



**KNOFF  
YOGA**

energise • elevate • evolve



# TEACHER TRAINING

with Master Teacher Nicky Knoff  
CAIRNS, Queensland

## Levels 8 & 9 – Advanced & Master

Monday 29th July – Friday 23rd August 2019

5:45 am - 4:00 pm

Non-residential

### VENUE

The Yoga School  
Suite 14, 159-161 Pease St (Piccones Village)  
Edge Hill, CAIRNS  
PO Box 975, Edge Hill, 4870, QLD

### 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)



## Levels 8 & 9 – Advanced & Master

### THE HISTORY

In 1994, Nicky Knoff and James Bryan took a sabbatical to the Mount Quincan Crater Retreat, just outside of Yungaburra in the Atherton Tablelands behind Cairns, Far North Queensland, Australia.

The goal was to create a comprehensive and complete new program, which incorporated the anatomical alignment and progression of Asanas in Iyengar Yoga, and combine it with the energetic aspects of Ashtanga Vinyasa Yoga viz. Bandhas, Drishti, Ujjayi Pranayama and Vinyasa.

We learned in Iyengar Yoga how to progressively practice postures. For example with Backbends, you perform an easy pose to warm up, a stronger pose to work more deeply, and then the strongest pose of the session – challenging yourself in a safe and methodical manner.

This safe and methodical approach – carefully easing deeper into postures, was not a concept we found in Ashtanga Yoga. In fact, as we progressed through the Series (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup>) we could not discern any logical sequencing. It was as if someone had written down the various yoga poses on pieces of paper, thrown them into a hat, and pulled them out at random.

With traditional Ashtanga, you only progress if you can do the postures in the Series order and if not, you stay stuck on the particular challenging pose, until you can. In Knoff Yoga we too have Series (Levels), but offer an alternative or similar pose as an option, allowing students to become unstuck.

In 1989, we went to Mysore, India to study Ashtanga with Pattabhi Jois. As we had already been practicing Iyengar Yoga for many years, and could do most of the postures, we made rapid progress... until Pattabhi severely hurt Nicky in Bhairavasana (a reclining leg behind the head pose).

After 3 months of practice, and working on the 3<sup>rd</sup> Series, Pattabhi lay on top of Nicky (groin to groin), pinning the straight leg down and then pushing the leg behind her head in a twisting manner to get the top foot to the floor, with the instructions, “you touch it, the floor”. There was an audible rip and Nicky’s iliopsoas muscle tore and Pattabhi quickly jumped off. Because Nicky was hot and sweating, she did not initially feel the full impact of the tear, but the next day she was crippled and that was the end of our Mysore trip.

Being acutely aware of the potential injuries of practicing Ashtanga, we decided to experiment and use our experience and understanding in order to create a safer, more logical system.

We took a stack of blank index cards to Mount Quincan Retreat (in the Atherton Tablelands), together with the book ‘Light on Yoga’ by B.K.S. Iyengar, and the asana syllabus for the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Series of Ashtanga Yoga.



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Our first task was to write down every Iyengar and Ashtanga asana on a separate index card. Once the postures were catalogued and stacked in a large pile, we had to work out the sequencing. We created the Knoff Yoga Asana Group sequence:

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

The index cards were then sorted into these 11 asana groups.

One major point of difference between Knoff Yoga sequencing and Ashtanga, is that the Knoff Yoga sequence is followed at every level – not the case in Ashtanga. So once you know the sequence, you don't have to re-learn another one as you progress. This makes both practice and teaching easier.

Once you understand the sequencing it allows you as a teacher to include a wide range of student capabilities within the one class, with everyone working at their appropriate level.

To better understand sequencing, see the 'Principles of Sequencing' in the Teacher Training Handbook.

Our next task was to grade the individual piles of cards by their degree of difficulty – from easiest to hardest. Each pile of cards was sorted accordingly, and we relied heavily on our personal experience.

In 'Light on Yoga' Iyengar grades the postures from 1 to 60. With 1 being in the easiest and 60 the hardest. We found some of his ratings did not match our experience. For example, Vrksasana (Tree Pose) is rated as a 1 – the easiest of postures. When you go to teach this pose, you quickly find out that the majority of students find it not so easy.

Having sorted the postures into asana groups, rated their degree of difficulty, and created the sequencing, we then split the piles into progressive levels of practice.

Knoff Yoga 5 Levels of Asana Practice Series:

- Discovery
- Foundation
- Intermediate
- Advanced
- Master

We also did a similar process with Pranayama. Using 'Light on Pranayama' by B.K.S. Iyengar and the Ashtanga Vinyasa Yoga Pranayama program, we categorized and graded the various pranayamas, creating a safe, sequential, logical, and progressive breath-work syllabus to compliment the 5 Levels of the Practice Series.



# Levels 8 & 9 – Advanced & Master

## The Practice

The **Advanced Asana** syllabus:

- Earth & Sun Salutations
- 11 Inverted Poses (heating)
- 5 Standing Poses
- 6 Arm Balancings
- 18 Forward Bends
- 4 Sitting Poses
- 3 Abdominals
- 5 Twists
- 11 Backbends
- 10 Inverted Poses (cooling)
- Relaxation

The **Master Asana** syllabus:

- Earth & Sun Salutations
- 9 Inverted Poses (heating)
- 5 Standing Poses
- 12 Arm Balancings
- 12 Forward Bends
- 12 Sitting Poses
- 1 Abdominal
- 4 Twists
- 11 Backbends
- 7 Inverted Poses (cooling)
- Relaxation



The **Pranayama** syllabus consists of the same techniques for both Advanced and Master, but in Master you do more repetitions and hold the breath (inhalation and exhalation) for longer. Again there is an intelligent and graduated system for safety and ease of learning.

## K.I.S.S.

Nicky Knoff and I made a conscious decision to teach real yoga. To honour the traditions and wisdom of the East, but to reflect them in the light of the Western scientific method.

Over the years, a lot of bunkum has accumulated in yoga, and one of our goals was to de-clutter and simplify, without losing the essence and intelligence.

Imagine a sailing ship that has been in the ocean for years. It is now hauled into dry dock for a thorough sand blasting and cleaning of the hull back to a smooth finish – removing the accumulated debris of algae, mollusks and other sea life.

We wanted to do the same for yoga and one of our guiding principles was to '*Keep It Simple and Straightforward*'. To highlight the graduated linking between the levels, like the coloured belts in Martial Arts. This way a student would know where they are and how to get to the next level. It also allows for the teacher to teach students the appropriate level with confidence.





# Levels 8 & 9 – Advanced & Master

## The Systems

The Knoff Yoga Overview (see Teacher Training Handbook) at first glance looks very straightforward and is, but when you understand the many overlapping and supporting systems, you also see how comprehensive it is – how these systems help with both practice and teaching.

Because the systems are fully functioning, you don't have to reinvent the wheel and can invest your time and energy in implementing the program. Many yoga teachers waste valuable time trying to keep their students entertained – instead of educating them.

When we first started Teacher Training Courses, we were surprised and shocked by how the Knoff Yoga Overview was not really understood or assimilated. Teacher trainees could answer questions about the Overview during the Course, but then were not able to implement the systems into their own practice and teaching at home.

Since this realisation we now have a Knoff Yoga Overview Test at each Level. As you progress and deepen your understanding, you gain more insight into the practice and can see the Overview in a new and evolving light.

## Course Pre-requisites

To reach this level of practice you have already put in years of self-practice and study. To attend the Advanced Course, you are required to have completed the Knoff Yoga Discovery, Foundation and Intermediate Teacher Training Courses. To addend the Master Course, you are required to have completed the Advanced Course.

## Professional Credentials

Knoff Yoga is registered with Yoga Alliance for:

- 200 Hours (Discovery & Foundation)
- 300 Hours (Chair Yoga, Pregnancy Yoga, Holistic Healing A & B, and Intermediate)

Please note Advanced and Master Levels are above and beyond the Yoga Alliance registration.

Advanced and Master Level certification is valid for 5 years. For renewal information see [www.knoffyoga.com](http://www.knoffyoga.com) under Teacher Training – Tell Me More.





# Levels 8 & 9 – Advanced & Master

## Timetable Week 1 & 2

TIMES	MON	TUE	WED	THU	FRI
5:45 - 9:30	Asana, Pranayama, Meditation				
9:30 - 9:45	Yoga Etiquette - preparing the room for public classes				
9:45 - 11:45	Brunch				
11:45 - 1:15	Anatomy				Knoff Overview Test
1:15 - 1:30	Tea Break				
1:30 - 3:00	Practicum Principles of Practice				Yoga Sutras & Chanting
3:00 - 4:00	Teaching Methodology				

TIMES	MON	TUE	WED	THU	FRI
5:45 - 9:30	Asana, Pranayama, Meditation				
9:30 - 9:45	Yoga Etiquette - preparing the room for public classes				
9:45 - 11:45	Brunch				
11:45 -1:15	Anatomy	Philosophy, Ethics & Lifestyle			
1:15 - 1:30	Tea Break				
1:30 - 3:00	Practicum Principles of Demonstration	Practicum Principles of Observation	Practicum Principles of Adjusting	Practicum Principles of Sequencing	Yoga Sutras & Chanting
3:00 - 4:00	Teaching Methodology			Asana Name Test	Teaching Methodology



# Levels 8 & 9 – Advanced & Master

## Timetable Week 3 & 4

TIMES	MON	TUE	WED	THU	FRI
5:45 - 9:30	Asana, Pranayama, Meditation				
9:30 - 9:45	Yoga Etiquette - preparing the room for public classes				
9:45 - 11:45	Brunch				
11:45 - 1:15	Philosophy, Ethics & Lifestyle				Handbook Test
1:15 - 1:30	Tea Break				
1:30 - 3:00	Practicum Principles of Practice				Yoga Sutras & Chanting
3:00 - 4:00	Teaching Methodology				

