



Why Choose to Study with Knoff Yoga?



**KNOFF
YOGA**

energise • elevate • evolve

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



www.knoffyoga.com

Why Choose Knoff Yoga?

Dare to dream big because the sky is not the limit, only your mind is. By choosing Knoff Yoga Teacher Certification, with nine levels of Yoga Teacher Training (from Discovery to Master), you decide how high you want to fly.

When you enrol in a Yoga Teacher Training Course with Knoff Yoga (Melbourne, Canberra, Cairns, Sri Lanka, Perth etc.), you learn from a Master Teacher, not an apprentice. We believe that each and every Yoga Teacher Trainee deserves “hands on” teaching from a skillful, experienced and dedicated long-term teacher.

You will receive an authentic Yoga education with logical and systematic progression, which gives you the confidence and clarity to fulfill your passion for Yoga.

Knoff Yoga is a principle-based program – not rote learning. It will provide you with the knowledge, techniques and skills to guide both yourself and others. The ‘KISS’ or *Keep It Simple and Straight-forward* principle is followed as understanding is paramount.

Yoga is safe and hugely beneficial when applied correctly. Incorrect practice and teaching can harm. You owe it to yourself and your students to actually know what you are doing, so you can do it well.

Knoff Yoga, the only teacher training you need.



“ I first met Nicky and James at their annual Bali Retreat in 2011. After just completing my yoga teacher training, I felt I was in need of some extra inspiration and guidance before starting my teaching journey.

I can honestly say that the week or so spent with Nicky and James was one of the most transformational, educational and inspiring ones of my life. To soak up the wisdom of two people who walk their talk and have so many years of experience and knowledge was truly amazing.

One of the most significant moments for me was when I had a conversation with Nicky about not feeling ready to teach. On some level I was thinking ‘she is the ultimate teacher... I can’t call myself a teacher!’ Nicky said, “You need to start. Just begin and trust that you will attract students that you can help. Trust you know enough to offer them something.” So that’s exactly what I did. It has been seven years and I’ve been teaching as my full time job ever since.

There are few yoga masters out there. I consider myself very lucky to have met and learned from the real deal.

Thank you Nicky and James. I have so much appreciation for you and how you have shaped me as a student and a teacher.

Tara Aldridge, True Nature Yoga Perth



Consider Carefully

There are hundreds of Courses advertised on the internet and they all look great, however, before you spend your hard-earned money and commit your time and yourself, it pays to investigate and ensure your choice reflects your values and that it will be valuable after the Course.

Here are five examples of why you should choose carefully:

We had a phone call for a Sydney Intermediate level yoga practitioner who told us about his botched choice to attend a 200-hour Course in Bali. His thinking was that he might as well be in a beautiful place while taking time off work. He confessed embarrassment that he did not consider the quality of the teaching. He said the course was run by a very inexperienced teacher and her knowledge was extremely limited. There was a big emphasis on Instagram-type photo opportunities, but no real depth in the teaching. He said that when he would ask for instructions, he was told, "You are your own best teacher and just listen to your inner guide". He also said that the majority of the attending students were young women and they had a fun time playing with the postures, but that he and a few older women, who actually wanted solid instructions and guidance, were massively disappointed.

1.

A one-month 200-hour Yoga Teacher Training brochure proudly proclaimed how you will learn four styles of yoga during its Course. Upon speaking with some of the graduates, we found out that they completed the course completely confused about what to practice and how to teach. They came to us in order to learn sensible systems.

2.

Another 200-hour Teacher Training Course had the experienced main teacher teach for four days of the 30-day intensive. For the remaining days, the course was taught by the newly certificated teachers from the previous Course.

3.

Some Teacher Training Courses allow you to accumulate hours by simply attending normal public classes. Actual Teacher Training classes are different from a public class – not the same animal.

4.

We had a woman with a 500-hour certificate ask to join our Intermediate Course. She had completed her Teacher Training with another centre. On the second day of our Course, she started crying and said "I don't know a single thing you are talking about". She was completely out of her depth and realised it. She actually got mad at us for not more clearly explaining that we had a much higher standard than where she trained.

5.



Sharing insider stories may seem like we are promoting ourselves at the expense of others, however, these are true stories and we have plenty more. Our intention is to educate you and encourage you to make an informed choice about a potentially life changing decision.

