



**KNOFF  
YOGA**

energise • elevate • evolve



# TEACHER TRAINING

with Master Teacher Nicky Knoff  
COLOMBO, Sri Lanka

## Level 3 – Foundation Intensive

Saturday 30th March – Thursday 18th  
April 2019

### VENUE

No18, Duplication Road, Colombo 5.

### AUSTRALIAN CONTACT

**James E. Bryan** (ERYT500) - Program Director

Mobile 0415 362 534

Email: [james@knoffyoga.com](mailto:james@knoffyoga.com)

Website: [www.knoffyoga.com](http://www.knoffyoga.com)

### SRI LANKA CONTACT

Host: Amrita Amalean

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## Level 3 – Foundation Intensive

### THE COURSE

This Foundation Level course is based upon and is a continuation of the preceding Discovery Level course. This Foundation course has its own new syllabus and takes you further along the path as a yoga teacher.

The three week Foundation course, combined with the one week (5-day) Discovery course qualifies you for the international Yoga Alliance 200 hour registration. When you have successfully completed both courses, you may register with the YA and professionally use the letters RYT200 after your name.

This Course is based on the unique Knoff Yoga Principles of:

- Sequencing
- Teaching
- Adjusting
- Observation
- Demonstration
- Practice
  1. Foundation
  2. Cardinal Directions
  3. Centering
  4. Earth/Heaven Extension
  5. Scissoring
  6. Bandhas
  7. Co-Contraction
  8. Spiralic Action
  9. Reciprocal Inhibition
  10. Body Proportions
  11. Alignment
  12. Timing
  13. Creating Space
  14. Coiling
  15. Balancing Ha/Tha
  16. Synchronising Breath & Movement
  17. Micro-Movements
  18. Vinyasa
  19. Balancing Strength & Flexibility
  20. Progression
  21. Mindfulness
  22. Effortless Effort
  23. Five Elements
  24. Enjoyment

The Foundation Asana, Pranayama & Meditation syllabus consists of:

- Earth & Sun Salutations
- 4 Inverted Poses (heating)
- 9 Standing Poses
- 2 Arm Balancings
- 7 Forward Bends
- 5 Sitting Poses
- 2 Abdominals
- 3 Twists
- 7 Backbends
- 4 Inverted Poses (cooling)
- Relaxation
- 9 Pranayama
- Breath focused Meditation



## Level 3 – Foundation Intensive

The Anatomy covers the basics of movement, muscles and bones and is taught with direct application to the yoga postures. The Philosophy looks at: historical and theoretical principles of hatha yoga; the eight limbs of yoga; emphasis is on how theory of yoga translates to practice of life, with particular focus on yamas and niyamas; eastern and western philosophies underlying principles of yoga, and introduces Yoga Sutras Chanting.

Combined with the Discovery syllabus, you now have enough information, knowledge and skills to teach yoga competently and successfully for many years to come.

Your certification only allows you to teach what is specifically prescribed in this course. When you are ready to learn more, and broaden your knowledge base, we have another 7 Levels of Teacher Training waiting.

Students who do not wish to teach may also attend the course to intensively deepen their practice and grow their yoga knowledge.

You will receive a **Foundation Asana and Pranayama Manual** and a **Foundation Teaching Certificate** (if you pass the course).

### Course Pre-requisites

To join the Foundation Course, you are required to have successfully completed the Level 1 – Discovery Course. Please see HOW TO APPLY in this brochure for full details of the application process.

### Professional Credentials

When you satisfactorily complete the course requirements, you will be awarded with the professional credential of a **'Teaching Certificate' Level 3 – Foundation**. Otherwise, you will be awarded with a **'Statement of Attendance'**, providing you attend all classes and complete all assignments. When you obtain professional indemnity insurance it will relate to the course content and you will only be insured/covered for what you have been certificated for.

The Level 3 – Foundation Teacher Training certificate is valid for 3 years. For renewal information see [www.knoffyoga.com](http://www.knoffyoga.com) under '*Teacher Training – Tell Me More*' and then scroll down to '*How to renew your Teaching Certificate*'.

On completion of this 3-week intensive course, students/teacher trainees have the opportunity to study other Knoff Yoga courses.



