



Power Living Australia Yoga (P.L.A.Y) 200 Hr Teacher Training Course

Training to become a teacher with PLAY is a process that will not only give you the knowledge and understanding required to be competent in the classroom but also the self-esteem required to be an example for people in life. Similar to Gandhi's famous quote "my life is my message" we believe each teacher's life experience is the source from which they teach from and therefore their message. A lot of our training focuses on transforming YOU so that your authenticity and experience with the yogic process is the foundation from which you share.

Our teacher-training course has graduated over 200 teachers already and many have gone onto open their own studios and create followings all over the globe.

Unique to Power Living, Duncan personally leads every training, drawing upon the experience of developing hundreds of teachers that he has gained from working with close mentor and friend Baron Baptiste. Duncan has worked side-by-side and co-facilitated Baron's world-recognized teacher trainings for several years. There is no other teacher in Australia who has had this sort of exposure into developing teachers. It is truly a unique and powerful process for any level of teacher to go through.

At the end of our course you will have a foundation of what it takes to be a teacher in any area of life, not seeking approval, not people pleasing but clear, and demonstrating a powerful way of being for others to learn from.

When a teacher vibrates like this, students come, they line up outside the doors, actually. At the end of the training you will not just be someone who knows a lot about Yoga (we'll give you that also) we will first transform your life so that you can then facilitate from that experience and hold space for others. You are in good hands, trust the process and get ready to take your seat as a teacher to be reckoned with!

Our introductory course of 200hrs gives you the foundation to start teaching with full accreditation in Australia and overseas (YTAA, YA & Fitness Australia Approved and Recognized). We also have Fitness Australia accreditation available for certified personal trainers (15 CECs). Upon completion of the course we offer the Power Living Mentoring Program and also many teaching opportunities for graduating teachers within our PLAY brand and



established in Fitness clubs around Australia so that you aren't all alone once you finish. You are now part of the Power Living TRIBE and WE take care of each other, you can count on it!

The training is not only for new teachers but also a great way for already established teachers to reignite their passion for teaching or for students who simply want to learn more about this great tradition and Power Living's modern day fusion of many styles and systems.

We accept applications only from people who are ready for this development. It is intensive study and requires commitment. The time is now! If not now – WHEN?

If you have read this far, then there is a reason, we will match whatever you bring, the learning is endless. You are already a teacher, we all inherently are. Now learn **THE ART OF TRANSFORMING LIVES!**

Yoga Practice Requirement

To successfully complete the teacher training course, you need to have at least six months to a year yoga practice experience of an average of 2-3 classes per week at a Power or Vinyasa style Yoga studio, ideally, at a PLAY studio however this may not be possible for many students. This requirement must be met before completion of the course.

Fitness Australia 15 CEC Accreditation & Yoga Alliance 200hr Accreditation

Qualified Fitness Instructors

If you have a fitness industry background with current Certificate III or IV fitness qualifications, you may be eligible to receive recognition of prior learning (read below), and after completion of the course you will earn 15 CEC points through Fitness Australia and register with Fitness Australia for insurance to cover your yoga teaching.

All Course Participants



Upon successful completion of the course, you will receive a 200hr accreditation from Yoga Alliance (USA). This will allow you to apply to be a Registered Yoga Teacher (RYT) through Yoga Alliance (USA) and obtain Provisional Membership with the Yoga Teachers Association of Australia (YTAA). Following registration with either body you will be able to obtain insurance covering you for yoga teaching. YTAA then require you complete an extra 150 hours training with a certified training course within three years to obtain full membership with them. This extra 150 hours training can also be completed with Power Living.

P.L.A.Y Introductory Teacher Training – 200hr Course

The 200hr Teacher Training Program totally immerses the students in the knowledge of a basic Power Living Yoga Sequence, introduction to the history of yoga and intense personal development to prepare the student for the role as a teacher.

The course focuses on an in-depth understanding of the anatomy and physiology of Hatha Yoga, Power Yoga asana and assisting, selecting and designing different sequences, yoga physiology and philosophy, introduction to Ayurveda, meditation and pranayama, counselling skills and techniques, connecting with your class, and practical teaching experience with feedback.

Duncan Peak, Power Living's founder and the course director, leads the training and is assisted by Senior P.L.A.Y Facilitators who are subject matter experts in their field of study, e.g. yoga philosophy, anatomy & physiology, etc. This is an amazing course to build a foundation for a lifetime of learning.