We have been running Yoga Teacher Training Courses since 1995. We have been registered with Yoga Alliance since they first started. We have taught 1000's of teachers and Knoff Yoga is known for its adherence to authentic yoga, giving you skills, techniques and knowledge to feel confident when sharing yoga with the world.

You may like to read some testimonials written by our students or view the short videos of people who have taken our Courses: www.knoffyoga.com.



What You Will Learn for Your Public Class Teaching

Knoff Yoga is a dynamic style of Hatha Yoga combining anatomical alignment principles with energetic techniques – a comprehensive approach unifying 'Western Science and Eastern Wisdom'. Knoff Yoga is the result of 41 years of dedicated practice and study. The program, syllabi and systems which have evolved are particularly useful for both practice and teaching.

The purpose of Knoff Yoga is to experience freedom in the body/mind. Our goal is to create strong, flexible, healthy and disciplined individuals. Our focus is on the *24 Principles of Practice* together with the *5 Pillars of Practice*. The application shows itself clearly in enhanced relationships and becoming the best person we can be.

Each class contains 5 *Traditional Elements*:

- **Meditation** – non-religious
- **Pranayama** – breathing exercises for vitality
- **Asana** – anatomically aligned structurally balanced
- **Relaxation** – how to deal effectively with stress
- **Philosophy** – positive, uplifting and life affirming

The *Time Percentage* guideline per class for the 5 Traditional Elements is:

- **Meditation** – 5 %
- **Pranayama** – 12 %
- **Asana** – 66 %
- **Relaxation** – 12 %
- **Philosophy** – 5 %

In each Level the yoga postures are taught in a specific sequencing of *11 Asana Groups*:

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

Within the framework of asana, the energetic techniques of *5 Bandhas* are taught:

- **Mula Bandha** – pelvic floor
- **Uddiyana Bandha** (minor) – lower abdomen
- **Jalandhara Bandha** – throat
- **Hasta Bandha** – hand
- **Pada Bandha** – foot

To enhance learning and student retention, the Knoff Yoga *Asana syllabus* is taught in a *5-Week Rotational Program*:

- **Sun and Earth Salutations & Inverted Poses**
- **Standing Poses, Forward Bends & Sitting Poses**
- **Arm Balancings & Abdominals**
- **Twists & Backbends**
- **Vinyasa/Consolidation**

The 5-Week Rotational Program applies to the *Pranayama syllabus*:

- **Yogic Full Breath & Ujjayi Pranayama**
- **Viloma Pranayama 1, 2 & 3**
- **Surya & Chandra Bhedana and Nadi Sodhana Pranayama**
- **Kapalabhati or Bhastrika Pranayama**
- **Sitali Pranayama**

Unique to Knoff Yoga is the *Balanced Practice of Right and Left* weeks to ensure symmetry of the body, breath and mind. Each week one side of the body is emphasised first and then changes to the other side the following week.

Knoff Yoga is taught in *Step-by-Step Progression*. The program allows for the **Individuality** of every student and all postures and techniques are adjusted for **Body Proportions**. We place equal importance on our student's **Yoga Education** as well as the exercise. Our students get a '*Work Out and a Work In*'.

Knoff Yoga is ideal for the Western mind as it is soundly based in science while honouring the traditions of the East. Knoff Yoga is also ideal for teaching being fully supported with systems designed to educate and progress students in a logical and systematic manner.



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



9 Levels of Teacher Training Split into Two Streams

ASANA, PRANAYAMA & MEDITATION PRACTICE SERIES

- **Discovery**
- **Foundation**
- **Intermediate**
- **Advanced**
- **Master**

SPECIALITY SERIES

- **Chair Yoga**
- **Pregnancy Yoga**
- **Yoga – Holistic Healing A (structural)**
- **Yoga – Holistic Healing B (organic)**

These Courses fit together in a progressive system that allows you to complete them over a period of time to suit you:

- **Level 1** – Discovery (1 week)
- **Level 2** – Chair Yoga (2 days)
- **Level 3** – Foundation (3 weeks)
- **Level 4** – Pregnancy Yoga (1 week)
- **Level 5** – Yoga – Holistic Healing A (1 week)
- **Level 6** – Yoga – Holistic Healing B (1 week)
- **Level 7** – Intermediate (4 weeks)
- **Level 8** – Advanced (4 weeks)
- **Level 9** – Master (4 weeks)

Please note: longer courses can be split, for example, two weeks at a time.

