



## **PLAY Retreat Immersion Overview**

### **PLAY Immersion Retreat Courses:**

Our immersion courses are structured in a way that individual personal growth and various levels of teacher trainings occur during the same week. These immersions are structured in levels one, two and three. Level one is the core of our teaching and is basis of all the programs. Level two is the first step in our teacher training immersion retreats and is intensive by nature and forms part of our 200hr Introductory Teacher Training. Level Three is an Advanced training course designed to develop the skills of existing teachers or those already on the path towards certification.

All students who undertake our immersions will be challenged in many ways and supported as they grow. This will be one of the most powerful trainings of a person's life and requires trust, commitment and courage to be experienced.

For anyone who has trained with Power Living you will know that our trainings are thorough, well planned, authentic, unique and lots of fun! This is a training that gives you the tools to transform your life in so many ways. All levels of experience are welcome and all levels will be well cared for.

### **PLAY Retreat Immersion One – Deepening a Personal Practice**

This course is for any student wishing to deepen their own personal practice through total immersion into Power Living's modern day Yoga philosophy. This is a retreat for anyone wanting to revive, cleanse and get clear about their own life and purpose in this beautiful world.

During the week each student will complete a morning meditation and asana practice that will enhance their understanding of our sequences and postural alignments, take them to their edge in many ways, stimulating and supporting much needed growth and



emotional release. Each afternoon the students will have time to themselves with the beach only 50m away to process their experience before afternoon and evening sessions occur.

The afternoon and evening session include a gentler practice, focus on elements of yoga philosophy, deepening meditation practices and lots of fun activities with the group. This is a powerful retreat and asks for commitment from a student to stand in Shiva's fire and allow the impurities to be burnt away.

During the immersion, students will also undergo a gentle cleanse with amazing vegetarian food that can be combined to suit all body types.

*Qualification: Introductory Certificate of Training 30hrs Personal Practice Training.*

## **PLAY Retreat Immersion Two – Awakening the Teacher Within**

This course runs in conjunction with Immersion One course retreat but has extra contact hours with content specific to teacher training. These sessions will focus on awakening the teacher through an understanding of the how to teach asana, meditation and passing on knowledge of yoga philosophy.

Each student will join in all group activities, classes and also be required to practice teach sequences each day with other level two Immersion students. This is an intensive Teacher Training course that can be enjoyed by aspiring teachers or a seasoned practitioner looking to take that next step.

This course is **Module Two** of our in-house Teacher Training course. In conjunction with Module One and Module Three it forms the PLAY standard 200hr Teacher Training qualification. Note 200hrs is the minimum requirement for a teacher starting out in our profession. (for more details on Teacher Training refer to the 200hr Course Overview under the Teacher Training tab)

*Qualification: Teacher Training Certification for 50hrs.*



### **PLAY Retreat Immersion Three - Allowing the Giant to Emerge**

This is Power Living's unique Teachers Only immersion dedicated to creating an environment where existing teachers have the opportunity to intensely analyse and improve their teaching. This course will have all the classic ingredients of a trademark PLAY retreat but with the volume turned up to take you the teacher to the next level!

Participants will still undertake a huge week of personal growth and transformation as well as intensely hone and develop their own personal practice. In addition to the personal development they will evolve the unique skill set necessary to be an exceptional teacher☺ The course is specifically designed for existing teachers who wish to develop the skills unique to Power Living's powerful method of teaching. The training will focus intensely on learning and developing new Vinyasa flow sequences and honing the skills necessary to teach them with full power! In addition to refining knowledge and techniques teachers will be guided through the process of creating truly powerful classes; learning how to successfully integrate philosophy and themes into a physical sequence.

Level three participants will also work in selected sessions alongside level two introductory teacher trainers. Through these sessions they will be coached through facilitation skills with Duncan and/or Senior teachers and will workshop cutting-edge teaching methods.

**Participants undertaking this course are expected to have at least 6 months teaching experience however exceptions will be made for applicants who are simply willing to empty their cup and open to growth.**

This Immersion will require students to teach in front of senior facilitators of Power Living and will be coached in their performance and ways to improve and find more authenticity in their delivery. Ultimately ...to let the Giant emerge!

*Qualification: Additional Teacher Training Certification for 50hrs.*

For more information on any of our PLAY Retreat Immersions please contact [programs@powerliving.com.au](mailto:programs@powerliving.com.au)



## 2012 Immersion Dates

### **March 24<sup>th</sup>-30<sup>th</sup> 2012- Byron Bay**

Immersion One & Immersion Two

Times: Saturday 5pm to Friday 10am

### **Aug 18<sup>th</sup>- 24<sup>th</sup> Byron Bay**

Immersion Three

Times: Sunday 5pm to Saturday 10am

### **November 3<sup>rd</sup>- 9<sup>th</sup> 2012 - Byron Bay**

Immersion One & Immersion Two

Times: Saturday 5pm to Friday 10am

## Costs

All costs are inclusive of course manuals, meals and accommodation

Immersion One: \$1,599

Immersion Two: \$1,799

Immersion Three: \$1,999



## **P.L.A.Y Payment Terms and Conditions.**

### **Registration**

A \$50 registration fee is required with the submission of application. This fee is non-refundable (applicable to full 200Hr Teacher Training Course)

### **Payment Policy**

A \$500 (non-refundable) deposit is required at the time of registration to secure your place in the course. The remaining balance is due one month prior to the start date of the course unless payment plan is in place. Placement is subject to forfeit if tuition is not received one month prior to commencement of first program date.

### **Refund and Cancellation Policy**

Refunds will be given according to the following schedule; for cancellations 7 or more days prior to the start date payments will be refunded less \$500 deposit. Less than 7 days prior to and up to completion of 25% of the program, 50% of the program cost will be refunded. This refund policy applies to both upfront payment and payment plans. No other refunds or credits are available. Please contact us if extenuating circumstances apply and other refund terms may be considered on a case-by-case basis.

### **Notes on Terms**

For Modules offered in more than one session, in which all sessions are required for module completion, programs cost refers to the total cost of all sessions within that module. Refunds are based on full module length according to the terms of the cancellation policy above.

For programs with multiple modules, program cost is determined based on each separate module at a time. Program start date refers to the start of each module.

