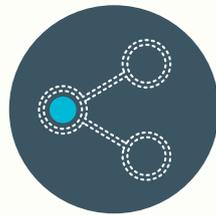




200hr Yoga Teacher Training



*The most powerful
yoga training in Australia*



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 to 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 two to 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

115 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

65 contact hours

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 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

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.

Your teachers





Bali Immersion Week

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

We hold this retreat in Bali to allow you to live and breathe yoga for an entire week – without the distractions of everyday life! Feel the benefits of being on an island that is culturally and spiritually aligned with the yogic path. Feel your body and mind lighten as you soak up the Balinese way of life – meditate on the sand as the sun rises over the ocean.

The core of Power Living's methodology lies in the practice of Svadyaya (self-study). Our retreat module is dedicated to going deep to uncover 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.

Alongside self-study, you will challenge your physical body with powerful and dynamic vinyasa practices – including breaking down yoga postures and examining the anatomy involved in our practice. Daily meditation and yin yoga practices will also form part of the retreat schedule. This week will leave you feeling strong and inspired with a renewed passion for your life and yoga practice.

Of course, there will also be time on your lunch break to relax and enjoy the pools and beach at the stunning Komune Resort where we hold the retreat. Komune is right on the beach so you are welcome to take advantage of sunrise swims, surfs and meditations.

Relax by the pool with a smoothie or book in for a well-deserved spa treatment! The retreat is led in part by Duncan Peak (Power Living Founder and pioneer of modern yoga in Australasia) and our senior facilitation team.

