

Integral Yoga® 200-hour Teacher Training Prospectus

Australian Program:

Module 1—Living Yoga: Feb 14—May 16, 2021 OR June 19—Sept 25, 2021

Module 2—Teaching the Level I Hatha Yoga Class: June 4—Nov 2, 2021

An internationally recognised Yoga Teacher Training program, where you have the opportunity to live Yoga as fully as possible, learning to teach with confidence, from the depth of your own experience.

Dear friend,
Hari Om!

Thank you for your interest in our 200-hour Integral Yoga Teacher Training Program. It is wonderful that you are considering expanding your experiences of Yoga through the teacher training process. For over five decades, students from all around the world have participated in Integral Yoga Teacher Trainings and we are delighted to once again be able to offer the Integral Yoga 200-hour program in Australia.

This comprehensive certification program, provided by the Integral Yoga Centre Melbourne and the Integral Yoga Institute San Francisco, in collaboration with Reflection Wellness Yoga Studio in Gisborne, offers a strong foundation for personal and spiritual development, an appreciation for nurturing your own practice, and the skills to become a knowledgeable and professional Yoga Teacher. The Integral Yoga training process naturally fosters the sensitivities required to help you create a safe environment where your students can support their wellbeing on all levels, feel free to realise their own potential, gain respect for themselves and gain a greater capacity to be of service to others.



The program is presented over two modules—*Living Yoga* and *Teaching the Level I Hatha Yoga Class*—and offers a 200-hour certification registered with Yoga Alliance. Across the two modules, the training includes 220+ contact hours of tuition over two residential retreats and twenty-three non-residential training days (dates below), as well as home study and practice, participation in unlimited Hatha classes and completion of written and practical assessment tasks. You can choose to take Module 1 first then Module 2 over nine-months, Feb 14—Nov 4, 2021, or to take both modules together over five months, June 4—Nov 4, 2021. You can also choose to take Module 1—*Living Yoga*—as a stand-alone program for personal development (and not receive certification to teach Level I Hatha Yoga), and certain components of *Living Yoga* will be available as individual short programs and classes.

The combination of small class sizes, residential retreats and extended part-time training offers the ideal opportunity to experience the teachings of Integral Yoga in depth and integrate them into your daily life. Graduates will have all the necessary training, skills and confidence to teach Integral Yoga Level I classes.

This prospectus contains detailed information on the program, including curriculum, prerequisites and facilitators. If you have any questions or require any further information, please feel free to contact us.

Love and peace,

Chitra Stern
Director and Teacher Training Coordinator
Integral Yoga Centre Melbourne

Integral Yoga® 200-hour Teacher Training Prospectus

Why take Integral Yoga Teacher Training and what will you learn?

The most effective Yoga teaching comes from the depths of the teacher's direct personal experience. Integral Yoga Teacher Training is designed to immerse you in living the teachings of Yoga as fully as possible while providing the knowledge, practice and certification needed to teach Integral Yoga Level I classes.

We aim to provide a training format that will allow you to integrate Yoga practices and philosophies into your daily life and experience the profound benefits of dedicated Yoga practice—ever deepening well-being and peace. Grounded in your own personal experience of Yoga, you can then qualify as an Integral Yoga teacher able to teach with confidence and authenticity.

This 200-hour Integral Yoga Teacher Training is presented over two training modules—*Living Yoga* and *Teaching the Level I Hatha Yoga Class*. During the training, you will immerse yourself in the experience of Yoga while receiving instruction in the Integral Yoga approach to teaching Hatha Yoga and learning to teach a Level I class, including how to give clear, concise, safe and meaningful instructions for each posture, how to lead students in deep relaxation, breathing practices, chanting and meditation and how to adapt the class to suit different needs.

You will have the opportunity to learn from one of Integral Yoga's most senior teachers, Swami Ramananda, as well as senior Australian instructors. You will also study and practice all the different aspects of Integral Yoga and have the opportunity to extend and refine your own practice of Yoga and meditation.

