



200HR TEACHER TRAINING

handbook

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WHY WE'RE DIFFERENT?

We do pride ourselves on producing the highest quality Teachers BUT we equally understand that your interest in this course may have nothing to do with Teaching yoga.

Instead, you may be seeking a deeper, richer understanding of YOU and how Yoga can assist you in your life both ON and OFF the mat.

Our teacher training programme is a powerful catalyst for personal transformation. Dive deeper into your practice, confront beliefs that hold you back, and discover your authentic self. Training with Flow Space will help you unlock the best of you and equip you with everything you need to be a strong and confident teacher if you choose to take that path.

You'll learn from passionate and highly experienced teachers, imparting wisdom from their years of teaching yoga. We deliver a comprehensive, empowering programme, equipping students with the confidence and know-how to start teaching yoga with joy and authenticity as well an opportunity to live into the highest version of themselves.



200HR REGISTERED BY YOGA ALLIANCE

TEACH ANYWHERE IN THE WORLD

Our studio has met the stringent requirements of Yoga Alliance US, denoting the highest standards of yoga teacher training, and enabling our graduates to apply for RYT (Registered Yoga Teacher) status.

Yoga Alliance is the largest internationally recognised organisation for professional yoga teachers and schools. With high standards both in teaching and in ethics, certification from Yoga Alliance requires the utmost consistency and quality in yoga teaching facilities. With our certification, you can be confident that the Flow Space programme delivers the highest standards in yoga teaching, and that all our teaching faculty members have the necessary qualifications.

After completing your 200-hour training with Flow Space, you may apply for RYT status with Yoga Alliance, giving you professional yoga teaching certification (Registered Yoga Teacher, commonly abbreviated as 200 RYT).

TECHNIQUE TRAINING & PRACTICE

Master an energetic & balanced Vinyasa Flow sequence. Gain a comprehensive understanding of traditional yoga techniques including Pranayama, Bandhas and Meditation. Learn how to apply these essential techniques into your practice and teaching.

- Asanas (postures)
- Pranayama (breathing techniques)
- Meditation
- Yoga Nidra
- Bandhas

TEACHING METHODOLOGY

Learn how to put together mind-blowing classes for your students. Master sequencing, delivery, precise hands-on adjustments and how to bring an authentic and inspiring theme to your yoga classes. With teaching practice, direct feedback and coaching from the get-go, this course ensures you will walk into the yoga world bursting with knowledge and confidence.

- Principles of instruction
- Demonstration and observation in a class setting
- Assisting and correcting asana
- Coherent Teaching: cues and clear communication
- The art of sequencing a yoga class
- Aspirational Qualities of a teacher
- Setting up a yoga room and teaching with music

ANATOMY AND PHYSIOLOGY

Delve into anatomy and become inspired by the human body. Learn how to read students' bodies, and how to confidently assist and direct individuals based on their body's needs and limitations.

- Physical Anatomy of the human body
- Energetical Anatomy (intro to chakras, nadis and more)

YOGA PHILOSOPHY, HISTORY AND TRADITION

Study yogic history and tradition to discover ancient teachings that are remarkably relevant in today's reality. Develop and deepen your understanding of the philosophical texts that underpin the practices.

- The history and origins of Yoga
- The philosophy of Yoga
- Sanskrit basics

PROFESSIONAL ASPECTS OF YOGA TEACHING

Discover how to take your teaching beyond the training and make Yoga a successful career (if you choose). Learn how to establish a professional and ethical framework from which to teach.

- Organising classes, workshops and retreats
- Ethics and professionalism for yoga teachers

YOGA & YOU

Discover how Yoga extends far beyond the mat. Dive deep into the vast landscape that is YOUR MIND and understand how it's the key to sustained success. Success being whatever you define it to be... more connection, more energy, more love, more understanding, more self awareness, more happiness, more joy etc

Even a great strategy won't succeed without the right mindset to implement it. When you change your mindset, you are then able to transform your life. Most people are held back by their own **limiting beliefs** – they become trapped in a cycle of negative self-talk and become convinced they're unworthy or unable to accomplish their goals.

