

## Om Yoga Studio RYT 200 Teacher Training February - June 2018

### Application Form

Kia Ora,

Thank you for your interest in our RYT-200 Teacher Training program. Making the decision to join our Teacher Training will take you on an exciting journey of self-discovery, self-inquiry and personal transformation.

#### **Why learn with us...**

As guides and teachers at Om Yoga Studio and The Yoga Corner we offer a fun, supportive, nurturing learning environment to develop the necessary tools and skills to become a yoga teacher. The process gives you a holistic platform from which you can enhance your own and other's lives with both confidence and a deepening awareness of self.

The Teacher Training program has been designed to offer a well-rounded introduction to the practical skills required for teaching as well as an understanding of the ancient yogic philosophies and how to integrate these when teaching classes for our modern day world.

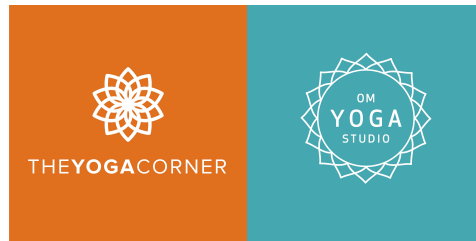
Teacher Trainees are offered an opportunity to deepen and expand their own practice whilst learning to teach from a place of authenticity and integrity.

We encourage Teacher Trainees to develop their full potential, moving through the process of personal transformation into a deeper place of conscious awareness.

OM Yoga Studio Teacher Training will prepare you to teach two styles of yoga including Vinyasa and Yin.

We welcome you to join us for this incredible rewarding journey on and off the mat!

Namaste.



### **About the teachers...**

**Fiona Liu E-RYT**

[hotyogaauckland@gmail.com](mailto:hotyogaauckland@gmail.com)

**Co-Director/Co-Owner**

**Om Yoga Studio**

**The Yoga Corner**

Fiona is a senior teacher at The Yoga Corner and Om Yoga Studio and a lead teacher for Om Yoga Studio teacher training programme. She teaches group classes, workshops, private sessions and corporate yoga. Since completing her 200-hour Teacher Training with Hot Yoga New Zealand in 2009, Fiona has furthered her study extensively including trainings with Sarah Powers, Tiffany Cruikshank, Donna Farhi, Noah Maze, Desiree Rumbaugh, Martin Kirk, Bernie Clark and Duncan Peak.

Fiona is very passionate about yoga therapy; helping people to awaken their body and mind through yoga. She is highly capable of working with individuals to offer them the best practice for their body structures and mental states as well as encouraging the discovery of inner calmness and strength.

**Sandey Hoskin**

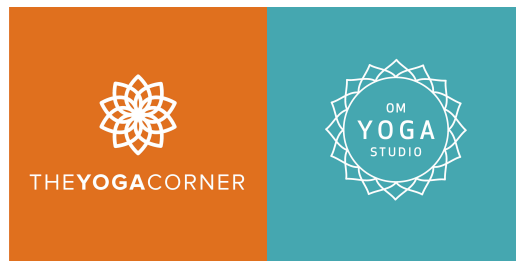
[sandeyh@gmail.com](mailto:sandeyh@gmail.com)

**Co-Director/Co-Owner**

**The Yoga Studio**

Sandey completed her 200-hour Teacher Training in 2009 and 500 hour with Mark Stephens. She is a senior teacher at Om Yoga Studio (Co-owns). Sandey's strength is in teaching Hatha and Vinyasa flow. Her classes are creative, challenging and inspiring. Sandey has furthered her education and training with Leslie Kaminoff, Mark Stephens, Duncan Peak, Amy Ippoliti, Tiffany Cruikshank, Shiva Rea, Noah Maze and Cameron Shayne.

With a passion for holistic health and well-being Sandey's classes and teachings offer more than just a physical practice. Sandey emphasizes the importance of integrating all aspects of yoga into classes. She is both caring and intuitive in her approach. Sandey is focused to strong safe structural alignment principles in teaching along with mindfulness and breath awareness tools and techniques to guide individuals into a deeper awakening of mind-body connection.



## **Kylie Rook**

[yogawithkylie@gmail.com](mailto:yogawithkylie@gmail.com)

Kylie was born to move and to teach. From the age of 5 she began dancing and by 16 she was teaching Dance. Between dance and yoga she has been teaching for 20+ years – children through to adults, abled bodied and those with neuromuscular conditions or injuries.