Integral Yoga 200-hour Teacher Training is a complete program that thoroughly prepares you as a Hatha Yoga instructor. If you are keen to continue your training beyond the 200-hour program, Integral Yoga offers many additional trainings that you can explore here: <https://integrallyoga.org/programs/>

This Australian training is provided by the [Integral Yoga Centre Melbourne](#) and the [Integral Yoga Institute San Francisco](#), in collaboration with [Reflection Wellness Yoga studio](#), Gisborne.

What makes Integral Yoga unique?

Integral Yoga is an integrated system—a complete yogic science synthesising the major branches of classical Yoga practices and philosophies to cultivate and maintain our physical, energetic, emotional, mental, and spiritual wellbeing. It combines many facets of Yoga, offering practical tools to help us develop our natural abilities in all areas of life, and experience our inner peace and freedom.

Founded and brought to the West by Sri Swami Satchidananda, the Integral Yoga system encapsulates the wisdom of the ages and has been taught and practiced in India, the USA, Europe, Australia and around the world for over fifty years. Integral Yoga Institutes and Integral Yoga Centres operate worldwide and offer classes and workshops in Hatha Yoga, meditation, Yoga philosophy, vegetarian diet, and many other aspects of Yoga, as well as comprehensive Teacher Training programs. Integral Yoga is the foundation for Dr. Dean Ornish's landmark work in reversing heart disease and Dr. Michael Lerner's noted Commonweal Cancer Help Program.

The many aspects of Integral Yoga include Raja Yoga (steps to concentration and meditation), Japa Yoga (the use of sound vibration), Karma Yoga (the path of dedicated action and selfless service), Jnana Yoga (the path of discrimination or self-analysis, inquiry into the nature of the Self, and witnessing the mind), Bhakti Yoga (the path of devotion and the heart, including the practices of chanting, prayer and gratitude), and the branch best known in the West, Hatha Yoga (including physical postures, breathing practices, relaxation techniques, yogic diet and cleansing practices).

You can find out more about Integral Yoga here:

<https://integrallyogamelbourne.org/>

<https://integrallyoga.org/>

<https://www.yogaville.org/>

<https://www.ornish.com/zine/purpose-yoga-ornish-program/>

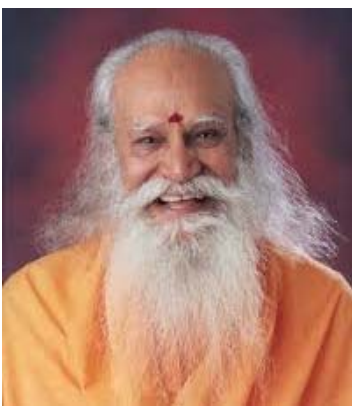


The Integral Yoga approach to Hatha Yoga

The Integral Yoga approach to Hatha Yoga emphasises non-competition and meditative exploration, promoting an indrawn awareness where students can connect with deeper and more subtle aspects of their being. Integral Yoga Hatha classes offer a beautifully integrated experience that includes many traditional Yoga practices in addition to asana (Yoga postures). Classes are moving meditations, where form in each asana is important but the primary focus is on being present and open to experiencing our innate peace, joy and vitality.

Initially classes involve a specific sequence of Yoga postures and practices that are designed to be accessible to every body. We begin gently then each student is encouraged to progress at her or his own pace. A typical Integral Yoga Hatha class opens with chanting, moves into asana practice, followed by deep relaxation, then pranayama (breathing practices) and meditation and closes with traditional peace chants so that students, having connected with their own inner peaceful nature, can make an offering of peace to other class members and out into the world.

Sri Swami Satchidananda



Sri Swami Satchidananda (Sri Gurudev) founded and spiritually guides Satchidananda Ashram-Yogaville® (Integral Yoga's headquarters) and the global Integral Yoga organization. Sri Gurudev is known and respected around the world as a teacher and Master of the science of Yoga, and for his leadership in the ecumenical movement.