200hr Course Structure

Becoming a certified* Power Living Australia Yoga Teacher is a committed and thorough program that can span over a year with an intensive three month period of study, practice and training. There is a standard pathway for certification, which consists of **Three compulsory Modules**. (The only exception to this is through our Recognition of Prior Learning (RPL) procedure, details of which are listed at the end of the document.)

The standard 200hr Course consists of the following three Modules, further descriptions are outlined below.



- **Module One – Core Program** (in-house training, Sydney) - **130hrs** (100 contact hours)
- **Module Two – Retreat Immersion** (Byron Bay Retreat) – **50hrs** (all contact hours)
- **Module Three - Assisting Program** (in-house, Sydney), - **20hrs** (20 contact hours)

Module One – Core Program (Laying the Foundations) 130hrs

This is an intensive training of 130hrs that introduces you to the foundations of the Power Living Philosophy and methodology for teaching Power Vinyasa Yoga. The course consists of 100 intensive contact hours with highly qualified Power Living teachers as well as experts in Anatomy, Physiology and Traditional Yoga and Philosophy. A description of course content can be found below.

Module One also involves the successful completion of essays on course content, a practical assignment reviewing alternate Yoga styles, and a final practical and written examination.

Module One – Content Description

Anatomy & Physiology of Hatha Yoga

The first principle of teaching Yoga is to keep it safe and understand the physical risks that increase when we intensify the practice. This module is about understanding the basic level of knowledge the Yoga teacher needs to be a competent teacher. We will also look at the effects of asana (posture) practice on the anatomy and physiology of the body from a Western science viewpoint.



The 7 Traits of a Power Living Teacher

We will explore the qualities of a Power Living Teacher and empower you to draw on these traits in your teaching.

- Real (current way to live)
- Committed Personal Practice
- Humble
- Courageous / Fearless
- Inspirational
- Open
- Being an Example for Others

Pranayama

Pranayama is the science of the breath. In this module participants will be introduced to the philosophy of pranayama and different techniques for controlling prana. This module will be largely practical to give you your own experiential understanding of the practices. Participants will acquire a basic understanding and awareness of pranayama and be encouraged to further their knowledge through additional study and courses.

Foundations and History of Raja Yoga

In this module you will be introduced to the ancient texts surrounding Raja Yoga, experiencing the concise instruction passed on by the sages and rishis who have nurtured them. This module opens the participant up to a lifetime of studying Yoga as a total life philosophy. You will learn the instructions for practicing Yoga under Patanjali's 8-limb Astanga system. No matter how much we teach you about this subject it requires experience and time to learn. This journey will be the backbone of your development as a teacher.



Four Paths of Yoga

This module provides a deeper understanding of the four main paths of Yoga: Raja Yoga, Jnana Yoga, Karma Yoga and Bhakti Yoga. Though all the yogas can be practiced in conjunction with each other, generally an individual would resonate with one particular method. For those wishing to master the mind, Raja Yoga would be the most fitting. Jnana Yoga is best for the inquirer into the true nature of reality. For those attached to action, Karma Yoga and for the devotional type, Bhakti Yoga. All Yoga leads to the same truth, some paths work inwardly and others work outwardly but all are aimed at eliminating the ego and attaining presence.

Bhagavad Gita Study

In these sessions we take a good look at the epic tale of the Bhagavad Gita, the backbone text of Bhakti Yoga. Participants will be required to read the text, study and understand it's meaning in a modern day context and be conversant with its message.

Sanskrit

The ancient language of Sanskrit is something that is beautiful to discover. In this module you will look at the tonality of the Sanskrit pronunciation and learn and understand the names and origins of the postures. We will also look at key words and phrases used in the Yoga industry and develop a broader understanding of the language in which the ancient texts are written.

Yoga Physiology

In this module we start to explore the physiology of Yoga from Eastern traditions. We will introduce you to the concepts of nadi energy channels, the 5 koshas of the body, the pranic body and its flow and the chakra system. Participants will gain greater insight into the ancient teachings and be able to apply them to their own journey.