Pre-Requisites for Joining

- The *Discovery* Course is the beginning.
- To attend *Discovery*, you need to have been attending regular yoga classes for a minimum of 12 months so that you are moderately yoga-fit.
- To attend *Chair Yoga*, a regular yoga practice (any style of yoga) for a minimum of 12 months is required. The postures and techniques covered in this Course are modifications of the *Discovery* and *Foundation* Courses. While it is not mandatory to attend the *Discovery* and *Foundation* Courses to attend *Chair Yoga*, it is recommended as having a good understanding of these makes *Chair Yoga* more accessible and relatable.
- *Discovery* is the pre-requisite for *Foundation*.
- *Discovery* and *Foundation* are the pre-requisites for *Pregnancy*, *Yoga Holistic Healing A*, *Yoga Holistic Healing B* and *Intermediate*.
- *Intermediate* is the pre-requisite for *Advanced*.
- *Advanced* is the pre-requisite for *Master*.



Yoga Alliance Registration

Knoff Yoga is registered with Yoga Alliance as an RYS200 and RYS300 school.

RYS200: Level 1 – Discovery and Level 3 – Foundation Courses combined.

On completing these two Courses, you are eligible to register with Yoga Alliance for RYT200.

RYS300: Level 2 – Chair Yoga, Level 4 – Pregnancy Yoga, Level 5 – Yoga Holistic Healing A, Level 6 – Yoga Holistic Healing B, and Level 7 – Intermediate combined.

On completing these seven Courses (for the **RYS200** and **RYS300** hour totals), you are eligible to register with Yoga Alliance for **RYT500**.

Knoff Yoga Advanced and Master Level Courses are beyond the Yoga Alliance scope.



Knoff Yoga Syllabus

Each of the 9 Levels of Teacher Training cover a comprehensive syllabus including:

1. **Asana** – how to achieve correct anatomical alignment, safely and with confidence
2. **Pranayama** – breath-work for teaching and self-practice
3. **Meditation** – traditional, simple and effective
4. **Teaching Methodology** – practice real-time teaching in a supportive environment
5. **Philosophy, Ethics & Yogic Lifestyle** – the big picture made simple
6. **Sanskrit Pronunciation** – asana names and common yoga terms
7. **Applied Anatomy** – for safe practice and teaching
8. **Knoff Yoga unique:**
 - Principles of Demonstration
 - Principles of Adjusting
 - Principles of Observation
 - Principles of Practice
 - Principles of Sequencing
 - Principles of Teaching.

Anatomical Alignment and Energetic Techniques

Knoff Yoga combines the anatomical alignment and intelligence of Iyengar Yoga, with the energetic principles of Ashtanga Vinyasa Yoga, resulting in the 5 Pillars of Practice.

5 PILLARS OF PRACTICE

These 5 Pillars of Practice are applied each and every time you step onto a yoga mat:

1. **ASANA** – Focusing on the physical structure using correct anatomical alignment
2. **VINYASA** – Connecting techniques synchronising movement with breath
3. **BANDHA** – Muscular and energetic locks to transform internal energy creating heat
4. **PRANAYAMA** – Controlled expansion of the life-force
5. **DRISHTI** – Specific focal points for directing the eyes and composing the mind.

Systems Based

Knoff Yoga is a system-based program which is logical, clear and easy to understand. Knoff Yoga takes an extremely complex subject and intelligently simplifies it.

Knoff Yoga is grounded in tradition and incorporates western scientific principles. You learn how to teach from a solid base of knowledge, imparting confidence – all the work has been done, you simply follow the systems and guide your students.

SYSTEMS

1. 9 progressive levels
2. 5 segments per class
3. Time percentages for segments
4. 11 Asana groups
5. 5 Bandhas
6. Right/Left weeks
7. 5-week rotational sequence
8. 24 Principles of Practice
9. Yoga mat line for ease of alignment.