# Level 3 – Foundation Intensive

## Timetable

| TIMES         | SAT 30th                         | SUN 31st                       | MON 1st | TUE 2nd                          | WED 3rd                        | THU 4th                | FRI 5th   |
|---------------|----------------------------------|--------------------------------|---------|----------------------------------|--------------------------------|------------------------|-----------|
| 7:00 - 11:00  | Asana, Pranayama, Meditation     |                                | Day Off | Asana, Pranayama, Meditation     |                                |                        |           |
| 11:00 - 12:00 | Brunch                           |                                |         | Brunch                           |                                |                        | Free time |
| 12:00 - 1:30  | Anatomy                          | Philosophy, Ethics & Lifestyle |         | Anatomy                          | Philosophy, Ethics & Lifestyle | Knoff Overview Test    |           |
| 1:30 - 1:45   | Tea Break                        |                                |         | Tea Break                        |                                |                        |           |
| 1:45 - 2:45   | Practicum Principles of Practice |                                |         | Practicum Principles of Practice |                                | Yoga Sutras & Chanting |           |
| 2:45 - 4:15   | Teaching Methodology             |                                |         | Teaching Methodology             |                                |                        |           |

| TIMES        | SAT 6th                               | SUN 7th                             | MON 8th | TUE 9th                           | WED 10th                           | THU 11th                         | FRI 12th  |
|--------------|---------------------------------------|-------------------------------------|---------|-----------------------------------|------------------------------------|----------------------------------|-----------|
| 5:45 - 9:30  | Asana, Pranayama, Meditation          |                                     | Day Off | Asana, Pranayama, Meditation      |                                    |                                  |           |
| 9:45 - 11:45 | Brunch                                |                                     |         | Brunch                            |                                    |                                  | Free time |
| 11:45 -1:15  | Anatomy                               | Philosophy, Ethics & Lifestyle      |         | Anatomy                           | Philosophy, Ethics & Lifestyle     | Asana Name Test                  |           |
| 1:15 - 1:30  | Tea Break                             |                                     |         | Tea Break                         |                                    |                                  |           |
| 1:30 - 2:30  | Practicum Principles of Demonstration | Practicum Principles of Observation |         | Practicum Principles of Adjusting | Practicum Principles of Sequencing | Practicum Principles of Teaching |           |
| 2:30 - 4:00  | Teaching Methodology                  |                                     |         | Teaching Methodology              |                                    | Yoga Sutras & Chanting           |           |

| TIMES        | SAT 13th   | SUN 14th | MON 15th                       | TUE 16th               | WED 17th      | THU 18th                |
|--------------|--|----------|--------------------------------|------------------------|---------------|-------------------------|
| 5:45 - 9:30  | Asana, Pranayama, Meditation (Blindfold on Thursday) |          |                                |                        |               |                         |
| 9:45 - 11:45 | Brunch   |          |                                |                        |               | Graduation 9.45 - 10.45 |
| 11:45 - 1:15 | Philosophy, Ethics & Lifestyle                       | Anatomy  | Philosophy, Ethics & Lifestyle | Anatomy                | Anatomy Test  |                         |
| 1:15 - 1:30  | Tea Break  |          |                                |                        |               | Free Time               |
| 1:30 - 2:30  | Practicum - Overview of Principles                   |          | Principles Test                | Yoga Sutras & Chanting | Yoga Business |                         |
| 2:30 - 4:00  | Teaching Methodology                                 |          |                                |                        | Free Time     |                         |



## Level 3 – Foundation Intensive

Please note:

- Preparation reading of your Teacher Training Handbook is required for some of the practicum components. This Handbook is provided to you during the Discovery Teacher Training course. If you do not have a copy please order one at the time of submitting your application form. A charge of \$70 (which includes postage and handling within Australia) will be added to your course fee.
- You must attend the entire course and successfully pass all the exams in order to graduate.
- You must attend the Graduation Ceremony on the last afternoon of the course to receive your Teaching Certificate.

### Required & Recommended Reading

Please visit our webpage [knoffyoga.com/recommended-book-list/](http://knoffyoga.com/recommended-book-list/) for an up to date list of texts.