During his life, Sri Gurudev received many honors including the Albert Schweitzer Humanitarian Award, the Juliet Hollister Interfaith Award at the United Nations and the U Thant Peace Award (previous recipients include Pope John Paul II, Mother Teresa, Archbishop Desmond Tutu, and Nelson Mandela). He authored many books, including *Integral Yoga Hatha*, *To Know Your Self*, *The Yoga Sutras of Patanjali*, and *The Golden Present*. He is the subject of two biographies, *Apostle of Peace* and *Portrait of a Modern Sage*,

and the film documentary *Living Yoga—the Life and Teachings of His Holiness Sri Swami Satchidanandaji Maharaj*. Sri Gurudev was born in 1914 and left his physical body in 2002.

Sri Swami Satchidananda's approach to Yoga is profound, simple, and practical—it helps people from every background to live richer, happier lives based on lasting values. His basic teaching is that peace and joy are already within us as our true nature and that Yoga can help us experience them. The entire Teacher Training program is based upon his teachings and approach.

Program structure and requirements

To fully support your development as a practitioner and teacher of Hatha Yoga, and your experience of Yoga beyond the mat, the program is presented through two modules—*Living Yoga* and *Teaching the Level 1 Hatha Yoga class*—that, together, include 220+ contact hours offered over two residential retreats and twenty-three full-day training sessions. As a primary focus of the training is the integration of Yoga into daily life, the program includes personal Yoga and meditation practice requirements and other non-contact study requirements in addition to the scheduled contact hours. The non-contact time requirement, including personal Yoga and meditation practice, reading, study and additional teaching practice time, varies from person to person, and on whether you take the two modules separately or together, but expect it to be a minimum average of six hours per week. Many of us have not studied for a long time—study support, including tips on how to study effectively and integrate study into our schedule, is provided.

Module 1—Living Yoga (55 contact hours)

Living Yoga runs as both a stand-alone program and as Module 1 of the 200-hour Teacher Training.

It is a four-month program that focuses on building home practice, and covers the yogic lifestyle components of the Teacher Training curriculum through exploring all the branches of Integral Yoga in detail and integrating yogic teachings into every day living. It can be taken prior to, or concurrent with Module 2.

Living Yoga is a program of active engagement in the practices of Yoga, so we can experience profound transformation. On one level, the more time and focus you put in, the more you will gain, but we are also very aware that in modern life, most of us simply do not have hours a day to dedicate to Yoga practices, as we might if we were living in a traditional Yoga Ashram. The program is designed to help us gain maximum benefit, through learning how to integrate Yoga into our daily activities and looking at how we are spending our time so we can prioritise our formal Yoga practice.

The Living Yoga module has two key components:

- **Personal practice** at home and in Yoga classes, that you will individually design, review and refine during our training days and your private mentoring sessions
- **Living Yoga** full-day training sessions and home study where we will learn and explore Yoga together

Personal practice (required during both Module 1 and 2):

Personal experience of Yoga is what makes a great teacher of Yoga, which is why we have such a strong focus on personal practice. The minimum time required for personal practice is based on our experience of the typical amount of time required to establish new habits and feel the benefits of Yoga in daily life. The following personal practice of Yoga, documented in a practice diary, is recommended if you are taking Module 1 only, and required if you are taking the full Teacher training program:

- **Regular attendance at Integral Yoga classes—a minimum of one class per week**—to support you in this, unlimited Hatha Yoga classes at both Reflection Wellness Studio and the Integral Yoga Centre Melbourne are included in the program at no additional charge
- **Daily meditation, including pranayama (breathing practice)**—a minimum of 15 minutes daily with the option to join a 30-minute guided online practice each weekday, time TBC
- **Daily home practice of Hatha Yoga**—a minimum of 15 minutes a day with the option to join our online personal practice sessions each weekday, time TBC (not required on days you attend a Hatha Yoga class)
- **Other personalised Yoga practises**—you will receive support to design a personal program geared around taking care of yourself on every level, with a focus on simple and powerful ways to integrate Yoga into daily life. Exactly what each participant's practice and commitment will look like, and the balance of what may require dedicated time and what will integrate into existing daily life will vary as everyone will tailor individual practices to suit their needs.

