



TEACHER TRAINING

with

Master Teachers Nicky Knoff & James Bryan

CAIRNS, Queensland

Level 3 – Foundation

3-Week Intensive

MONDAY 13TH to FRIDAY 31ST JULY 2015
5.45am – 3:30pm, Non-residential

Venue:

The Yoga School
Suite 14, 159 - 161 Pease St (Piccones Shopping Village), Manoora,
CAIRNS
P.O. Box 975, Edge Hill 4870 QLD

Contact:

James E. Bryan E.R.Y.T. 500 *Program Director*
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THE COURSE

The Foundation Course is based upon and a continuation of the preceding Discovery Level, but has its own new syllabus, taking you further along the path as a yoga teacher.

The 3-Week Foundation Course, combined with the 5-Day Discovery qualifies for the international Yoga Alliance 200 hour registration and when you have successfully completed both, you may register with the YA and professionally use the letters Y. T. 200 after your name.

The 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. Synchronizing 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 consist of:

- Earth & Sun Salutations
- 4 Inverted Poses (heating)
- 9 Standing Poses
- 2 Arm Balancing
- 7 Forward Bends
- 5 Sitting Poses
- 2 Abdominals
- 3 Twists

- 6 Backbends
- 4 Inverted Poses (cooling)
- Relaxation
- 9 Pranayama
- Breath focused Meditation

The Anatomy & Physiology covers the basics of movement, muscles and bones and is taught with direct application to the yoga postures. The Philosophy looks at What Is Yoga, Ten Fundamental Principles of Yoga, In Praise of the Philosophical Life, Why Study Yoga, Philosophy, The Seven Steps of Psychospiritual Maturation, A Bird's-Eye View of the History of Yoga, and 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 **Teacher Training Workbook, Foundation Asana 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.

The Level 3 - Foundation Teacher Training certificate is valid for 3 years

On completion of the 3-Week intensive, students / teacher trainees have the opportunity to study other Knoff Yoga Courses.

TIMETABLE

TIMES	MON	TUES	WED	THUR	FRI	SUN
5:45 – 9:45	Asana, Pranayama & Meditation	Asana, Pranayama & Meditation	Asana, Pranayama & Meditation	Asana, Pranayama & Meditation	Asana, Pranayama & Meditation	Asana, Pranayama & Meditation
9:45 – 11:45	Brunch Break	Brunch Break	Brunch Break	Brunch Break	Brunch Break	
11:45 – 1:00	Anatomy & Physiology	Anatomy & Physiology	Anatomy & Physiology	Anatomy & Physiology	Anatomy & Physiology	
1:00 – 1:15	Tea Break	Tea Break	Tea Break	Tea Break		
1:15 – 3:30	Teaching Methodology	Teaching Methodology	Teaching Methodology	Teaching Methodology	Teaching Methodology	

Please note:

- You are required to observe/assist in 2 public classes during the Course.
- You must attend the Graduation Ceremony, on the last Friday afternoon of the Course, to receive your Teaching Certificate.

REQUIRED READING

- Light on Yoga – B.K.S. Iyengar
- Scientific Keys Volume 1: The Key Muscles of Yoga – Ray Long
- Yoga Philosophy & History Manual – Georg Feuerstein
- Yoga Sutras of Patanjali Workbook & CD – Vyaas Houston
- The Heart of Yoga – T.K.V. Desikachar

These books can be purchased via our online store.

HOW TO APPLY

Complete the online Application Form.

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

Deposit

Once your application has been approved a non-refundable **deposit of \$400** is required to secure your place.

Course fee

A **10% early-bird** discount is offered if the full discounted fee of **\$2,691** is paid six weeks before the course, by **1 June 2014** (see refund policy below).

Otherwise the full fee is **AUD \$2,990** **The fee covers all tuition, Teacher Training Handbook, Discovery Manual and your Teaching Certificate.

Balance of Payment

If not paying the early-bird fee, then the balance of the Course fee is to be paid 30 days before the course, by **12 June 2015** unless other arrangements have been agreed to.

Method of Payment

Once your application has been approved by Nicky Knoff, you will need to secure your place with a deposit and ensure that full fees are paid by 12 June, 2015.

For **national** Internet banking, make payment to: Knoff Yoga, BSB 034-664, Account Number 16-8549 (with your **Surname, Cairns L3 T/T** as I.D.)

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 wpcau2s.

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 done 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 200 & 300 Hours, with the **Yoga Alliance** (www.yogaalliance.org).

This 3-Week Level 3 – Foundation Course, **combined** with the 5-Day Level 1 – Discovery Course, is registered with the Yoga Alliance (www.yogaalliance.org) for 200-hour Yoga Teacher registration. With this international registration you are able to use the letters R.Y.T. 200 (Registered Yoga Teacher) after your name for professional purposes.

Special Offers for Certificated Teachers

- Upon Certification you can automatically apply for free registration on the 'Certificated Teachers' page of the Knoff Yoga website.
- Join the Knoff Yoga Association for time & cost savings:-

Plan B – 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.

ON-GOING SUPPORT

- 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 headquarters, throughout Australia & overseas.
- Obtain Yoga Alliance international registration

WHAT TO BRING & WEAR

The Knoff 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 home practice.

Be sure to bring a sarong or shawl to cover you during relaxation and to wear during meditation and pranayama.

Remember to bring the Required Reading books with you to the Course!

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. Jewelry and valuables should not be brought to class. Please no perfumes or deodorants

ACCOMMODATION

The Course is **non-residential**, but we are happy to send you our Accommodation List to help you find reasonably priced rooms.

ABOUT KNOFF YOGA

At **Knoff Yoga** we believe that the rationale or purpose of practicing yoga is to experience freedom in the body and 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 70 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 recognize the individuality of every student and are adjusted for individual body shapes and proportions.

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.

The Level 1 - Discovery course is the first level of **Knoff Yoga System** teacher training. It is specifically designed to get you up and running as a yoga teacher with comprehensive tuition, a Teacher Training Handbook, Level 1 – Discovery Manual and your Teaching Certificate for this level.

OUR COURSES

Knoff Yoga proudly delivers **9 Levels** of teacher training, from Discovery to Master.

Level 1 – Discovery

Level 2 – Chair Yoga

Level 3 – **Foundation**

Level 4 – Pregnancy Yoga

Level 5 – Yoga Therapy A

Level 6 – Yoga Therapy 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 & Physiology

TEACHER TRAINER

The course is taught by Nicky Knoff (Founder & Master Yoga Teacher). Nicky has over 40 years yoga experience and 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.

To contact Nicky you can email her at nicky@knoffyoga.com. Specific course enquiries can be directed to Program Director Teacher James Bryan

TESTIMONIAL

"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 & 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**

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 energize 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 emphasize 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.