The required reading texts are mandatory, it is essential that you have them with you on the first day; failure to do so may result in your disqualification from the course.

Some of these books can be purchased online via [www.knoffyoga.com](http://www.knoffyoga.com)

### Recommended Anatomy Apps

By 'Visible Body':

1. Muscle Premium
2. Skeleton Premium
3. Human Anatomy Atlas

These apps are used as a teaching aid for the anatomy sessions, so we recommend all teacher training students have them. They are also useful tools to have in your professional teaching kit as your career progresses. These general anatomy apps are not 'yoga' specific but are medically oriented and anatomically precise.

### How to Apply

Complete the online Application Form under the '*Teacher Training Apply Now*' tab on our website [www.knoffyoga.com](http://www.knoffyoga.com).

You can also download the print version and send to:

**The Program Director, email [james@knoffyoga.com](mailto:james@knoffyoga.com).**

We will send you an email that your application has been approved.

### Course Fee

\$4990 AUD

### Method of Payment

Once Nicky Knoff has approved your application, a non-refundable **deposit of \$400** is required to secure your place. Any outstanding balance of the Course Fee is to be paid 30 days before the course, by **28th February 2019**.



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For **Sri Lankan** residents - Internet banking, make payment to: Bank Code 7162, Branch Code 011, Account Number 200110020046, SWIFT code **NTBCLKLX**. Please write your name under the remarks section for online bank transfers, and cash payments and send me an email to [amrita.amalean@gmail.com](mailto:amrita.amalean@gmail.com) with the transaction reference details once the deposit has been made.

For **Australian** residents - Internet banking, make payment to: Knoff Yoga, BSB 034-664, Account Number 16-8549 (with your **Surname, Sri Lanka L1 T/T** as ID).

For **international** residents, outside of Sri Lanka - Money transfers, make payment to: Knoff Yoga: Westpac Bank, Cairns Central Shop 117, Cairns Central Shopping Centre, Cairns, Queensland, Australia 4870. Australia Branch Number 034-664, Account Number 16-8549, SWIFT Code **WPACAU2S**.

### Refund Policy

- A non-refundable deposit for each course is required 30 days prior to start of the Course.
- Up to 31 days prior to the start of the course – full refund of your payment less non-refundable deposit.
- Within 30 days prior to the start of the course – no refund, but you may transfer your full payment (including deposit) to another Knoff Yoga Teacher Training course, providing it is attended within 12 months.
- Once the course has started – no refund or credits on any payment, partial or full.
- If the course does not proceed – 100% refund including deposit.

**Note: To obtain a refund, all course materials must be returned to Knoff Yoga.**

### Travel Insurance

If attending from interstate or overseas, we advise you to obtain Travel Insurance to cover any unforeseen circumstances.

### Additional Opportunities

#### Yoga Alliance Registration

**Knoff Yoga** is an officially Registered Yoga School (RYS) 200 & 300 Hours, with the **Yoga Alliance** ([www.yogaalliance.org](http://www.yogaalliance.org)).

This 3-week Level 3 – Foundation Course, **combined** with the one week Level 1 – Discovery Course, is registered with the Yoga Alliance ([www.yogaalliance.org](http://www.yogaalliance.org)) for 200-hour Yoga Teacher registration. With this international registration, you are able to use the letters RYT200 (Registered Yoga Teacher) after your name for professional purposes.

#### Register to become a Knoff Yoga System Teacher

For less than \$2 AUS per week, this membership allows you to get straight into teaching using the fully set-up **Knoff Yoga System**. We provide you with the copyrighted syllabus, teaching materials, forms, weekly themes & use of our logo for advertising media. In addition, you will have access to continuing online support & updates via our online Member Sign-In and a free listing with your logo and website link on our 'Knoff Yoga System Teachers' page on our website.



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### On-going Support

See our website [www.knoffyoga.com](http://www.knoffyoga.com)

- We publish a monthly e-newsletter to help with your on-going education.
- Apply to become a **Knoff Yoga System** Teacher.
- Upgrade your Teacher Certification through our 9 Levels of Teacher Training.
- Join our workshops and retreats throughout Australia & overseas.
- Obtain Yoga Alliance international registration.