Ayurveda

Yoga and Ayurveda are inextricable sister sciences. Often translated as “the science of life” or “the science of self-healing”, Ayurveda is the age-old Vedic science of holistic health that provides humanity with clear-cut templates of understanding of how to effectively manage our own health and wellbeing. The principles of the five basic elements of matter form the foundation of the Ayurvedic concept, that we are all individual in our constitutions, both physically and psychologically. A practical and working knowledge of Ayurvedic principles will deepen your understanding of your own psychophysical makeup and also facilitate a better understanding of your students needs as individuals.

Daily Practice and Lifestyle Tips

This module is about how Yoga can be applied to modern day living. What are the restrictions placed on lifestyle by following traditional teachings and how can we adept the teachings to today’s world for more congruency and harmony? Delving into these topics of discussion will assist a new teacher to become clear about how Yoga will be involved in your life and allow you to speak from a place of experience, not just book knowledge. This is a very important module for today’s teacher.

Video Taping and Personal Feedback

Video taping yourself and being your own teacher is a very important progression on the path of becoming a powerful mentor for others. Sometimes we can see others so clearly but are clouded when observing ourselves. These sessions will give you greater insight into how you are being received as a teacher and the areas you can focus on for growth. Challenging and authentic, these sessions will also provide you with great feedback from our most senior teachers.

Demonstration to Beginners

This module will teach you the art of demonstration and techniques for building poses for students to follow. Mastering this art will make your classes clear and concise and provide the student with the space to have their own experience.



Class Planning / Sequencing

Sequencing is an art and should be well considered before changes to any set sequence are made. The effect on the body during a Vinyasa practice should be balanced, opening up major energy channels without over focussing in one area and not enough in another. In this module we will look at ways to sequence postures so that they align with the universal standards for sequencing.

Counselling Skills

At times the relationship between a student and a teacher requires careful listening and communication skills to be empathic and effective. In this module we introduce you to different types of counselling methods and their appropriate application.

Be Heard – Conscious Communication

“When you speak your students hear nothing” - B.K.S. Iyengar

This module will teach techniques for commanding a classroom and also prepare the voice for projection and sweetness as required. The tool of a teacher is his/her voice, chosen words and actions. In this module we will address the voice and its journey through a class to create an environment where healing and educational philosophy can be heard and felt.

Methods of Inspiration - Teaching Techniques

The ability to hold students accountable combined with authentic sharing from the teacher’s heart can create a class environment that heals, challenges and inspires students to discover the deep truth about themselves and begin the process of transformation. In this module we look at your own personal philosophy and identify ways to build and massage classroom dialogue to be powerful when you speak and direct students through each posture.



Module Two- Retreat Immersion – 50 Hrs

The PLAY Retreat Immersion experience is one of the most powerful components of our training and forms a fundamental part of the 200 hour Teacher Training course. This program will facilitate the awakening that is required to become a truly powerful teacher. The week- long immersion will allow teacher trainers to fully immerse themselves in a powerful environment of education as well as personal transformation.

This course runs in conjunction with the general PLAY retreat and teacher trainers will join with students to experience the process. During the week all participants 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. All participants also engage in evening community sessions where the development process is revealed. In addition teacher trainers participating in Module Two will complete specific Teacher training sessions. 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 module 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.

Qualification: Teacher Training Certification for 50hrs



Module Three - PLAY Assisting Program – 20 hours

Power Living's Yoga Assisting Program is a world-class training opportunity to learn from the best in the business, Duncan Peak, the founder of Power Living Australia and Troy Abraham, Senior P.L.A.Y Facilitator. This new program is unique to Power Living and the first of its kind in Australasia.

Our program is designed to teach Assistants, through touch, presence and direction, to help increase a student's awareness of their own alignment and bring them into their bodies. We are committed to teaching Power Yoga, a dynamic practice with safe postures. Our assisting techniques support that aim rather than seeking to bring students into the "perfect" pose or contortionism.

Our Assisting Program fosters a karmic yoga atmosphere at our studio and on our retreats where assistants act in service to the students, enhancing their practice experience. Assisting is a chance to develop another dimension of personal practice as you become aware not only of your own body and energy but also others' unique bodies and the union of energy that occurs through an assist. The assistant plays a unique role during a yoga class as their hands and energy serves as a bridge between the teacher's words and the experience in a student's body.