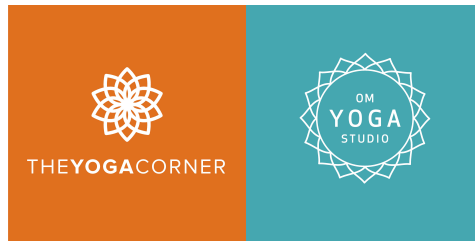
Along with this passion to share her knowledge, she has always loved anatomy and physiology and the kinesiology of movement. She started her working life with a Bachelor of Nursing and has since gone on to study with Yoga Medicine after gaining her RYT200.

She is a passionate yogi with a dedicated self practice and a desire to learn more. She believes that the best teachers are the ones that are also forever students. Always enquiring, learning, studying and staying curious. Her teaching comes from a strong anatomical base with the Philosophy of Yoga brought into an everyday context.

She loves to teach and share her passion for Yoga, Anatomy and how to improve your life through a deeper awareness of yourself and your breath.

### **You will learn...**

- The proper alignment, benefits and potential risks of foundational yoga postures in Vinyasa Flow, Hatha and Yin.
- Principles of anatomy and how they apply to each posture. We have the absolute pleasure of having Leslie Kaminoff (Yoga Anatomy 2<sup>nd</sup> Edition) coming to teach a 6-hour immersion workshop for this training.
- Intelligent sequencing of a yoga class.
- How to observe and see bodies and be able to make basic hands on adjustments.
- The art of using your voice with confidence and authenticity.
- Confidence through practice teaching, giving and receiving feedback from teachers and students.
- An introduction to ancient yoga history and philosophy including the Yoga Sutras.
- An introduction into the subtle body, Ayurveda, meridians, chakras and meditation.



- Sanskrit names of postures and their etymology.
- Ethics of a yoga teacher. The student/teacher relationship.
- The business of yoga and what's next.

### **How to Register...**

Please complete the form and return to Om Yoga Studio via email at [info@omyogastudio.co.nz](mailto:info@omyogastudio.co.nz) or hand it in at the The Yoga Corner / Om Yoga Studio reception. Enrolment in this program is not confirmed until a \$2,500 (non refundable or transferrable) minimum deposit is received.

### **Training Payment Options**

(Cash, EFTPOS and Online Transfer payment methods only)

**Option 1:** NZ\$4,900, includes 4 months unlimited yoga and 10% off all books.

**Option 2:** NZ\$4,400 if you already have an unlimited membership with The Yoga Corner/ Om Yoga Studio.

### **Early Registration Discount**

Save \$300 if you register and pay before November 30<sup>th</sup>, 2017.

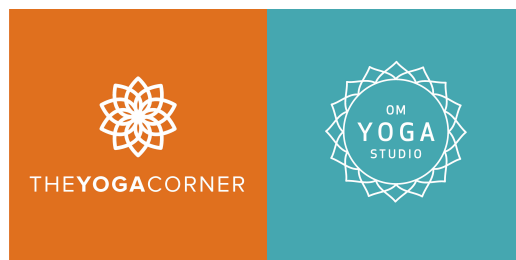
### **Refund Policy**

For cancellation one month prior to the start date, payment will be refunded less \$500 application fee. Less than one month prior to and up to the day before training begins, 25% of the teacher training cost will be refunded. There is NO refund once training begins.

### **Dismissal from the Program**

Group work demands trust, promptness and accountability on the part of student and teacher alike for maximum effectiveness and growth. **Should you fail to meet the code of ethics, preparation and/or attendance requirements of the Program you be given up to two reminders depending on the situation, after which you be asked to leave the Program with no fees paid back.** Any missed sessions need to make up by paying the lead teacher / workshop teacher \$90 per hour for private sessions.

**Class Size:** Limited to 21 students only.



**Training Dates and Times (Long weekends Friday – Sunday - 7am – 7pm):  
Clinics will be held on Saturdays for 4 hours and workshops on Sundays 3-4 hours of the same weekend as clinics.**

- February 23<sup>rd</sup> - 25<sup>th</sup> – Module One
- Leslie Kaminoff Workshop Friday March 2<sup>nd</sup> (6 hours)
- March 10<sup>th</sup>-11<sup>th</sup> Yin workshop and Asana clinic
- March 23<sup>rd</sup> – 25<sup>th</sup> – Module Two
- Clinic Apr 7<sup>th</sup> – 8<sup>th</sup> – Asana Clinic
- April 20<sup>th</sup> – 22<sup>nd</sup> – Module Three
- May 5<sup>th</sup> – Voice Coaching Clinic
- May 6<sup>th</sup> - Kara-Leah Workshop Home Practice
- May 18<sup>th</sup> – 20<sup>th</sup> – Module Four - Mindfulness
- May 26<sup>th</sup> – 27<sup>th</sup> – Final practical's and Written assessment
- June 2<sup>nd</sup> (Graduation)

