



**KNOFF  
YOGA**

energise • elevate • evolve

## **TEACHER TRAINING**

**with**

**Master Teacher Nicky Knoff**

**PERTH, Western Australia**

**Level 1 – Discovery**

5-Day Intensive

MONDAY 7<sup>TH</sup> to FRIDAY 11<sup>TH</sup> SEPTEMBER 2015

7:30 am – 4:15 pm, Non-residential

### **Venue:**

Yoga Harmony Perth  
Unit 2, 1070 Beaufort Street, Bedford, WA 6052

### **Contact:**

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## **THE COURSE**

The Discovery Course is the beginning of the Knoff Yoga Teacher Training and consists of a 5-Day Intensive covering everything you need to get you up and running as a yoga teacher.

Following the guidelines of the international Yoga Alliance, you will study Asana, Pranayama & Meditation, Yoga Philosophy, Ethics & Lifestyle, Anatomy & Physiology, and Teaching Methodology.

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 Discovery Asana, Pranayama & Meditation syllabus consist of:

- Earth & Sun Salutations
- 2 Inverted Poses (heating)
- 6 Standing Poses
- 1 Arm Balancing
- 4 Forward Bends

- 3 Sitting Poses
- 1 Abdominal
  
- 1 Twist
- 5 Backbends
- 2 Inverted Poses (cooling)
- Relaxation
- 2 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 Health Beyond Posture, The Philosophy of Posture as Philosophy, and introduces Yoga Sutras Chanting.

You will receive more than enough information and knowledge to teach competently and successfully – as we do at the Knoff Yoga Headquarter in Cairns, Australia.

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 8 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 Handbook** and **Discovery Asana Manual**.

### **COURSE PRE-REQUISITES**

To join the Discovery Course, you are required to have attended regular yoga classes (any style of yoga) for a minimum of 12 months. 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 1 – Discovery**. Otherwise, you will be awarded with a 'Statement of Attendance', providing you attend all classes and complete all assignments.

The Level 1 - Discovery Teacher Training certificate is valid for 3 years

On completion of the 5 day intensive, students / teacher trainees have the opportunity to study for a further three weeks intensive teacher training to upgrade their teaching certificate to the Level 2 – Chair Yoga or Level 3 – Foundation Levels.

## TIMETABLE

<u>TIMES</u>	<u>THUR</u>	<u>FRI</u>	<u>SAT</u>	<u>SUN</u>	<u>MON</u>
7:30 – 11:30	Asana, Pranayama & Meditation	Asana, Pranayama & Meditation	Asana, Pranayama & Meditation	Asana, Pranayama & Meditation	Asana, Pranayama & Meditation
11:30 – 12:30	Lunch	Lunch	Lunch	Lunch	Lunch
12:30 – 2:00	Philosophy, Ethics & Yogic Lifestyle	Anatomy & Physiology	Philosophy, Ethics & Yogic Lifestyle	Anatomy & Physiology	Philosophy, Ethics & Yogic Lifestyle
2:00 – 2:15	Tea Break	Tea Break	Tea Break	Tea Break	Tea Break
2:15 – 4:15	Teaching Methodology	Teaching Methodology	Teaching Methodology	Teaching Methodology	Graduation Ceremony & Certificate Awarding

\*Please note - You must attend the Graduation Ceremony to receive your Knoff Yoga 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 Yoga Shop 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 \$200** is required to secure your place.

## Course fee

A **10% early-bird** discount is offered if the full discounted fee of **\$990** is paid by **27 July 2015** (see refund policy below).

Otherwise the Full Fee of **AUD \$1,089** \*\*The fee covers all tuition, Teacher Training Handbook, Discovery Manual and your Teaching Certificate.

### **Balance of Payment**

Any outstanding balance of the Course fee is to be paid, by **7 August 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 7 August, 2015.

For **national** Internet banking, make payment to: Knoff Yoga, BSB 034-664, Account Number 16-8549 (with your **Surname, L1 T/T Perth** 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](http://www.yogaalliance.org)).

This one week Level 1 – Discovery Course, **combined** with the 3-Week Level 3 – Foundation 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 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 A – Insurance Membership

For less than \$2 per week, membership gives you the opportunity to access Professional Indemnity and Public Liability Insurance through the OAMPS Natural Therapists combined liability insurance scheme (Australia only).

#### 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 (currently under development).

## **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
- Join the Nicky Knoff Association to receive discounted group insurance for Public Liability and Professional Indemnity.

## **WHAT TO BRING & WEAR**

You will need to bring a yoga mat (with a line drawn down the middle), plus a yoga block, belt and a bath sized towel.

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

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. This includes navel rings, nipple rings and other piercings!

Please no perfumes or deodorants.

### **ACCOMMODATION**

The Course is **non-residential**. If you need assistance with finding accommodation please contact Nicky Knoff's Perth host Tatjana Luker.

### **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](mailto:nicky@knoffyoga.com). Specific course enquiries can be directed to Program Director Teacher James Bryan [james@knoffyoga.com](mailto:james@knoffyoga.com)

## **TESTIMONIALS**

*"I have been practicing and teaching Yoga myself for many years and was seeking to attend a 200 hour training to commit deeper to my practice. I traveled half way around the world (Dresden, Germany) to study Knoff Yoga because the moment I met Nicky many months before, it was obvious to me that she is a person who has dedicated her life very wisely and effectively to the teachings. Nicky is a true Master in the art of Yoga. She is honest, precise and has many great stories to share from over 40 years' experience on the Yoga mat. Her knowledge of the body and asanas along with her keen eye provided our group with incredible adjustments that ensured each and every one of us understood - at the cellular level - how wonderful and trans-formative a solid Yoga practice can be. I am ever grateful for how generously Nicky passed on her wisdom and would recommend Knoff Yoga to anyone. Thank you!"* **Amber Spear, Yoga teacher & student, Perth, AUSTRALIA**

## **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.

