy & psychology
March	Saturday 21 st & Sunday 22 nd – 9am to 4pm - Āsana
April	Saturday 18 th & Sunday 19 th – 9am to 4pm - Prāṇāyāma
May	Saturday 16 th & Sunday 17 th – 9am to 4pm – Mindfulness & Meditation
June	Saturday 20 th & Sunday 21 st – 9am to 4pm – Ayurveda & Yoga
July	Saturday 18 th & Sunday 19 th – 9am to 4pm – Sound, Mantra & Chant
August	Saturday 22 nd & Sunday 23 rd – 9am to 4pm - Nervous system resilience
September	Saturday 19 th & Sunday 20 th – 9am to 4pm - Teaching guidelines
October	Saturday 17 th & Sunday 18 th – 9am to 4pm – Synthesis & case studies
November	Saturday 14 th & Sunday 15 th – 9am onwards – Group member presentations

Due to the personal nature of this program, groups will be intentionally small; therefore, it may be possible to adjust weekend dates by agreement between Paula and participants.

Costs: \$200 per module (see application form below for details and deadlines)

Inclusions:

- Morning & Afternoon tea. Lunch may sometimes be provided to help you integrate Ayurvedic food principles
- Notes are provided digitally – you may print and bring them if you wish. You can collate your notes into a booklet, folder or format to suit your own purposes
- Plenty of assistance, support and feedback in integrating any new information

Exclusions:

- Teaching registration with Yoga Australia is optional and at participant's own cost
- Class attendance with Paula is optional and at participant's own cost
- Recommended reading is optional and at participant's own cost

Yoga Teacher Training & Continuing Personal Development Application Form

Your name (first and surname) _____

Address _____

Email _____

Phone _____ Are you over 18? _____

How long have you been practising yoga? _____

What style/s of yoga have you been practising? _____

Do you have a home practice outside of class attendance? _____

Who do you consider your main teacher/s and/or influences and why? _____

If teaching yoga, how long have you been teaching? _____

Have you taught yoga to distinct groups (i.e. elderly, children, pregnancy, etc.)? _____

What is your main goal or interest in furthering your yoga education? _____

Please list any previous yoga teacher trainings you have attended or completed _____

Is there any other training or experience you have that you feel may be relevant to teaching and/or practising yoga? _____

What do you hope to gain from this program? _____

Which module/s are you applying to attend? _____

Please provide details of your emergency contact person:

Name _____ Phone _____

Relationship to you _____

What happens now?

Once your application form has been received Paula will be in touch to arrange a time to meet. As this is a personal program with individual attention, this meeting will offer you an opportunity to ask any questions and familiarise yourself with the course content, structure and potential outcome.

To enrol, a \$50 deposit is payable to secure your place, with the balance of the module cost to be paid **at least seven days prior** to module start date.

Bank transfer details: Heritage Bank, BN & PM Carey, BSB 638010, Account 9768807. Please use your name + YTT (or the module number if you have space).

Information in relation to becoming a registered yoga teacher with Yoga Australia:

Subscriber: You can become a subscriber member at any time for free

Associate: For teachers-in-training and retired teachers (discounts to YA events)

Provisional member: Has completed 200 hours of teacher training but less than 350 hours

Level 1 teacher: Has completed minimum 350 hours of teacher training

Level 2 teacher: Has completed minimum 500 hours of teacher training and teaching five years

Level 3/Senior teacher: Has completed minimum 1,000 hours teacher training and teaching 10 years

Additional requirements: Must have current Senior First Aid certification (this is not provided by Paula Carey or Svastha Yoga Ayurveda Gold Coast)

Disclaimer, Terms & Conditions:

If attendance is cancelled less than 14 days prior to commencement of program, the \$50 deposit is non-refundable but may be applied to a future program. There will be no refund of monies paid once the program has commenced. If you are unable to attend due to circumstances beyond your control, please discuss your situation with Paula Carey directly.

I recognise that Paula Carey is not providing medical advice. Any information provided is intended as a guide. I affirm that I am solely responsible for my health and well-being, as well as my decision to practice yoga. I agree to inform the teacher/s of any activities or movements which I feel could cause me injury. I do not have any physical conditions or disability that would limit my participation or preclude an exercise program. Svastha Yoga Ayurveda Gold Coast and its teacher/s will not be liable for any injury, loss or damage to property and/or persons sustained during or as a result of participation in this training.

I understand that Paula Carey or Svastha Yoga Ayurveda Gold Coast reserves the right to ask me to leave the program if my behaviour is inappropriate or otherwise violates ethical guidelines. Under such circumstances I understand I will not be refunded any monies paid.

I understand that all training materials remain the intellectual property of Svastha Yoga Ayurveda Gold Coast and cannot be reproduced without the permission of the principal.