As Yoga practice is included in our training days, you are not expected to do more personal practice on those days.

Additional optional support to personal practice:

- **Private mentoring** with one of the training staff
- **Living Yoga Facebook page** offering daily inspirations, a forum to post celebrations and questions, plant-based recipes, poetry etc
- **Email support** with trainers to refine your practice or explore practice challenges
- **Participation** in Integral Yoga Centre Melbourne community events
- **A Yoga buddy**—the option to work more closely with another program participant to inspire and motivate each other—perhaps meditating at the same time, checking in with each other etc



Module 1—Living Yoga training—55 contact hours:

- **7 full-day sessions** (Dates below—Sundays 9.30am-5.15pm for the February intake, Saturdays 9.30—5.15pm for the June intake) where, as a group, we will learn and practice together
- **2 x 1 hour private mentoring sessions** to design and support your practice (times TBA)
- **2 x Q & A talks** with Swami Ramananda (times TBA)



During Module 1—Living Yoga— we will explore:

- **What is Yoga** and why practice it? What is Integral Yoga?
- **Developing our practice**—what do we want to practice, why and how, including clarifying our purpose and goal setting—the practicals of how we decide, plan, commit to and succeed in achieving our goals
- **How does Yoga work?** An overview of the western understandings on how and why Yoga works and an exploration of subtle anatomy from the yogic perspective, including the *koshas* (different layers of our being—physical, energetic, emotional, mental and spiritual) and *chakras* (energy centres) and how we can support ourselves on these different levels
- **Hatha Yoga in detail**—we will look at:
 - Our practice of Hatha Yoga on and off the mat, with workshops focused on refining our personal practice, developing a home practice that is deeply guided by our inner wisdom, and bringing the awareness we gain on the mat into our daily living and moving
 - The power of rest—we will dive into the practice of Yoga Nidra, deep guided relaxation, looking at how and why it works and developing a regular practice to feel its profound benefits, and look more broadly at the balance of rest and activity in our daily lives, including tips for better sleep
 - Pranayama—the power of breath and the link between body, breath, mind, and inner peace
 - Ha-Tha—Sun and Moon—finding the balance of sun and moon (strength and flexibility, activity and rest, masculine and feminine) on the mat and in daily living
 - Embracing and being in our bodies: often we are all up in our heads, caught up in our thoughts—we will explore how Hatha Yoga and other simple related practices bring us into the lived experience of the body, where we can feel our innate presence, strength, compassion and clarity
- **Meditation**—developing, refining and committing to our daily practice
- **Raja Yoga**—the psychology and philosophy of Yoga, including the eight limbs of Yoga practice—we will explore key teachings from the classical text, the *Yoga Sutras of Patanjali*
- **Bhakti Yoga**—the practices of devotion, prayer and worship (including how this might relate within an atheist perspective), chanting and sacred sound, and deepening our practice of gratitude
- **Karma Yoga**—doing our daily work as Yoga practice, letting go of our attachments to the results of what we do and simply being in the joy of doing what we are doing, and the power of service
- **Jnana Yoga**—diving within to explore the ultimate inner question—Who am I?
- **Japa Yoga**—the power of mantra and sound vibration
- **Samskaras, sankalpa and bhavana**—we will explore *samskaras* (the deep patterns of the mind—our core beliefs and emotional tendencies) and look at how we can rewrite these through the power of *sankalpa* (intention) and *bhavana* (visualisation)
- **Wiring our brains to experience happiness**—the human brain is hardwired to pay attention to danger, which means we often don't notice all the wonderful things that are going on in life. We will explore simple practices that can shift our brains into a state that notices and celebrates all the good in life
- **The Guru**—what is the Guru? We will explore the often misunderstood concept of "Guru", with the focus on how we connect with the true Guru—the wisdom within us
- **Conscious communication** or talking our talk—how we can communicate with clarity, authenticity and compassion
- **The power of food**—we will discuss the power of a plant-based yogic diet to support us on all levels and have a direct experience of delicious, nutritious plant-based food. For those wanting to move towards a more plant-based diet, there will also be support with recipes and practical tips (note—we will not be advising on specific dietary needs)
- **Yogic cleansing practices**—including *neti* (nasal cleansing) and an introduction to fasting
- **Sacred space**—the importance of our environment and the interrelationship between our inner and outer worlds
- **And more!**