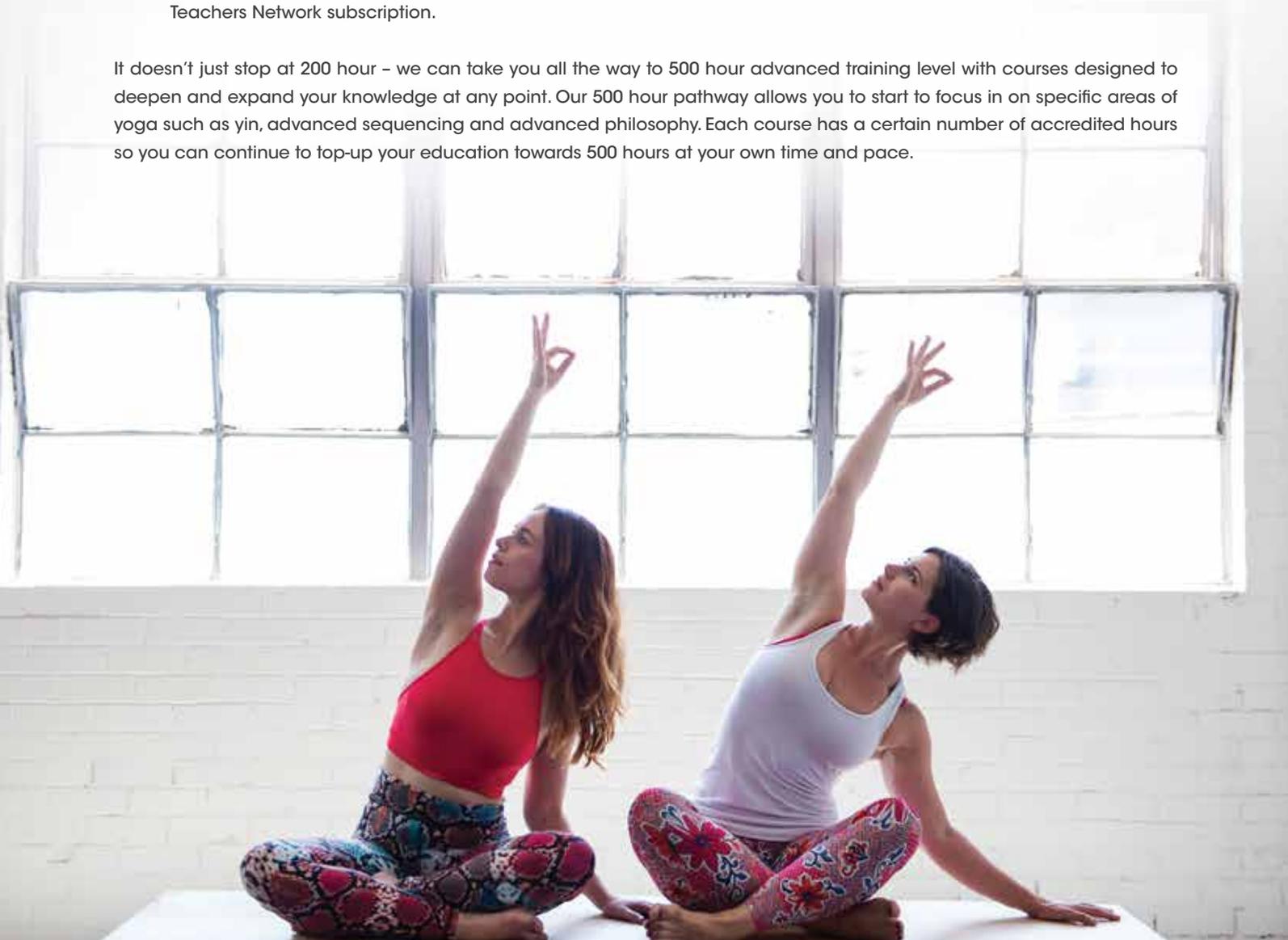


Post Course Development

One of the most confronting parts of qualifying as a new yoga teacher can be knowing what to do next and how to continue your development. This is why we provide several post-course programs, specifically designed for our 200 hour graduates to support you on your yoga journey. These include:

- **Power Living Teachers Network** – Gain access to further development sessions, discounts on further training course with us, your bio live on the Power Living website and exclusive teachers asana practices.
- **Assisting Programs** within our studios – Once you've graduated from your teacher training, you're welcome to volunteer to assist our yoga classes for a 10-week period where your paired teacher will provide feedback and mentoring. This invaluable experience helps you start to truly understand the anatomy of the human body and what each student needs to find the most transformative results from each pose. Assisting gives you the opportunity to absorb teaching cues, sequences and themes from the viewpoint of assistant (rather than participant on the mat!). The assisting program is the first step on a pathway to teach within Power Living studios.
- **Monthly Super Coach sessions** (currently Sydney based studios only) – Gain feedback after graduation to develop your teaching. You'll have the opportunity to assist or teach in a mock class environment and be coached by our senior facilitators.
- **YOGAHOLICS.com.au** – Power Living's online yoga platform is an amazing tool to continue perfecting your teaching skills – pause and replay those oh-so-awesome alignment cues to your hearts content! YOGAHOLICS is included in your Teachers Network subscription.

It doesn't just stop at 200 hour – we can take you all the way to 500 hour advanced training level with courses designed to deepen and expand your knowledge at any point. Our 500 hour pathway allows you to start to focus in on specific areas of yoga such as yin, advanced sequencing and advanced philosophy. Each course has a certain number of accredited hours so you can continue to top-up your education towards 500 hours at your own time and pace.





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: \$4,999

- *The tuition fee includes the Immersion week in Bali*

Power Living members (direct debit, 6 or 12-month membership) receive a 10% discount: **\$4,499.10**

PAYMENT OPTIONS

- Upfront payment – pay initial deposit of \$1,500 at registration to secure your spot. Pay the remaining balance six weeks before the start date of your program
- Payment Plan (by request) – pay initial deposit of \$1,500 at registration to secure your spot and an additional \$500 six weeks before the start date of your program. Pay the remaining balance in 3 staggered payments (please contact our programs team for exact payment dates and terms). All payment plans incur a 3% service fee

EARLY REGISTRATION BENEFITS (4 Months Prior to course Start Date)

- Members who register 4 months in advance will receive immediate access to YOGAHOLICS.COM.AU to begin training and conditioning with Duncan Peak & the Power Living Senior Team. Members will also receive 10% off the course fees. Members are offered the option to pay this reduced price on the payment plan described above.
- Non-Members who register 4 months in advance will receive a 10% discount on the course fees if paid in full upon registration. No Payment plan options.

INCLUDED

- Your 200hr Teacher Training manuals
- All accommodation and food costs for Module Two – Retreat Immersion
- Access to YOGAHOLICS.COM.AU, 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 (From the start of your program up to the day of your retreat)

NOT INCLUDED

- Compulsory text books – Key Poses 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 and locations

Manly, Fitzroy & Perth Studios* Feb – April 2019

Module One – Core Program

- Thursday 14 – Sunday 17 February
- AND
- Thursday 28 February – Sunday 3 March
- 7:30am – 5:30pm

Module Two – Retreat Immersion - Bali

- Sunday 10 – Saturday 16 March
- Sunday 4pm (check in from 2pm) to Saturday 10am

Module Three – Assisting Program

- Friday 29 – Sunday 31 March
- Friday 4:30pm – 8:30pm, Sat and Sun 7:30am – 4:30pm

Review and Final Exam Day – Core Program Completion

- Saturday 6 and Sunday 7 April
- 7:30am to 5:30pm

Parts of the North Perth Program will be held nearby at North Perth Town Hall

Module One

Thursdays - Saturdays will be held at North Perth Town hall from 7:30am-6pm
Sundays will be held at Power Living North Perth studio from 7:30am-4pm

Module Three

Friday will be held at North Perth Town Hall from 4:30pm-8:30pm
Saturday will be held at North Perth Town Hall from 7:30am-5pm
Sunday will be held at Power Living North Perth studio from 7:30am-4pm