### What to Bring & Wear

We will supply all yoga equipment, including mats, blocks and yoga belts. You will need to bring a yoga mat for any home practice. Be sure to bring a sarong or shawl to cover you during relaxation and to wear during meditation and pranayama. Please also bring your own towel.

Wear shorts or tights and a close fitting t-shirt or singlet. Loose or baggy clothing interferes with your teacher's (and your) ability to see your body and its movements. Jewellery and valuables should not be brought to class. This includes navel rings, nipple rings and other piercings. Please no perfumes or deodorants.

### About Knoff Yoga

At **Knoff Yoga** we believe that the rationale or purpose of practicing yoga is to experience freedom in the body/mind through the creation of strong, flexible, healthy, and disciplined individuals.

Master Teachers Nicky Knoff and James E. Bryan have refined the **Knoff Yoga System** drawing on over 80 years of combined experience and through direct study with the Masters of Iyengar Yoga, Ashtanga Vinyasa Yoga and Bikram Yoga.

Today the **Knoff Yoga System** is taught to teacher trainees and students across the globe, in countries as diverse as Australia, New Zealand, Malaysia, Taiwan, the Czech Republic, Germany and Austria.

### About the Knoff Yoga System

The **Knoff Yoga System** is an intelligent and dynamic program that focuses on practical detail and simplicity. It offers all students a clear understanding of every facet of yoga and caters for every level of yoga practice and teaching.

The **Knoff Yoga System** incorporates the most up to date and thoroughly researched teaching programs available today. The key focus of the **Knoff Yoga System** is to ensure correct anatomical alignment of the human body, structural balance and energetic application of yoga techniques.

All **Knoff Yoga System** techniques honour and recognise the individuality of every student and are adjusted for individual body shapes and proportions.





# Level 3 – Foundation Intensive

## Core Values of the Knoff Yoga System

The **Knoff Yoga System** is built on the following values:

- **The Individual** – we practice and teach in step-by-step progression. We honour and respect the individuality of every student and adjust our practice and teaching for body proportions and capability.
- **Ongoing Education** – we understand that for the long-term well-being of yourself and your students, education is as important as exercise.
- **Positive Communication** – we understand that for a yoga teacher to cultivate the right environment for learning, they must use positive communication with constructive encouragement.
- **Strong Ethics** – we adhere to a strong ethical framework, which is enshrined in the Knoff Yoga Code of Conduct.

## Our Courses

Knoff Yoga proudly delivers **9 Levels** of Teacher Training, from Discovery to Master. More information is available on our website [www.knoffyoga.com](http://www.knoffyoga.com)

Level 1 – Discovery

Level 2 – Chair Yoga

Level 3 – **Foundation**

Level 4 – Pregnancy Yoga

Level 5 – Holistic Healing A

Level 6 – Holistic Healing B

Level 7 – Intermediate

Level 8 – Advanced

Level 9 – Master

All our course levels cover a comprehensive syllabus including:

- Asana
- Pranayama
- Meditation
- Teaching Methodology
- Philosophy, Ethics & Yogic Lifestyle
- Anatomy







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### Teacher Trainers

**Nicky Knoff** (Founder & Master Yoga Teacher) teaches this course. Nicky has over 40 years of yoga experience and 21 years of running Teacher Training courses. She has studied directly with the Masters of the Iyengar, Ashtanga Vinyasa and Bikram traditions of yoga. Nicky's full biography is attached at the end of this brochure.

### Testimonials

*"I would like to applaud Knoff Yoga School for their most excellent standard of Yoga Teacher Training. As an international yoga teacher, I travel and teach in many countries in South East Asia and also Europe. Over the past 10 years I have always been asked to recommend a good yoga teachers training course wherever I go. Unhesitatingly, I have always directed those who are serious about becoming teachers to Knoff Yoga Teacher Training."*

*You will be challenged on all levels and Nicky and James will extract your true potential. As I keep returning to teach in the same countries I have the privilege often of meeting again the students who successfully did the Knoff Yoga TTC sometimes months or years later. I am never disappointed, and more often astonished by the change in the student in front of me. The common factor being I see a clarity, confidence and maturity in them and without a doubt I know I would trust that person to teach a class."*