The aims of our assisting course are to teach:

- Safe, effective assisting and adjusting techniques
- Different types of assists
- Safe alignment, joint movements and muscles engaged in postures
- How to support and enhance the practice experience for the student

You will:

- Enhance your teaching in the classroom and working one on one with students
- Gain confidence as an Assistant Teacher



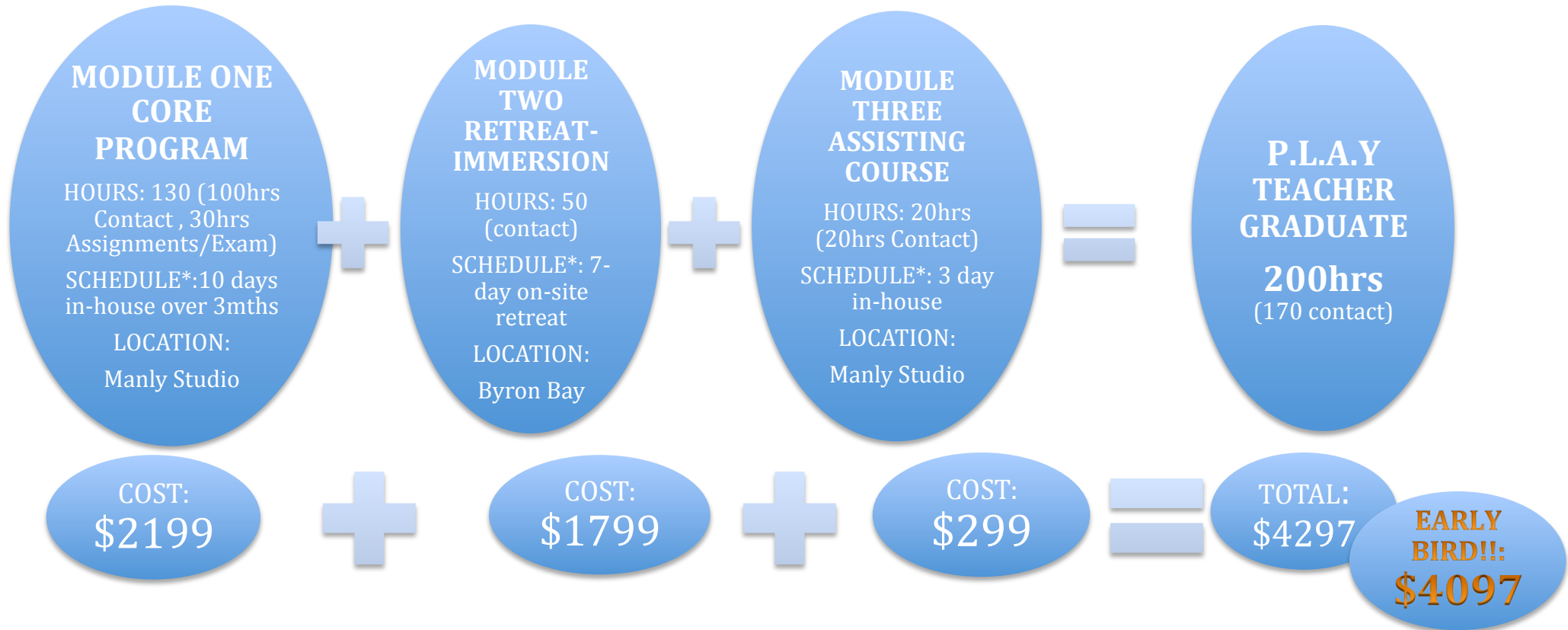
- Develop a deeper understanding of their personal Yoga practice
- Have opportunities to join the Power Living assisting team on retreats or in the studio

Note: If you completed the Power Living teacher training course prior to 2009, another teacher training course previously, or are interested in refreshing and enhancing your assisting skills, you may apply to participate in this program alone. No previous experience is required to participate in the Power Living Assisting Program. (If you are NOT enrolled in a current PLAY 200hr Teacher Training program the cost of the assisting course is \$399)

Qualification: Teacher Training Certification for 20hrs

Pathways to becoming a Power Living Australia Yoga (P.L.A.Y) Teacher

1. STANDARD P.L.A.Y 200hr Teacher Training Program



* Pricing listed exclusive of a \$50 non-refundable application fee

*SCHEDULE: Please refer to Course Dates at the end of the document for schedule details.