Exam Weekend

Saturday will be held at Town Hall from 7:30am-4pm
Sunday will be held at Power Living North Perth studio from 7:30am-4pm





Course dates and locations

Bondi Beach, Adelaide April – June 2019

Module One – Core Program

- Thursday 18 – Sunday 21 April
AND
- Thursday 2 – Sunday 5 May
- 7:30am – 5:30pm

Module Two – Retreat Immersion - Bali

- Sunday 19 – Saturday 25 May
- Sunday 4pm (check in from 2pm) to Saturday 10am

Module Three – Assisting Program

- Friday 14 – Sunday 16 June
- Friday 4:30pm – 8:30pm, Sat and Sun 7:30am – 4:30pm

Review and Final Exam Day – Core Program Completion

- Saturday 22 and Sunday 23 June
- 7:30am to 5:30pm

Fitzroy April – June 2019

Module One – Core Program

- Thursday 25 – Sunday 28 April
AND
- Thursday 9 – Sunday 12 May
- 7:30am – 5:30pm

Module Two – Retreat Immersion - Bali

- Sunday 19 – Saturday 25 May
- Sunday 4pm (check in from 2pm) to Saturday 10am

Module Three – Assisting Program

- Friday 31 May – Sunday 2 June
- Friday 4:30pm – 8:30pm, Sat and Sun 7:30am – 4:30pm

Review and Final Exam Day – Core Program Completion

- Saturday 8 and 9 June
- 7:30am to 5:30pm





Course dates and locations

Manly October – December 2019

Module One – Core Program

- Thursday 10 – Sunday 13 October
AND
- Thursday 24 – Sunday 27 October
- 7:30am – 5:30pm

Module Two – Retreat Immersion - Bali

- Sunday 10 – Saturday 16 November
- Sunday 4pm (check in from 2pm) to Saturday 10am

Module Three – Assisting Program

- Friday 22 – Sunday 24 November
- Friday 4:30pm – 8:30pm, Sat and Sun 7:30am – 4:30pm

Review and Final Exam Day – Core Program Completion

- Saturday 30 November and Sunday 1 December
- 7:30am to 5:30pm

Adelaide & Bondi Beach October – December 2019

Module One – Core Program

- Thursday 17 – Sunday 20 October
AND
- Thursday 31 October – Sunday 3 November
- 7:30am – 5:30pm
- 8am – 6pm

Module Two – Retreat Immersion - Bali

- Sunday 10 – Saturday 16 November
- Sunday 4pm (check in from 2pm) to Saturday 10am

Module Three – Assisting Program

- Friday 29 November – Sunday 1 December
- Friday 4:30pm – 8:30pm, Sat and Sun 7:30am – 4:30pm

Review and Final Exam Day – Core Program Completion

- Saturday 7 and Sunday 8 December
- 7:30am to 5:30pm



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 \$1,500 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 \$1,500 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

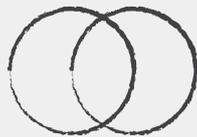
If you have any questions, please don't hesitate to contact the program team at programs@powerliving.com.au or by phone on **02 9191 0351**.





200Hr Yoga Teacher Training

1 Month Intensive



*The most powerful
yoga training in Australia*

2019



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Who is the 200hr teacher training for?

ARE YOU READY?

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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 to 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 one month 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 Syllabus

CORE PROGRAM

- Laying The Foundations

155 hours (135 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



ASSISTING PROGRAM

- The Touchy Subject

30 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



EXAMS & GRADUATION

- Ready To Teach

15 hours (all contact hours)

To graduate from the 200hr program there will be a practical and a written assessment. You will also be required to complete two essays on specific course content. (Due no later than one month after course completion)

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.

Your teachers





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: **\$3,599**

Power Living members (direct debit, 6 or 12-month membership) receive a 10% discount = **\$3239.10**

PAYMENT OPTIONS

- Upfront payment – pay initial deposit of \$1,500 at registration to secure your spot. Pay the remaining balance six weeks before the start date of your program
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INCLUDED

- Your 200hr Teacher Training manuals
- 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 (From the start of your program up to the day of your retreat)

NOT INCLUDED

- Compulsory text books – Key Poses of Yoga by Ray Long, Key Muscles of Yoga by Ray Long and Modern Yoga by Duncan Peak
- Accommodation during the course



Dates and location

POWER LIVING FITZROY STUDIO

Monday, September 2 – Friday, September 27 2019

Every Monday - Friday

9am - 6pm Daily

POWER LIVING BONDI BEACH STUDIO

Monday, August 5 – Friday, August 30 2019

Every Monday - Friday

8am – 5pm Daily

ZEN HOT YOGA & PILATES, BRISBANE

Monday, June 3 – Friday, June 28 2019

Every Monday – Friday

8am – 5pm Daily



Apply

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CONTACT US

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