*To me Knoff Yoga Teacher Training is like 'the organic whole meal bread' of all the Yoga Teacher Trainings available today. It is the one I trust, with all the essential nutrients and ingredients to give a really complete start to teaching yoga. It is for this reason that I always have, and will continue to send potential yoga teachers to them."*

**Paddy McGrath, International Yoga Teacher based in Thailand**

*"I would like to thank my teachers from the Knoff Yoga Teacher Training course for the incredible experience I had in Cairns, Australia. I came far on my journey to be a yoga teacher and totally felt that this was the culmination of many years of ambition to learn how to teach. Up until this point I was unsure and under confident in this quest."*

*I was given one of the greatest challenges in my life and achieved, I feel the greatest reward. I don't think I have ever worked so hard or with so much intensity in my yoga practice and this lead me through an emotional and physical walk over hot coals to get to the end. But I did get to the end and it was a fantastic ride! Nicky is truly inspirational and a compliment from her is worth its weight in gold. And James and his bizarre analogies is welcome light relief."*

*I would invite anyone to tread the same path as I did. Don't forget that taking the first step is hardest after that it's all uphill! No really – the downhill bit is worth the uphill struggle. Now I am back in the UK and along with another job, teaching 2 classes a week. But my ambition is securely in place to open my own studio at some point. And I hope to build a yoga community here such as I experienced in Cairns. Although unfortunately much colder! Love, light and pure energy to all. Namaste! PS. I want to come back!"*

**Wendy Buttery, United Kingdom**

For testimonials from previous trainees please visit [www.knoffyoga.com](http://www.knoffyoga.com)



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### The Knoff Yoga Teaching & Practice Methodology

The **Knoff Yoga System** teacher training will give you the opportunity to share the life-enhancing benefits of yoga with others and to join a rapidly growing profession that has the potential to change your life and those around you.

As part of the **Knoff Yoga System** you will learn how to teach **5 Essential Components** in every class in order to give your students a comprehensive lesson:

- **Meditation** – non-religious mind centering techniques
- **Pranayama** – breathing exercises for mental clarity and physical vitality
- **Asana** – anatomically aligned, structurally balanced yoga poses to enhance functionality of the body
- **Relaxation** – how to effectively relax the nervous system and reduce stress
- **Philosophy** – positive, uplifting and life affirming.

You will be taught how to incorporate these 5 components to create a well-structured and balanced class to leave your students feeling great and wanting more.

The **Knoff Yoga System** uses an **11 Asana Group Sequence** in all levels:

- Earth & Sun Salutations
- Inverted Poses (heating)
- Standing Poses
- Arm Balancings
- Forward Bends
- Sitting Poses
- Abdominals
- Twists
- Backbends
- Inverted Poses (cooling)
- Relaxation.

This sequencing is based on the Knoff Yoga **Principles of Sequencing** and, together with the other essential components, has been designed to energise the body, elevate the mind and evolve the spirit.

You will also learn our **5 Week Rotational Sequence** for teaching yoga postures. Each week there is a specific theme in which you slow down the class and emphasise specific asana groups to enhance learning. The rest of the class is taught at a normal pace. We have found that students really appreciate this varied method of learning.

You will study and learn the unique **24 Principles of Practice**, which form the basis for all practice and teaching in the Knoff Yoga style.

In Knoff Yoga we teach **5 Bandhas**, or muscular and energetic locks, which transform internal energies creating heat and lightness in the body, while simultaneously providing internal support:

- **Mula Bandha** – Root Lock
- **Uddiyana Bandha (minor)** – Abdominal Lock
- **Jalandhara Bandha** – Chin Lock
- **Hasta Bandha** – Hand Lock
- **Pada Bandha** – Foot Lock

The **Knoff Yoga System** has pioneered the application of **Right and Left Days/Weeks** in asana practice and teaching to ensure symmetry of body, breath and mind. We are the only yoga school in the world to apply these methods.



## Level 3 – Foundation Intensive

### About Nicky Knoff

**Nicky Knoff ERYT500** was born in 1938 to a Dutch father and an English mother. The family was living in Indonesia when the Japanese invaded at the start of WWII. Nicky was in a concentration camp from the age of three and a half years to nearly eight years old.