Systems mean:

- You teach with substance and guide with confidence.
- You do not have to reinvent the wheel for every class.
- You do not have to be a super yogi – just share and care.

“Dear James and Nicky, ...there is probably not a week that goes by where some where in my practice, or my meditation or my response to something in a day, that I do not hear your voice. I have to say that I love when there are photos posted, I can smell the room, feel the energies, see you in the room, know those spaces, to have been/ and it still is a part of that/ of me. My teacher, Peter Sanson often says, “There is a small box sitting here (in your heart). It is Atman. Turn your attention here. That is yoga.”...

What did I take away, above and beyond so many things in my time spent with you, and will always hold in my heart – more than anything else – your deep love that underlines, imbues, permeates everything else; and that, what is at essence is not the asanas/ what you can or can not do, but the love with which it is imbued; the yoga that is alive in every cell of your beings, the two of you. My gratitude and love — go well in this next turn of the road.

Rochelle, Teacher Training Student





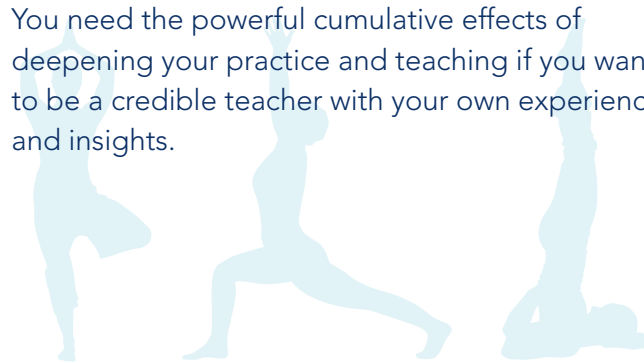
Reasons to Choose Knoff Yoga

1. You study under the guidance of a Master Teacher with over 48 years experience.
2. All classes are dedicated to Teacher Training – not public classes.
3. Courses are designed so you are certificated and may teach straight away using the comprehensive course content.
4. Flexible learning with levels, plus options to split courses to fit into your schedule.
5. Courses are based on modern learning methodology.
6. Each level prepares you for the next with logical progression.
7. Principle-based so that you are not rote learning or following a script. The Principles free you to teach from your own unique understanding using your own voice.
8. Yoga Alliance registered for international recognition.

A cornerstone of Knoff Yoga is the appropriate use of props (straps, blankets, blocks, bricks, bolsters, chairs, inversion swings, etc.). Using props where they are necessary, but gradually working towards freedom from the props and full expression of classical postures in order to develop the full expression of our human potential.

We call the Knoff Yoga intensive approach to training the 'Baked Cake Method'. If you want to bake a cake and it requires one hour in the oven, you do not remove it every ten minutes, let it cool down, and then put it back in the oven. If you do, you end up with an inedible mess!

You need the powerful cumulative effects of deepening your practice and teaching if you want to be a credible teacher with your own experience and insights.



“Not long after my Knoff Yoga Foundation Teacher Training I finally fell pregnant (I think the Universe wanted me to complete the Teacher Training first).

During my pregnancy, I really appreciated the squat sequence especially during the days my ankles were aching – and the barrel was fantastic for my slight kyphosis on my thoracic spine (which is hardly there now thanks to using the barrel regularly). It was such a different experience from my first pregnancy where I experienced a lot of back pain.

I kept up my yoga practice until around 37 weeks and felt so strong and vital the whole way through! And my baby, Charlotte, is a very happy bubba.

Diane Curtis, Teacher Training Student



Pre-Requisites for Certification

At the end of a course you may receive either a Teaching Certificate or a Statement of Attendance.

In order to obtain the **Teaching Certificate**, you are required to:

- Attend all course classes
- Attend the teacher/student feedback session
- Complete all the assignments and presentations
- Pass all exams and assessments.

In order to obtain the **Statement of Attendance**, you are required to:

- Attend all course classes
- Attend the teacher/student feedback session
- Complete all assignments and presentations.

Being lazy, argumentative or closed-minded may result in not receiving either a Teaching Certificate or a Statement of Attendance.



“Finding the Knoff Yoga School has truly changed my life for the better.

