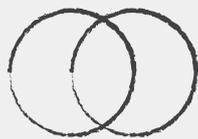




200hr Yoga Teacher Training



**THE MOST POWERFUL
YOGA TRAINING IN AUSTRALIA
AND NEW ZEALAND**



WHO WE ARE

The most powerful Yoga Teacher Training in Australasia, Power Living has been transforming lives through yoga education for over a decade. We are committed to elevating yoga-teaching standards around the globe through our education 200 & 500-hour pathway.

At Power Living we are recognised as the 'teacher of teachers' and as such our graduates are regarded as some of the best-trained facilitators in the industry.



WHO IS THE 200HR TEACHER TRAINING FOR?

ARE YOU READY?

As Duncan always says, in order to inspire others, we must first be committed to transforming ourselves. We see student and teacher as no different - together we grow, learn and inspire. This is our practice this is our commitment.

One of the most frequently asked questions asked by our students is **AM I READY?** You don't need an advanced level of practice to participate in the program, what you gain relies not on your experience or how flexible you are, but the passion and the enthusiasm you bring. The 200hr program is designed to challenge and inspire students ranging from the newly committed yogi to the longstanding practitioner and teacher.

The course is immersive, heart opening, life changing and is for:

ASPIRING TEACHERS

- Those ready to facilitate transformation in others through the power of yoga
- Already qualified yoga teachers looking to refresh or expand their training

DEDICATED STUDENTS WANTING TO DEEPEN THEIR PRACTICE

- Students looking too expand their own personal practice without the intention to teach
- Committed students with a desire and passion to learn, not just about yoga asana but about themselves

THE 200HR PROGRAM



Power Living's Teacher Training is education with a difference – elevating and accelerating students to teach with authenticity, courage and passion. It goes beyond the basics, offering the highest standard of education in yoga asana, philosophy, anatomy and personal development. Our mission is to create powerful teachers who transform lives in and out of the classroom. The program is known for graduating facilitators that are ready to teach with quality and excellence, from the day they complete the course.

Taking place over an **intensive three-month study period**, you'll be part of a community of fellow students undergoing this journey of radical transformation. The nature of the program will demand your full commitment in and out of the classroom but rest assured, the intensity will be matched by experiences of joy, connection and lasting friendships as you discover your most powerful Self. Get ready to have the time of your life!



THE STRUCTURE

MODULE ONE

Core Program ▶ Laying The Foundations

130 hours (100 contact hours)

This module introduces you to the foundations of Power Living's teaching methodology and includes:

- Asana physiology and alignment
- Applied anatomy
- Study of breath and bandhas
- History of yoga
- Traditional Yogic Philosophy and texts
- Powerful and effective teaching skills
- Class preparation techniques
- Live coaching and feedback
- Transformational leadership in the classroom

To graduate from the 200hr program you will be required to complete an essay on specific course content, a practical and a written assessment.



MODULE TWO

Immersion Retreat ▶ Uncover and Transform

The most powerful component of the program, this week long retreat will challenge your mind, body and spirit - facilitating the awakening required to become a truly powerful teacher.

The core of Power Living's methodology lies in the practice of Svadyaya (self-study). This module is dedicated to uncovering deeply engrained beliefs, patterns and character traits that hold us back from living authentic and courageous lives. This work requires honesty, humility and a great commitment to your own spiritual growth.

Daily schedule includes meditation, yoga practice (Vinyasa and Yin), practice teaching, anatomy review, group sessions to uncover limiting core beliefs and inspiring community activities.

This week will leave you feeling strong, inspired and with a renewed passion for your life and practice.



MODULE THREE

Assisting Program ▶ The Touchy Subject

20 hours (all contact hours)

Module three is dedicated to the art of assisting in the classroom and ties together all elements of the training to refine presence and skills. Focused on impacting our students through the power of touch and connection, this module trains you to have a precise awareness of students' unique bodies and how to safely guide them into deeper experiences on their mats.