Recognition of Prior Learning (RPL)

Current fitness instructors are able to use up to 30hrs RPL for their 200hr certification. RPL is recognised in place of the Assisting Course only and students must still complete all components Module One and Immersion Two to receive P.L.A.Y T.T. certification.

RPL MUST involve certified hours training in teaching/instructing/ or facilitating Fitness or Yoga techniques. Please note that RPL is usually reserved for students who live Interstate &/or have difficulty attending courses in Sydney. RPL must be applied for whilst applying for the Teacher Training Program*

***Students must request and fill out appropriate RPL documentation to be considered at Power Living Australia Yoga discretion.**

2. Fitness Trainer Certified 3/4 or Part Trained Yoga Teacher Pathway



2012 Standard 200hr Teacher Training Course Details

February- May 2012

Module One – Core Program

February 23rd-26th, March 8th-11th, May 12th & 13th, 2012

Times: Thurs & Fri are 7:00am to 5:30pm, Sat & Sun are 7:30am to 5:30pm

Location: Power Living Manly Studio (Sydney NSW)

Module Two – Retreat Immersion

March 24th-30th – Byron Bay

Times: Saturday 5pm to Thursday 10pm (accommodations through 10am Friday)

Location: Tallows Beach Houses, Byron Bay

Module Three – Assisting Program

April 27th- 29th, 2012

Times: Fri 4:30pm-8:30pm, Sat & Sun 9:30am-4:30pm

Location: Power Living Manly Studio (Sydney, NSW)

September – November 2012

Module One – Core Program

September 6th- 9th, September 20th-23rd, November 24th- 25th 2012

Times: Thurs & Fri are 7:00am to 5:30pm, Sat & Sun are 7:30am to 5:30pm

Location: Power Living Manly Studio (Sydney NSW)

Module Two – Retreat Immersion

November 3rd-9th 2012

Times: Saturday 5pm to Thursday 10pm (accommodations through 10am Friday)

Location: Tallows Beach Houses, Byron Bay

Module Three – Assisting Program

October 19th-21st 2012

Times: Fri 4:30pm-8:30pm, Sat & Sun 9:30am-4:30pm

Location: Power Living Manly Studio (Sydney, NSW)

Costs

Full 200hr Teacher Training Program Cost: \$4,297 (early bird \$4,097, full payment received prior to July 27th for Sept course commencement)

Module One – Core Program - \$2,199

Module Two – Retreat Immersion: \$1,799

Module Three – Assisting Program \$299

Payment Options

Once the \$50 application fee has been paid and successful admission to the Program is granted, payment options are outlined below.

Full Payment Upfront

1) Once application is accepted Pay in full \$4,297 (\$4,097 early bird rate applies if application received prior to the 13th of January, 2012).

OR

2) Once application is accepted pay \$500 to secure a place. The remaining \$3,797 is due one month prior to the start of the course.

Payment Plan Procedure

1) A **\$500** (non-refundable) deposit is required at the time of registration to secure your place in the course.

2) An additional **\$500** is required at least one month prior to that start date of the program.

3) The remaining balance plus a 3% interest charge is paid via Direct Debit; **8 fortnightly** installments of **\$424.50** (see cost breakdown below).

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.

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.

Application Process

Places on our courses are limited and fill out well in advance. Please make sure you complete your registration as soon as possible to ensure a place for your selected dates.

To apply for PLAY 200hr Teacher Training Course please refer to our step-by-step guide:

1. Review ALL the information in The PLAY 200hr Teacher Training Course Overview as well as information on Power Living in general (our vision, philosophy, practice, etc) on the website www.powerliving.com.au. Please carefully review all dates, costs, curricula, and policies.
2. Complete the Application form in its entirety. Please indicate which program dates you are applying for. Please indicate whether you are a certified FA member and if you will be applying for RPL.
3. Submit the \$50 application fee by Direct Bank Transfer or Credit Card. Payment details are listed on the application form.
4. Wait for communication either by phone or email regarding your application from PLAY regarding your admission. Communication should arrive within two weeks of the date of receiving your application.

Apply Here:

http://www.powerliving.com.au/downloads/PYTT_Application_Form.pdf

Contact Us

For further information please contact us.

Kristi Clark- Programs Manager

programs@powerliving.com.au

Power Living Australia Yoga

Level 1 15 Sydney Road Manly, NSW 2095

(02) 9977 5001