Australia was a long way away, but on the strong recommendation of a yoga teacher and friend, I decided to put my trust in Knoff. Versus, my other inclination, which was to attend the more “name brand” or “original” yoga schools in India. No choice in my life has had a more profound impact.

I cannot say enough good things about both Nicky Knoff and James E. Bryan and the complete yoga system that they have built up over a lifetime of incredible study, practice and teaching. I don't think there are any other teachers out there who compare. They teach not only the practice on the mat, but also how yoga is a full life practice.

Toko Hara, Teacher Training Student, June 2017”

How to Apply

- Ensure you meet the course pre-requisites.
- Check the course dates are suitable.
- Download the appropriate brochure from our website [Home Page](#) for detailed information of the course.
- Complete the [Application Form](#) and return to the Program Director for review and acceptance.
- Once your application is approved, a non-refundable deposit will be requested to book your place.
- On the Knoff Yoga website, you can [view the required and recommended text books](#) for each course.

Course Fees

An early-bird discount is available if you choose to pay the full amount six weeks prior to the commencement of the Course. Please view the relevant course brochure for more details. These brochures can be found on the landing page of each individual course, on the Knoff Yoga website.

If you initially pay the deposit only, to guarantee your place on the course the balance of all fees must be paid 30 days prior to the commencement of the course.

• Level 1 – Discovery	\$1,299 (Deposit \$200)
• Level 2 – Chair Yoga	\$449 (Deposit \$100)
• Level 3 – Foundation	\$3,599 (Deposit \$400)
• Level 4 – Pregnancy Yoga	\$1,299 (Deposit \$200)
• Level 5 – Holistic Healing A	\$1,299 (Deposit \$200)
• Level 6 – Holistic Healing B	\$1,299 (Deposit \$200)
• Level 7 – Intermediate	\$4,499 (Deposit \$500)
• Level 8 – Advanced	\$4,499 (Deposit \$500)
• Level 9 – Master	\$4,499 (Deposit \$500)

(Prices current at time of publishing).



Refund Policy

Payment of the early-bird discounted fee is non-refundable, but may be transferred to another Knoff Yoga course providing it is used within 12 months.

When paying the full fee (no early-bird discount):

- Up to 31 days prior to the start of the course – full refund less non-refundable deposit.
- Within thirty days prior to the start of the course – no refund, but may transfer to another Knoff Yoga Course providing it is used within 12 months.
- Once the course has started – no refund or credits on any payment.
- If the course does not proceed – 100% refund including deposit.



Code of Conduct

As a certificated Knoff Yoga teacher, you will agree to uphold the ethical goals set forth in the following Code of Conduct:

- Adhere to the traditional yoga principles as written in the Yamas and Niyamas.
- Uphold the integrity of the yoga vocation by conducting myself in a professional and conscientious manner.
- Teach only the appropriate Asana, Pranayama and Meditation for which you are certificated.
- Acknowledge the limitations of your skills and scope of practice and where appropriate, shall refer students to seek alternative instruction, advice, treatment or direction.
- Create and maintain a safe, clean and comfortable environment for the practice of yoga.
- Actively encourage diversity by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religious affiliations or sexual orientation.
- Respect the rights, dignity and privacy of all students.
- Avoid works and actions that constitute sexual harassment.
- Adhere to all local government and national laws that pertain to yoga teaching and business.
- To stay abreast of new developments in the field of Yoga through educational activities and study.



I love the way my mind has evolved since this Summer. I can see how I have learned to use the tools. I have gained a new confidence in myself, emotionally speaking. I know that when I find myself stressing out about things in the future, I just have to come back to the present and focus on this. What else matters more? How will I be able to do "that" thing in six months if I don't take care of my life now? This is something that is helping me enormously.

You may not remember saying this, but I have it written in my foundation diary that I was writing while in Cairns... you once said, "Anxiety comes exclusively from not being able to be in the moment". I have surely made treasure of these words.

So once again thank you! I am so very much hoping to seeing you in April 2019.

*Carla Sanfilippo, Foundation Teacher Training
July 2018, Cairns*



APPLY NOW

To register simply go to www.knoffyoga.com and complete the online Application form and we will respond within 48 hours.

For any questions please contact Knoff Yoga's Program Director, James E. Bryan RYT500.

Email james@knoffyoga.com
Mobile 0415 362 534



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