



**KNOFF
YOGA**

energise • elevate • evolve

TEACHER TRAINING

with Master Teacher Nicky Knoff

Cairns, Queensland

Level 4 – Pregnancy Yoga

5-Day Intensive

MONDAY to FRIDAY
3RD to 7TH AUGUST 2015

6.15 am – 3.15 pm, 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

Contacts:

James E. Bryan E.R.Y.T. 500 – Knoff Yoga

Mobile: 0415 362 534

Email: james@knoffyoga.com Website: www.knoffyoga.com



THE COURSE

When offering yoga classes to the public, you will inevitably have pregnant students wanting to attend and it is essential to know what you are doing and have the skills to help them access the many health benefits that practicing yoga will bring to both the mother and the baby.

This **Pregnancy Yoga** Teacher Training Course will give you the knowledge and experience so you can confidently teach pregnant women, either including them in beginner classes, experienced classes, or in a separate specialized private Pregnancy Yoga class.

This Course is unique, as we will have 'real' live volunteer pregnant women from the public come to participate. We ask for a wide range of pregnancies, from the first, right up until the third trimester, in order to give you as much experience as possible.

In the morning Asana, Pranayama and Meditation sessions Teacher Trainees will practice the actual pregnancy postures to gain direct experience, learn which breath-work is beneficial and which is not, plus the meditation techniques to calm and focus the mind.

Many of our students, post pregnancy, say the main thing, which got them through the birth of their baby, was knowing how to breathe, plus having the confidence to listen to their bodies – which came from their practice.

In the afternoon Teaching Methodology sessions Nicky Knoff will teach the Pregnancy Yoga students, while Teacher Trainees assist, provide props, and take photographs and make notes. These Pregnancy Yoga students get feed-back after the classes!

The Anatomy & Physiology will cover the basics of pregnancy, childbirth and breastfeeding and guidelines during trimesters. The Philosophy will look at how we can use yoga to accommodate the changes occurring and how to find our centre in order to maintain balance.

You will receive a **Teacher Training Handbook** AND a **Level 4 - Pregnancy Yoga Manual**.

COURSE PRE-REQUISITES

To join the **Pregnancy Yoga** Course, you are required to have been practicing yoga for a minimum of two years, or preferably 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 **Pregnancy Yoga** Teaching Certificate. Otherwise, you will be awarded with a 'Statement of Attendance', providing you attend all classes and complete all assignments.

The **Pregnancy Yoga** certificate is valid for 5 years. For renewal information see www.knoffyoga.com under Yoga Teacher Training/Certificate Renewal.

On completion of the 5 day intensive, students / teacher trainees have the opportunity to study further specialized intensive teacher training Courses (Chair Yoga, Yoga Therapy A and Yoga Therapy B) to upgrade their teaching skills. It is highly recommended that you also complete Discovery and Foundation Courses. For locations and times please visit www.knoffyoga.com

TIMETABLE

<u>TIMES</u>	<u>MON</u>	<u>TUES</u>	<u>WED</u>	<u>THURS</u>	<u>FRI</u>
6:15 – 9:45	Asana, Pranayama & Meditation	Asana, Pranayama & Meditation	Asana, Pranayama & Meditation	Asana, Pranayama & Meditation	Asana, Pranayama & Meditation
9:45 – 11:45	Brunch	Brunch	Brunch	Brunch	Brunch
11:45 – 1	Philosophy, Ethics & Yogic Lifestyle	Anatomy & Physiology	Philosophy, Ethics & Yogic Lifestyle	Anatomy & Physiology	Philosophy, Ethics & Yogic Lifestyle
1 – 1:15	Tea Break	Tea Break	Tea Break	Tea Break	Tea Break
1:15 – 3:15	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.

SUGGESTED READING

- Yoga and Pregnancy by Sophy Hoare
- The Female Pelvis by Blandine Calais-Garmain
- The Woman’s Book of Yoga & Health by Linda Sparrowe
- Yoga A Gem for Women by Geeta Iyengar



HOW TO APPLY

Complete the online Application Form

We will send you a confirmation email once 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 **\$891** is paid six weeks before the course, by **22 June 2015** (see refund policy below).

Full Price **AUD \$990** **The fee covers all tuition, Teacher Training Handbook, Pregnancy Yoga Manual and your Certificate.

Balance of Payment

The balance of the Course fee is to be paid 30 days before the course, by **5 July 2015** unless other arrangements have been agreed to.

Method of Payment

For **national** Internet banking, make payment to: Knoff Yoga, BSB 034-664, Account Number 16-8549 (with your **surname, Cairns L4 TT** 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 international **Yoga Alliance** (www.yogaalliance.org).

This one week **Level 4 – Pregnancy Yoga Course** can be applied to gain Yoga Alliance 300 hour teacher registration when **combined** with Levels 2, 5, 6 and 7 of Knoff Yoga teacher training. With this international registration you are able to use the letters R.Y.T. 300 (Registered Yoga Teacher) after your name for professional purposes.

Special Offers for Certificated Teachers

- Become a **Knoff Yoga System Teacher**
Join the Knoff Yoga Association Plan B and 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** and receive ongoing support.
- 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. Also a bath sized 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. Jewelry 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 you have short fingernails.

ACCOMMODATION

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

ABOUT KNOFF YOGA

At **Knoff Yoga** we believe that the rationale or purpose of practising yoga is to experience freedom in the body and mind through the creation of strong, flexible, healthy, independent and disciplined individuals.

Master Teachers Nicky Knoff and James E. Bryan have refined the **Knoff Yoga System** drawing on over 76 years of combined experience and through direct study with the Masters of Iyengar Yoga, Ashtanga Vinyasa Yoga, Bikram Yoga and Viniyoga.

Today the **Knoff Yoga System** is taught to teacher trainees and students across the globe, in countries as diverse as Australia, New Zealand, Bali, Malaysia, Qatar, 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.

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** - for the long-term well-being of yourself and your students, education is as important as exercise.
- **Positive Communication** - 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.

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

Students who do not wish to teach may also attend the course to intensively deepen their practice and grow their yoga knowledge.

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) and her biography is attached at the end of this brochure.

To contact Nicky you can email nicky@knoffyoga.com. Specific course enquiries can be directed to Program Director James Bryan 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 and holistic practice:

- **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.