Module 2—Teaching the Level I Hatha Yoga Class (165+ contact hours):

June 4—Nov 2, 2021: A five-month program, presented over sixteen full-day Sunday sessions and two residential retreats that focuses on gaining the skills and confidence to teach the Integral Yoga Level I Hatha Yoga class.

This is where we make a deep dive into how to teach Hatha Yoga, from the strong foundation of personal practice we develop through the Living Yoga module.

Module 2 has two key components:

- **Personal Yoga** practice at home and in Yoga classes (that you will individually design, review and refine during our training days)
- **Teaching the Level I Hatha Yoga Class** presented over sixteen full-day training sessions, two residential retreats, home study and teaching practice

Personal practice (required during both Module 1 and 2):

Please refer to Module 1 for details.

Module 2—Teaching the Level I Hatha Yoga Class: During this module, you will:

- Receive comprehensive instruction in teaching the Level I Integral Yoga Hatha class, including how to modify practices to suit different student needs and make adjustments
- Learn anatomy and physiology as it relates to the practice of Hatha Yoga, including exploration of how Yoga practices work to benefit the body and mind
- Do supervised teaching practice (scheduled within the training days and additional teaching practice sessions as required, scheduled to suit participants. Note: until fully qualified, teaching practice must be limited to teaching other Teacher Training participants or family and friends, or must be supervised by a qualified Integral Yoga teacher)
- Receive instruction and practice in chanting for teaching and personal practice
- Learn how to set up, publicize, and conduct classes, including offering online classes, and more.

To support you in your learning, Module 2 includes:

- Audio and video teaching aids to assist in learning course material
- All required text books: *The Integral Yoga Teacher's Manual*, *Science of Breath* by Swami Rama, an anatomy/physiology text (TBC) and the following books and booklets by Swami Satchidananda—*The Yoga Sutras Of Patanjali*, Translation and Commentary by Sri Swami Satchidananda; *Meditation*; *Integral Yoga Hatha*; *Integral Yoga Kirtan* (booklet and CD); *Breath of Life*; *Healthy Vegetarian* and *To Know Yourself*

Assessment:

To qualify as a level I Integral Yoga Hatha teacher, satisfactory completion of assessment tasks throughout the program is required: this consists of three written tests covering Yoga philosophy, foundational anatomy and physiology and the Integral Yoga Hatha class structure, timing and benefits; and assessment of teaching skills throughout the training and through instructing a qualifying Hatha Yoga class.

Program dates:

Module 1—Living Yoga:

February 2021 intake (Sundays, 9.30am—5.15pm):

Session 1 - Feb 14	Session 2 - Feb 28	Session 3 - March 14	Session 4 - March 28
Session 5 - April 18	Session 6 - May 2	Session 7 - May 16	Mentoring and Q & A times TBC

June 2021 intake (Saturdays, 9.30am-5.15pm):

Session 1 - June 19	Session 2 - July 17	Session 3 - July 31	Session 4 - Aug 14
Session 5 - Aug 28	Session 6 - Sept 11	Session 7 - Sept 25	Mentoring and Q & A times TBC

Module 2—two retreats and sixteen Sundays, 9.30am—5.15pm:

Retreat 1: June 4–6, 2021

Sundays, 2021*: June 20, June 27, July 18, July 25, Aug 1, Aug 8, Aug 15, Aug 22, Aug 29, Sept 5, Sept 12, Sept 19, Sept 26, Oct 3, Oct 10, Oct 17, Oct 24

Retreat 2: Oct 29–Nov 2, 2021

*Note: Seventeen Sundays are listed here—the AFL Grand Final weekend date is yet to be announced—there will not be training session on the Grand Final weekend, reducing our Sunday sessions to sixteen.

Module 2 Retreats:

Residential retreats are our opportunity to deeply immerse in Yoga practices and lifestyle away from the busy-ness of every day life. Module 2 begins and ends with a residential retreat, held at the beautiful [Karma Kinglake retreat centre](#) in the heart of Kinglake, home to the amazing Kinglake National Park and only 75 minutes drive from Gisborne and Melbourne.



This gorgeous venue is situated on three beautiful acres, with access to Kinglake National Park during our free time. Karma Kinglake was built after the Black Saturday fires with a strong focus on sustainability—wherever possible recycled materials and reclaimed timbers from properties in the local area have been used and the property has rain water tanks, an orchard and a veggie patch. Accommodation is in hexagonal shaped one- and two- bedroom nests and studios, each with a kitchenette, living space and bathroom. Fire safety was an important consideration in selecting this venue. Our fire policy is outlined in the course application form.

- **Opening Retreat**, June 4–6, 2021—a two-night retreat exploring Yoga on and off the mat and beginning our deep dive into teaching Hatha Yoga, with senior Integral Yoga teacher Swami Ramananda (via zoom from San Francisco) and our Australian teaching staff
- **Graduation Celebration Weekend**, Oct 29–Nov 2, 2021—a four-night retreat, where, after all assignments and assessments are over, we can immerse in Yoga and celebrate together, and you formally graduate as an Integral Yoga Level I teacher

Prerequisites

The primary prerequisite is interest in learning the Integral Yoga approach to yogic lifestyle and teaching Hatha Yoga. You do not need to be an expert in any aspect of Yoga, and you may not necessarily even want to teach Hatha Yoga—many students do not feel interested in teaching Yoga and take Teacher Training to develop their personal understandings and practice.

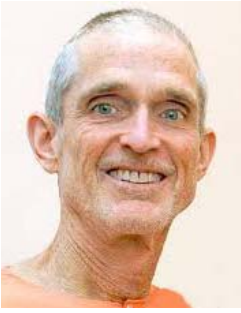
Module 1—Living Yoga has no prerequisite of experience with Yoga and is open to every one wanting to dive in and explore living the teachings and practices of Integral Yoga.

Module 2—Teaching the Level 1 Hatha Yoga Class requires that you have an established Hatha Yoga practice that has been consistent for at least six months and be familiar with the Integral Yoga Level I Hatha Yoga class (through attending Integral Yoga classes or practicing with the Integral Yoga Level I video).

Certification

Upon graduation, you will receive Integral Yoga certification to teach Integral Yoga Hatha Level I classes, issued by the Integral Yoga Institute San Francisco. Integral Yoga Hatha Level I certification is recognised around the world and meets the Yoga Alliance requirements to become a registered Yoga teacher at the 200-hour level. Yoga Alliance is a voluntary alliance of organisations and teachers dedicated to upholding the integrity of Yoga, establishing voluntary standards for Yoga teachers, and providing support for Yoga professionals. Graduates are also eligible to join the Integral Yoga Teachers' Association, the professional association for Integral Yoga teachers around the world.

Program Staff



Swami Ramananda is the senior Swami overseeing this training. He is the President of the Integral Yoga Institute in San Francisco. Swami Ramananda has been practicing Yoga for over forty years, including many years of direct training and study with Swami Satchidananda, and his teaching includes leading beginner, intermediate and advanced level Yoga Teacher Training programs and Yoga for Stress Management Teacher Trainings around the world. He is a founding board member of Yoga Alliance. Swami Ramananda is one of Integral Yoga's most senior and best loved teachers, and we are delighted Swami Ramananda is, once again, able to oversee and support our Australian training. As international travel is unlikely to be possible, Swami Ramananda will be joining us via zoom from San Francisco.