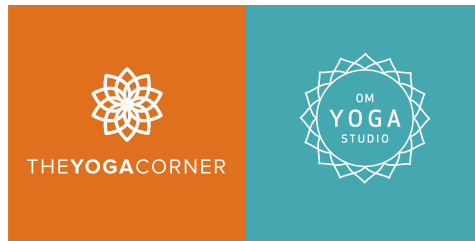
### **Workshop Dates and Time**

<b>Yin Yoga Workshop</b>
March 11 <sup>th</sup> – 12:00 – 4:00pm
<b>Voice Coaching Workshop</b>
May 5 <sup>th</sup> - 12:00 – 3:30pm

**Typical Daily Schedule** (topics and content subject to change each day but the framework will remain the same)

### **Requirements for Completion**

- **100% Attendance.**



### **Required Reading:**

- Teaching Yoga by Donna Farhi.
- Teaching Yoga by Mark Stephens.
- Yoga Anatomy 2<sup>nd</sup> edition by Leslie Kaminoff.
- The Yamas and Niyamas by Deborah Adele.
- Anatomy of the Spirit by Caroline Myss
- The Complete Guide to Yin Yoga by Bernie Clark
- The Heart of Yoga by T.V.K. Desikachar
- Mindfulness in Plain English by Bhante Gunaratana.
- Light on Life by BKS Iyengar.

### **Recommended Reading:**

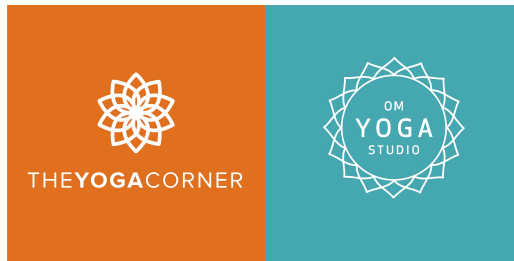
- Journey into Power by Baron Baptiste.
- Insight Yoga by Sarah Powers.
- Yoga Sequencing by Mark Stephens
- Yoga Adjustments by Mark Stephens.
- The Key Muscles of Yoga by Ray Long
- Wheels of Life by Anodea Judith.

### **Personal Practice**

Students must have a regular personal practice whilst participating in the training. You are expected to practice either at Om Yoga Studio or The Yoga Corner 3-4 times a week outside the training hours. A mix of all these styles (Vinyasa, Yin, Yin Yang, Hatha Align, and Hot Hatha) is essential to the practice. This will give a well-rounded base for understanding how these styles differ and what to expect when teaching.

### **Graduation Requirements**

**In order to graduate and receive a certificate of completion, a student must achieve a 65% pass mark for all study assignments, and 75% for all practical requirements including the final exam.** There are no exceptions. Your certificate is recognized by Yoga Alliance®.



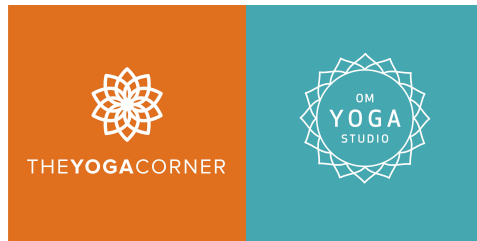
**A Little about You...**

Full Name:
Address:
Mobile:
Email:
Occupation
Gender:
Age:

Person to contact in case of emergency	
Name:	Phone:
Relationship:	

How did you hear about this course?

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How long have you been practicing yoga? How often do you practice?

What styles of yoga have you been practicing? Where and which teachers have you been practicing with?

What do you hope to learn, gain and transform about yourself? Why do you want to teach yoga?

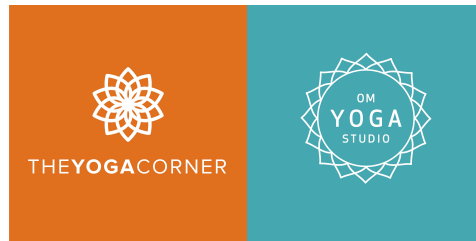




What are your expectations for this training?

Do you have any physical injuries, psychological or medical conditions we should know about?

List other interesting things you think we should know about you.

**Non-Disclosure Clause**

All information whether it be shared, written, discussed at the Studio(s) regarding students, teachers, training or policy is considered confidential and shall not be disclosed in whole or in part by you to any person without prior written consent. Violation of any part of this policy will result in immediate termination of this course with the trainee forfeiting all paid fees.

**Permission to Use Photographs and Footage**

In signing this agreement you agree to allow The Yoga Corner and Om Yoga Studio to use photographs and video footage in publications and promotional materials for print publications or website.

I have read, understand and agree to the terms and conditions of undertaking a program Om Yoga Studio / The Yoga Corner.

Name:

Signature:

Date: