



**KNOFF
YOGA**

energise • elevate • evolve



TEACHER TRAINING

with Master Teacher James Bryan
CANBERRA, ACT

Level 5 – Yoga Holistic Healing A

Monday 8th – Friday 12th July 2019

8:40 am – 5:15 pm

Non-residential

VENUE

Canberra Yoga Space
Level 1, 13 Botany Street
Phillip, ACT, 2606

KNOFF YOGA CONTACT

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Level 5 – Yoga Holistic Healing A

Yoga Holistic Healing

Yoga holistic healing is the all inclusive approach to physical and mental well-being that treats acute or chronic ailments, injuries or misalignments by bringing the whole body into symmetry and balance through yoga:

- Postures
- Breath Work
- Meditation

Yoga techniques are adapted to meet the needs and capabilities of the student in personalised one-on-one programs that are designed specifically for each situation and should be practiced at home after the class.

Yoga holistic healing is distinct from other forms of conventional therapy in that it works to alleviate localised symptoms as well as addressing the causal and peripheral imbalances that would otherwise allow the problems to re-occur.

Yoga holistic healing recognises that the body and mind are interconnected through the agency of the breath and that there is a direct connection between mental and physical states and the condition of the breath. Long slow, steady yoga breathing activates the parasympathetic nervous system, which creates a feeling of peace and calm and allows the body to heal.

A Knoff Yoga teacher treats you with care and consideration and only starts working with you after reading your health questionnaire and listening to everything you have to say.

The goal of yoga holistic healing is for the student to take control of his or her health, not only to cure a short-term discomfort, but also to stay healthy.

THE COURSE

In Yoga Holistic Healing A, you will learn how to work with people suffering mainly from structural misalignments and problems, e.g. back pain, bad posture, herniated discs, knee pain, neck pain, sacroiliac pain, sciatica, scoliosis, weak joints, etc.

There will be yoga holistic healing classes with volunteer students from the public, so you get to experience working with real people. Learn how to put the theory into practice safely and confidently.

In the morning Asana, Pranayama and Meditations sessions, Teacher Trainees will practice actual yoga holistic healing programs in order to feel and understand their application.

In the afternoon Teaching Methodology sessions Teacher Trainees assist, provide props, take photos and notes and work with the volunteer students, while James supervises. You will get feed-back direct from the volunteer students on how they feel after doing the specially designed programs. We invite people with a range of health issues. Students are welcome to return for future courses to learn more and keep up with the latest information.

The theory and preparation will cover some of the more typical physical misalignments and look at how yoga techniques can bring about an improvement. In addition, we will look at the 'bigger picture' of how we are more than just a body, and how healing occurs on many different levels.

You will receive a **Level 5 – Yoga Holistic Healing Manual and a Yoga Holistic Healing Certificate** (if you pass the course).



Level 5 – Yoga Holistic Healing A

Course Pre-requisites

To join the **Yoga Holistic Healing A** Course, you are required to have Level 1 – Discovery and Level 3 – Foundation certification, or an equivalent 200-hour certification. Entry to the Course is by application only (see below). 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’ Yoga Holistic Healing A**. 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 **Yoga Holistic Healing A** certificate is valid for 5 years. For renewal information see www.knoffyoga.com under *‘Teacher Training – Tell Me More’* and then scroll down to *‘How to renew your Teaching Certificate’*.

On completion of the 5-day intensive, students/teacher trainees have the opportunity to study for a further four weeks intensive teacher training to upgrade their teaching certificate to our Level 7 – Intermediate level. For locations and times please visit www.knoffyoga.com

Timetable

MON 8/7	TUES 9/7	WED 10/7	THUR 11/7	FRI 12/7
Asana, Pranayama, Meditation				
8.40 - 11.40 am				
Brunch				
Yoga Holistic Healing Theory and Preparation				
12.40 - 1.25	1.30 - 2.15	12.40 - 1.25	1.30 - 2.15	12.40 - 1.25
Public Holistic Healing Class				Overview
1.25 - 2.55	2.15 - 3.45	1.25 - 2.55	2.15 - 3.45	1.25 - 2.55
Practicum				Graduation
2.55 - 4.25	3.45 - 5.15	2.55 - 4.25	3.45 - 5.15	2.55 - 4.25

Required and Recommended Reading

You are **required** to bring the Knoff Yoga Teacher Training Handbook to this Course. It is provided as part of the Level 1 Discovery Teacher Training. If you have not attended the Discovery Course, then you will need to purchase it at \$70 (including postage and handling within Australia).



Level 5 – Yoga Holistic Healing A

The list of **recommended** texts can be found on our webpage knoffyoga.com/recommended-book-list/. These are very helpful with expanding your knowledge and understanding of how yoga works. You are encouraged to purchase these books and have as part of your professional library. Of all the books listed, the most helpful is "A Handbook for Yogasana Teachers" but it is also the most expensive and quite heavy. We encourage you to read these books before, during and after Teacher Training.

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.

You can also download the print version and send to:

The Program Director, email james@knoffyoga.com.

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

Course Fee

A 10% early-bird discount is offered if the full discounted fee of **\$1,169** is paid six weeks before the course, by **26th April 2019** (see refund policy overpage).

Otherwise the Full Fee is **AUD \$1,299** **The fee covers all tuition, Yoga Holistic Healing A Manual and your Teaching Certificate.

Method of Payment

Once your application has been approved by James Bryan, a non-refundable **deposit of \$200** is required to secure your place.

Any outstanding balance of the Course Fee is to be paid 30 days before the course, by **8th June 2019**.

For Internet banking, make payment to: Name: Living Santosha Australia Pty Ltd. BSB: 112908 Account number: 442035753. Reference: Your Surname, followed by CYSHH18 as ID.



Level 5 – Yoga Holistic Healing A

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

Yoga Alliance Registration

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

This 5-day **Level 5 – Yoga Holistic Healing A** course can be applied to gain Yoga Alliance 500 hour teacher registration when **combined** with Levels 1, 2, 3, 4, 6 & 7 Knoff Yoga teacher training. With this international registration, you are able to use the letters RYT 500 (Registered Yoga Teacher) after your name for professional purposes.

Special Offers for Certificated Teachers

See our website www.knoffyoga.com

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 and use of our logo for advertising media. In addition, you will have access to continuing online support and updates via our online Member Sign-In.

On-going Support

See our website www.knoffyoga.com

- We publish a monthly e-newsletter to help with your on-going education.
- Apply to become a **Knoff Yoga System Teacher**.



Level 5 – Yoga Holistic Healing A

- 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

Be sure to bring a mat with a clearly visible line drawn down the middle. Please also bring a sarong or shawl to cover you during relaxation and to wear during meditation and pranayama and 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. It is essential to have short fingernails.

Accommodation

The venue is Canberra Yoga Space, 13 Botany Street, Phillip, ACT, 2606. Type this address into www.airbnb.com.au to help you find accommodation close by.

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 5 – Yoga Holistic Healing A

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

Level 1 – Discovery

Level 2 – Chair Yoga

Level 3 – Foundation

Level 4 – Pregnancy Yoga

Level 5 – **Yoga Holistic Healing A**

Level 6 – Yoga 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



Level 5 – Yoga Holistic Healing A

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



Level 5 – Yoga Holistic Healing A

- **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.

Testimonial

"Dear Nicky and James

I wanted to say a very big thank you for this year. Having done Discovery, Chair, Foundation and Intermediate, it has been a year of immersing myself in my passion. I feel like I've had a whole new take on my career, direction and purpose, I feel more alive and happy than I ever have. So from the bottom of my heart, thank you. Thank you for being such amazing teachers."



Merae Kayrouz – Teacher Training
Student 2017

For more testimonials from previous trainees please visit www.knoffyoga.com





Level 5 – Yoga Holistic Healing A

About James Bryan

James E. Bryan ERYT500 – was born in 1953 in Los Angeles, California, and immigrated with his family to Auckland, New Zealand in 1969. Nicky Knoff was James' very first yoga teacher when he started classes at the New Zealand School of Yoga in 1982.

At the New Zealand School of Yoga James attended classes 3 times per week for the first 3 months, but then got the “yoga bug”, and attended 7 days per week for the next 4 years. One of the teachers at the New Zealand School of Yoga travelled to the UK for an extended holiday and approached James to take over his classes. This was the beginning of James' formal teacher training.

James taught yoga at the Auckland Crippled Children's Society every Friday afternoon for 2 years. This was a wonderful learning experience and taught him how to adapt and modify the classical yoga postures to suit all body types.

In 1986 James attended a Teacher Training intensive at the Ramamani Iyengar Memorial Yoga Institute, in Pune, India with B.K.S. Iyengar and Geeta Iyengar. In the same year, James moved to Australia to join Nicky Knoff in setting up the Queensland School of Yoga in Noosaville.

In 1987 James attended his first Vipassana Meditation 10-day silent retreat, which was led by S.N. Goenka. James attended another 3 10-day silent retreats. From 1982 James practised, studied and taught Iyengar Yoga and in 1988 was certificated as a Junior Iyengar Yoga Teacher.

In 1989 James was certificated as an Intermediate Level III Iyengar Yoga Teacher. In 1989 James travelled to Mysore, India to study Ashtanga Vinyasa Yoga with K. Pattabhi Jois, where he learned the first 3 Series.

In 1991 he travelled to Hawaii to learn the 4th Series from Nancy Gilgoff at the House of Yoga and Zen, Haiku, Upcountry, Maui. In 1992 James assisted Nicky with opening the Ashtanga Yoga Academy in Cairns, Queensland, Australia.

In 2000, James moved with Nicky to Colorado, USA where they opened the Academy of Yoga. For the next 4 years, James explored many yoga schools throughout the United States and also attended the Yoga Journal Estes Park Convention for 4 consecutive years, where he studied with many famous yoga teachers.

James returned to Australia in 2004 and now runs teacher training courses, teaches workshops, intensives, private classes, and holistic healing nationally and internationally.

James's approach to teaching is technical and he likes to share the how and why of doing postures so that students may develop a clear understanding. James says exercise and education go hand-in-hand. He is appreciated for his wit and humour and makes yoga fun. Together with Nicky he is co-founder of Knoff Yoga.





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

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