Chitra Stern is the senior trainer for this program—she is certified to teach Integral Yoga at beginners, intermediate and advanced levels and also to teach pre- and post-natal Yoga and Yoga for Stress Management. She has been teaching Yoga for over thirty years in Australia, India and the USA, across a wide range of settings, including classes for both adults and children, Yoga for pregnancy and birthing, corporate groups, retreats and Yoga teacher training programs. Chitra has been a primary teacher trainer for Integral Yoga Level I Teacher Training since 2000, teaching on programs in Australia and the USA. Chitra's main focus in her teaching is to encourage students to find the practice that truly supports them, and to offer the space in which participants can go deep within, allowing the body and breath to be the pathway to experiencing inner peace, wisdom and joy.



Hridayan Stern has been studying and practicing Yoga over the past three decades. He trained as an Integral Yoga teacher in 1998 and is qualified to teach Integral Yoga at beginners and intermediate levels as well as Raja Yoga and has taught both Hatha Yoga and Raja Yoga in numerous settings in Australia and at Satchidananda Ashram—Yogaville, USA. He has a deep love for *kirtan*, the chanting of sacred mantras and names of the Divine, and has been facilitating kirtan and leading chanting programs over the past twenty years in Australia, India and the USA. Hridayan has also worked for many years as a vegan chef and is passionate about the positive impact we can make through our food choices.



Mitra Dema has been teaching Integral Yoga since 2000. After discovering Yoga for himself and experiencing the benefits he was compelled to teach it and share those benefits—he felt it was too good not to share. At its essence Mitra sees Yoga giving us a set of tools that we can use to get more out of life, to be better and do better for ourselves and those around us. It helps us to deal with the challenges and savour the joys that life brings. Mitra works in a rehabilitation centre as a Community Linking and Leisure Specialist supporting people recovering from brain injuries, stroke, amputation or spinal cord injury to return to a balanced enjoyable life in the community. Since training as a Yoga teacher he has also found ways to share Yoga through running meditation groups, relaxation sessions and Hatha Yoga classes for patients and staff.



Jivana (Jarrod) Vains has been a passionate student of Yoga since 1992. In 2001 he completed a two-year part-time 'Diploma of Health—Yoga' course with the Council of Adult Education and has been teaching regularly since. In 2002 Jivana felt strongly drawn to the teachings of Integral Yoga, and expanded his experience as a student and teacher of Yoga by completing the Integral Yoga Level I and Level II Teacher Training courses. Jivana enjoys all aspects of teaching and those who have come to his class may have noticed that he loves to chant! He has a special interest in experiencing and sharing the deeper aspects of Yoga and striving to integrate the ancient wisdom of Yoga in daily life to be more easeful, peaceful and useful.



Anandi Absler has been involved with Integral Yoga since 2000 as a Yoga practitioner and now teacher. She has completed a number of courses and programs within Australia and at Satchidananda Ashram in the USA. She has been actively involved in the organisation of the Victorian Integral Yoga Association and the Integral Yoga Centre Melbourne. She is passionate about the importance of the *Yoga sangha* being a community of people devoted to spiritual search. Anandi has a strong commitment that *Yoga is for every body*. Her gentle classes are aimed at being inclusive for people of all ages, body shapes, living and managing diversity in our lives. The Integral Yoga teachings comfortably provide partnership to the other belief systems that give meaning to her life. She is continually excited to see the links between Integral Yoga with her 'other day job' as a social work researcher and evaluation consultant.

The core anatomy and physiology classes will be presented by an anatomy specialist (TBA).

Program Cost:

If you are taking the full Teacher Training, your program cost consists of the sum of the two modules, and will vary depending on early bird uptake and which Living Yoga (Module 1) intake you register for. If you enroll in the February intake of Module 1, the cost of the Teacher Training program is higher as it includes an additional thirteen weeks of unlimited Hatha Yoga classes.