This is where the practice of YOGA begins...

- Learn and implement incredible frameworks, collated from both traditional Yoga Philosophy and also Modern Science so you can tap into your full potential, illuminating more of who you are.



2023 LOCATION & DATES

North Perth Studio
158A Vincent Street, North Perth, 6006

**20th JUL - 23rd JULY | MODULE 1a
(In Studio)**

Techniques, Anatomy, Teaching Methodology &
Posture Breakdown

**10th AUG - 13th AUG | MODULE 1b
(In Studio)**

Pranayama, Teaching Methodology & Posture
Breakdown

**21st - 25th AUG | MODULE 2
Yallingup Retreat**

Teaching Methodology, Belief Systems,
Assisting, Meditation, Daily Practice

**9th - 10th SEPT | MODULE 3
(In Studio)**

The Art of Assisting

**16th - 17th SEPT | MODULE 4
(In Studio)**

Review & Certification

APPLICATION PROCESS

PLEASE NOTE:

Upon acceptance, we require an initial deposit of \$500 towards the total course fee to secure your place.

COSTS

~~Normally \$4895 AUD~~

Early Bird | Only \$4495 AUD (save \$400)

Deposit of \$500 must be paid on application to secure your spot

PAYMENT PLAN OPTION - 6 MONTHS:

\$500 deposit, followed by 6 equal monthly instalments of \$666.

MINIMUM PAYMENT by JULY 20th, 2023

Due to the Retreat prerequisites, Flow Space requires a minimum of at least \$1,166 of tuition to be paid in full by JULY 20th, 2023.

Example of Minimum Payment | \$500 (deposit) + \$666 (1st Payment Plan Instalment) = \$1,166

REFUND POLICY

If you find yourself in extenuating circumstances and need to withdraw, please request a withdrawal in writing via email to adam@flowspaceyoga.com.au. Please include your full name, the enrolment to be terminated and a brief explanation.

Once received we will assess your request and if accepted, terminate your enrolment. You may have the opportunity to apply for a refund (see terms below). Note an administration fee will apply.

200hr Teacher Training:

> 30 days before course commencement: 25% of deposit is refundable (\$125)

< 30 days before course commencement: No deposit refundable

(Note: You can transfer full deposit towards further training at Flow Space)

Any Trainee wishing to withdraw from their enrolment after the course has commenced will have their request accessed on a case-by-case basis. Any withdrawal request after JULY 20th, 2023, will forfeit at least the minimum payment due to pre-booking of the Retreat. The remaining consideration will apply on a pro rata basis of course completion.

DO I NEED TO HAVE AN ADVANCED PRACTICE TO APPLY?

No. We look at passion, compassion, commitment to learning, living consciously and the desire to share the practice much more than a person's physical abilities. Many people come to our trainings with widely varying backgrounds. We realized early-on that, if we excluded people based solely on their physical practice or experience-to-date, we would have kept a lot of amazing people with soaring spirits out of the program. So we've never set any arbitrary posture requirements that ultimately tell us very little about a person's ability and desire to become a great teacher.

CAN I DO THE TRAINING JUST TO DEVELOP MY OWN PRACTICE, RATHER THAN TO TEACH YOGA?

Yes. Our course is designed to help students reach the necessary level to qualify as teachers. Most of our past students who initially shied away from Teaching now teach yoga, either full or part-time, although some chose to do the course to develop their personal practice and deepen their understanding of yoga.

A FEW MORE QUESTIONS

WHAT DO I NEED TO BRING FOR THE COURSE?

You will need a mat and writing equipment. We also suggest bringing water and snacks (dried fruit and nuts) as well as a towel.

WHAT IS THE ASSESSMENT PROCESS?

On the final weekend you'll have a multiple choice and practical assessment but rest assured we take great pride in ensuring you are fully prepped and ready to go.

IF YOU'RE PASSIONATE, YOU'RE READY?

We'd love to hear from you! Please contact studio owner Adam at adam@flowspaceyoga.com.au or on 0430778894 and he'll get back to you very soon.

Or if you're ready to take the next step and apply, please fill in our application form attached to secure your spot and start the journey!