TIMES	MON	TUE	WED	THU	FRI
5:45 - 9:30	Asana, Pranayama, Meditation (Blindfold Friday)				
9:30 - 9:45	Yoga Etiquette - preparing the room for public classes				
9:45 - 11:45	Brunch				
11:45 - 1:15	Anatomy			Yoga Business	Anatomy Test
1:15 - 1:30	Tea Break				
1:30 - 3:00	Practicum Principles of Practice	Practicum - What Science Can Teach us About Flexibility	Practicum Playing the Edge	Practicum - 12 Good Reasons for Sun Salutations	Yoga Sutras & Chanting
3:00 - 4:00	Teaching Methodology				Graduation



## Levels 8 & 9 – Advanced & Master

Please note:

- The last 15 minutes of the Asana, Pranayama & Meditation component of the course will be used for Yoga Etiquette where we prepare the room for the public classes.
- 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 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.

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.

### Recommended Videos for all Levels

Knoff Yoga DVD's and USB's:

1. Level 1 Discovery
2. Level 3 Foundation
3. Level 7 Intermediate

Available for purchase via our online shop [www.knoffyoga.com](http://www.knoffyoga.com)





## Levels 8 & 9 – Advanced & Master

### 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.

### Deposit

Once your application has been approved a non-refundable **deposit of \$500** is required to secure your place.

### Course Fee

**An early-bird** discount of \$500 is offered if the full discounted fee of **\$3,999** is paid six weeks before the course, by **17th June 2019** (see refund policy overpage).

Otherwise the Full Fee is **AUD \$4,400\*\*** The fee covers your teaching, Advanced or Master Level Asana and Pranayama Manual and your Teaching Certificate.

### Method of Payment

Once your application has been approved by Nicky Knoff, a non-refundable **deposit of \$500** is required to secure your place.

Any outstanding balance of the Course Fee is to be paid 30 days before the course, by **29th June 2019**.

For **national** Internet banking, make payment to: Knoff Yoga, BSB 034-664, Account Number 16-8549. Please use your **surname, Cairns TT** and either **L8** (for Advanced) or **L9** (for Master) as your reference.

For **international** 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**.



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### Refund Policy

\*\* Payment of the Early-Bird discounted Course Fees are non-refundable but may be transferred to another Course providing it is attended within 12 months.

In all other cases:

- 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

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

For less than \$2 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.

#### 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 at our Cairns HQ, throughout Australia & overseas.
- Obtain Yoga Alliance international registration.



## Levels 8 & 9 – Advanced & Master

### What to Bring & Wear

The Yoga School supplies all yoga equipment, including top quality mats for your use at the school. 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. There is a shower at The Yoga School for your use. It is essential to have short fingernails.

### Accommodation

The course is held at The Yoga School, located at Suite 14, 159-161 Pease Street, Cairns. Type our address into [www.airbnb.com.au](http://www.airbnb.com.au) to help you find accommodation close by. Cairns is a relatively flat city surrounded by beautiful hills and a bicycle is great for getting around.

### Teacher Trainer

**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.





## Levels 8 & 9 – Advanced & Master

### 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.

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.

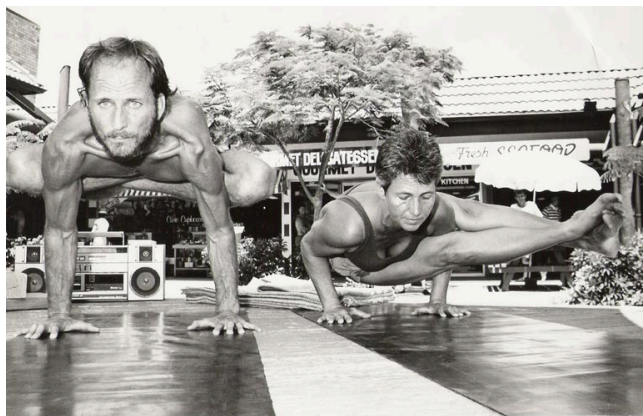
In 1989, Nicky went to Mysore, India to study with K. Pattabhi Jois, where she learned the first three series of Ashtanga Vinyasa Yoga. In 1991 she travelled to Maui, Hawaii to learn the 4th Series from Nancy Gilgoff and the other Ashtanga yogis there. In 1980, Nicky attended her first Vipassana Meditation 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 is now based in Cairns, Far North Queensland where she runs teacher training courses, and teaches workshops, intensives, private classes, public classes and Holistic Healing at the Knoff Yoga Headquarters. Through Nicky's passion for yoga, **The Knoff Yoga System** has evolved over 45 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

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

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

ABN 18 109 428 854



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