Please note that if finances are a challenge, payment plans can be arranged—please chat with us.

Module 1—Living Yoga:

\$1280 early bird (if paid by Jan 14, 2021 for the Feb intake, or May 19, 2021 for the June intake) **OR** \$1330 (to be paid in full two weeks before the program begins).

This includes:

- 1/ 55 contact hours of training** including seven full-day training sessions, two private mentoring sessions, and 2 Q & A sessions with Swami Ramananda, all required text books and support between sessions
- 2/ Unlimited Hatha Yoga classes for the duration of the module** with both Refection Wellness Studio in Gisborne and the Integral Yoga Centre Melbourne (excluding special paid events, workshops and courses)
- 3/ Support for your personal practice** including class notes, email support during the program, access to our private Facebook page and optional online group Hatha Yoga personal practice sessions and meditation each weekday, time TBC

Module 2—Teaching the Level I Hatha Yoga Class:

If taken simultaneous with Module 1 (June intake for both modules and including seventeen weeks of unlimited Hatha Yoga classes):

\$4085 early bird (if fully paid by March 15, 2021) **OR** \$4235 (to be paid in full by April 30, 2021)

If taken separate from Module 1 (February intake for Module 1, June intake for Module 2 and including thirty weeks of unlimited Hatha Yoga classes):

\$4410 early bird (if fully paid by March 15, 2021) **OR** \$4560 (to be paid in full by April 30, 2021) including an additional thirteen weeks of unlimited Hatha Yoga classes):

This includes:

- 1/ 165+ contact hours of training** taught across sixteen full-day training sessions and two retreats and including all required text books and Teacher Training manual, audio and video teaching aids, and support between sessions
- 2/ Two residential retreats**—our opening weekend and our four-night Graduation Celebration, including all tuition, private accommodation in eco-pods (bathroom shared between two rooms), and organic plant-based meals
- 3/ Unlimited Hatha Yoga classes for the duration of the module** with both Refection Wellness Studio in Gisborne and the Integral Yoga Centre Melbourne (excluding special paid events, workshops and courses)
- 4/ Support for your personal practice** including email support during the program, access to our private Facebook page and optional online group Hatha Yoga personal practice sessions and meditations each weekday (times TBC)

Upon acceptance of your application to the Teacher Training or Module 1-Living Yoga as a stand-alone unit, a deposit of \$500, or \$250 respectively, is required to secure your place. Details of our refund/cancellation policy are available in the course application form.

Program Location

Module 1—Living Yoga will be offered face-to-face at Reflection Wellness Studio, Gisborne, with the option to attend some or all sessions online via live-stream.

Module 2—Teaching the level 1 Hatha Yoga Class will be offered face-to-face at Reflection Wellness Studio, Gisborne.

COVID-19

We will, of course, be taking precautions regarding COVID-19, including any government mandated actions and all of Reflection Wellness's COVID-safe strategies of limiting class size in the studio, bringing our own Yoga mats and props, sanitising our hands upon entry to and leaving the studio and requiring that any student who is feeling unwell stay home and participate in the session online instead (all sessions will be live-streamed if need be).

Module 1—Living Yoga: If government-mandated COVID-19 restrictions are in place prior to the program commencement or come into place during the program that mean that the training can not run face-to-face indoors, or face-to-face at all, we will offer either a combination of outdoor sessions and live-streamed classes or a fully live-streamed program.

Module 2—Teaching the Level I Hatha Yoga Class: If government-mandated COVID-19 restrictions are in place prior to the program commencement or come into place during the program that mean that the training can not run face-to-face indoors, or face-to-face at all, we will offer either a combination of outdoor sessions and live-streamed classes or we will postpone the program until we can offer a face-to-face format.

Our full COVID-19 and refund/cancellation policies are contained in the program application form.

More Information and to Apply

If you need more information or are keen to apply for Integral Yoga 200-hour Teacher Training or Living Yoga as a stand-alone program, and would like an application form, please email Chitra Stern at chitra108@bigpond.com.