The harsh experiences of the war forced Nicky to confront, at a very early age, the basic realities of life - what was important and what was not. Nicky learned that we all have an inner essence, that when stripped of the veneer of social conditioning, we are all essentially the same, but with conditioning we are capable of doing the most horrific acts. Nicky's approach to teaching yoga is to help her students challenge their social conditioning, to guide them towards revealing their own inner essence, so they may reach their full potential as human beings.

Nicky Knoff was a student of Bikram Choudhury in Japan from 1970 to 1974, before Hot Yoga (an American invention), before he became famous, and before he started his bad behaviour. In those years, Bikram had a strong practice, was clear and competent in his teaching, and treated his students with respect. Nicky categorically condemns all sexual misconduct and abuse of students.

When travelling on holiday from Japan, Nicky discovered Iyengar Yoga and started studying with many Iyengar teachers all over the world, one of them being Martyn Jackson in Sydney, Australia. Nicky made many trips to Pune, India to study with B.K.S. Iyengar, Geeta and Prashant and in 1992 was certificated as a Senior Iyengar Yoga Teacher.

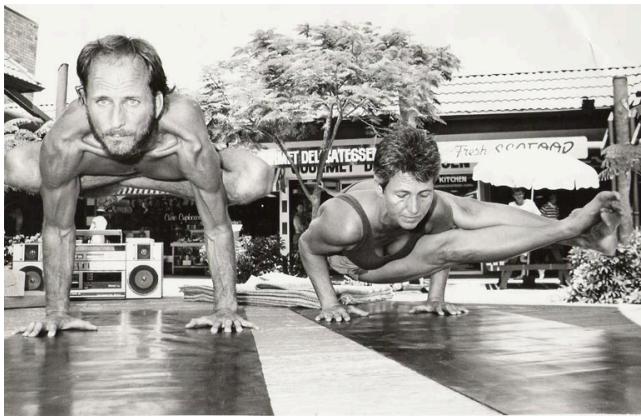
In 1989, Nicky went to Mysore, India to study with K. Pattabhi Jois, where she learned the first three series of Ashtanga Vinyasa Yoga. In 1991 she travelled to Maui, Hawaii to learn the 4th Series from Nancy Gilgoff and the other Ashtanga yogis there. In 1980, Nicky attended her first Vipassana Meditation Course with S.N. Goenka. Nicky attended many Vipassana 10-day silent retreats and also a 30-day retreat at Igatpuri, India in 1988.

From 1974 to 1984 Nicky taught yoga at the Crippled Children's Society in New Zealand, spending 4 years in Dunedin and 6 years in Auckland. This experience led Nicky to specialise in Yoga Therapy. In 1980, Nicky opened the first full-time yoga school in Auckland, the New Zealand School of Yoga.

In 1984 Nicky moved to Australia and opened the Queensland School of Yoga in Noosaville. In 1992 she moved to Cairns, and opened the Ashtanga Yoga Academy. In 2000, Nicky moved to Colorado, USA where she opened the Academy of Yoga. For the next 4 years, Nicky attended classes at many yoga schools throughout the United States and also the Yoga Journal Estes Park Convention for 4 consecutive years, where she studied with many very experienced yoga teachers.

Nicky returned to Australia in 2004 and now runs teacher training courses, teaches workshops, intensives, private classes, and holistic healing nationally and internationally. Through Nicky's passion for yoga, The Knoff Yoga System has evolved over 40 years and provides a unique program for better yoga practice and teaching.





## Mission Statement

Our passion is to share the physical, mental, and spiritual benefits of yoga.

Our goal is to offer training that is transformational, and imparts the techniques and philosophy of yoga as well as the enthusiasm to make yoga a life-long choice.

We understand that Knoff Yoga will grow and prosper in direct relation to the positive impact it has upon the lives of our teachers and students.

***Nicky Knoff & James E. Bryan***

## Knoff Yoga Contact Details

Mobile: 0415 362 534

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Website: [www.knoffyoga.com](http://www.knoffyoga.com)

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