The areas of study include:

- Safe, effective assists for all postures in the vinyasa sequence
- How to energetically interact with students
- Working with different bodies, injuries and limitations
- Developing the skill of global awareness in the classroom



YOUR TEACHERS

The 200hr Teacher Training is led by Power Living's Senior Facilitation team. With a combined teaching repertoire of over 40 years in the classroom, you can be rest assured that you'll be studying with some of the most knowledgeable facilitators in the industry. Masters of their craft, they love sharing their passion for yoga and offering the pathway for new teachers.

Delivery of this program has been refined and developed over a decade of delivery. You'll be in the hands of experts who are committed to bringing out the best in each and every student.

You'll graduate a powerful, transformed Being.





WHAT YOU GAIN



- 200hr Yoga Teacher Training Certification with Power Living
- Eligibility to register with Yoga Alliance and Yoga Australia, worldwide yoga accreditation organisations
- Continuing education pathway to gain 500hr teaching accreditation with Power Living
- One-on-one support and guidance post-graduation from the Power Living Training and Development Team
- The ability to teach a life-changing practice in any environment: schools, corporate offices, studios, fitness centres, healthcare practices and beyond
- Graduate with one of the most sought after yoga teacher training certificates in the industry



TUITION

Investment for the 200hr Teacher Training program: **\$4,899**

- The tuition fee includes the Immersion week in Bali

Power Living members (direct debit, 6 or 12-month membership) receive a 10% discount: **\$4,409.10**

PAYMENT OPTIONS

- Upfront payment – pay initial deposit of \$1,000 at registration to secure your spot. Pay the remaining balance 6 weeks before the start date of your program
- Payment Plan (by request) – pay initial deposit of \$1,000 at registration to secure your spot. Pay the remaining balance in 10 x fortnightly payments (\$400 non-members/\$350 for members)

INCLUDED

- Your 200hr Teacher Training manuals
- All accommodation and food costs for Module Two – Retreat Immersion
- Access to YOGAHOLICS. Power Living's online yoga website for the duration of the whole program.
- Unlimited practice at any Power Living Studio's over Module One of the Program (Approx 6 weeks)

NOT INCLUDED

- Compulsory text books – Key Pose of Yoga by Ray Long, Key Muscles of Yoga by Ray Long and Modern Yoga by Duncan Peak
- Travel expenses to and from the retreat: flights, airport transfers, visas and travel insurance (required)



COURSE DATES & LOCATIONS

MANLY BEACH STUDIO Feb – May 2017

Module One – Core Program

- Thursday 23 to Sunday 26 February
AND
Thursday 16 to Sunday 19 March
- 7:30am to 5:30pm
- Power Living Manly Studio, Sydney

Module Two – Retreat Immersion

- Sunday 9 to Saturday 15 April
- Sunday 4pm (check in from 2pm) to Saturday 10am
- Bali, Indonesia

Module Three – Assisting Program

- Friday 21 to Sunday 23 April
- Friday 4:30pm – 9:30pm, Sat and Sun 7:30am – 4:30pm
- Power Living Manly Studio, Sydney

Review and Final Exam Day – Core Program Completion

- Saturday 6 and Sunday 7 May
- 7:30am to 5:30pm
- Power Living Manly Studio, Sydney

BONDI BEACH STUDIO May – Jul 2017

Module One – Core Program

- Thursday 11 to Sunday 14 May
AND
Thursday 25 to Sunday 28 May
- 7:30am to 5:30pm
- Power Living Bondi Beach, Sydney

Module Two – Retreat Immersion

- Sunday 18 to Saturday 24 June
- Sunday 4pm (check in from 2pm) to Saturday 10am
- Bali, Indonesia

Module Three – Assisting Program

- Friday 30 June to Sunday 2 July
- Friday 4:30pm – 9:30pm, Sat and Sun 7:30am – 4:30pm
- Power Living Bondi Beach, Sydney

Review and Final Exam Day – Core Program Completion

- Saturday 15 and Sunday 16 July
- 7:30am to 5:30pm
- Power Living Bondi Beach, Sydney



PERTH STUDIO Feb - May 2017

Module One – Core Program

- Thursday 23 to Sunday 26 February
AND
Thursday 16 to Sunday 19 March
- 7:30am to 5:30pm
- Power Living North Perth

Module Two – Retreat Immersion

- Sunday 9 to Saturday 15 April
- Sunday 4pm (check in from 2pm) to Saturday 10am
- Bali, Indonesia

Module Three – Assisting Program

- Friday 21 to Sunday 23 April
- Friday 4:30pm – 9:30pm, Sat and Sun 7:30am – 4:30pm
- Power Living North Perth

Review and Final Exam Day – Core Program Completion

- Saturday 6 and Sunday 7 May
- 7:30am to 5:30pm
- Power Living North Perth

FITZROY STUDIO

Feb – May 2017

Module One – Core Program

- Thursday 9 to Sunday 12 February
AND
Thursday 16 to Sunday 19 March
- 7:30am to 5:30pm
- Power Living Fitzroy, Melbourne

Module Two – Retreat Immersion

- Sunday 9 to Saturday 15 April
- Sunday 4pm (check in from 2pm) to Saturday 10am
- Bali, Indonesia

Module Three – Assisting Program

- Friday 21 to Sunday 23 April
- Friday 4:30pm – 9:30pm, Sat and Sun 7:30am – 4:30pm
- Power Living Fitzroy, Melbourne

Review and Final Exam Day – Core Program Completion

- Saturday 6 and Sunday 7 May
- 7:30am to 5:30pm
- Power Living Fitzroy, Melbourne

WELLINGTON STUDIO

May – Jul 2017

Module One – Core Program

- Thursday 11 to Sunday 14 May
AND
Thursday 25 to Sunday 28 May
- 8am to 6pm
- Power Living Wellington, New Zealand

Module Three – Assisting Program*

- Friday 30 June to Sunday 2 July
- Friday 4:30pm – 9:30pm, Sat and Sun 7:30am – 4:30pm
- Power Living Wellington, New Zealand

Module Two – Retreat Immersion

- Sunday 18 to Saturday 24 June
- Sunday 4pm (check in from 2pm) to Saturday 10am
- Bali, Indonesia

Review and Final Exam Day – Core Program Completion

- Saturday 15 and Sunday 16 July
- 8am to 6pm
- Power Living Wellington, New Zealand

* The Module 3 Assisting Program will run prior to the Module 2 Retreat Immersion



ADELAIDE STUDIO

May - Jul 2017

Modules 1 & 3 – Core Program & Assisting Program

- Wednesday 3 to Sunday 7 May
AND
Wednesday 17 to Sunday 21 May
- 8am to 6pm
- Power Living Adelaide

Module Two – Retreat Immersion

- Sunday 18 to Saturday 24 June
- Sunday 4pm (check in from 2pm) to Saturday 10am
- Bali, Indonesia

Review and Final Exam Day – Core Program Completion

- Saturday 8 and Sunday 9 July
- 8am to 6pm
- Power Living Adelaide



APPLY

Places on our courses are limited and sell out well in advance. Please ensure you complete your registration as soon as possible to ensure a guaranteed placement.

To get started:

- Review ALL the information in this document
- Research Power Living to ensure our vision aligns with you and your training needs: www.powerliving.com.au
- Carefully review all dates, costs, curriculum, and policies
- Complete the online application form in its entirety. Payment of \$1,000 deposit is required at this stage
- Wait for communication via email approving your application from Power Living. You will receive this within 7 days of submitting your application

ONLINE REGISTRATION

Please register online at powerliving.com.au - visit the events page and select your chosen training. Please note that you will need to make a minimum payment of \$1,000 deposit at the time of registration and you will need to upload a profile picture. The photo will only be used internally by Power Living to share with the facilitators on your course.

CONTACT US

If you have any questions, please don't hesitate to contact the program team at programs@powerliving.com.au or by phone on **02 9977 5001**.

