



**KNOFF  
YOGA**

energise • elevate • evolve



# TEACHER TRAINING

with Master Teacher Nicky Knoff  
Wadduwa, SRI LANKA

## Level 1 – Discovery

Thursday 1st – Monday 5th March 2018

Non Residential

### VENUE

Wadduwa Beach House Villa  
Sri Lanka

Host: Amrita Amalean

Email: [amrita.amalean@gmail.com](mailto:amrita.amalean@gmail.com)

Mobile: + 94 777874900

### CONTACT IN AUSTRALIA

**James E. Bryan** (ERYT500) - Program Director

Mobile: + 61 (0)415 362 534

Email: [james@knoffyoga.com](mailto:james@knoffyoga.com)

Website: [www.knoffyoga.com](http://www.knoffyoga.com)

# Teacher Training Level 1 Discovery, Wadduwa, Sri Lanka

## About the Location

Sanctified with shores and sun kissed sands, Wadduwa is a scenic coastal town. Serene in nature and unique in character. Enjoy an array of wonderful experiences including a visit to the popular Kalutara Temple, explore vibrant murals, partake in an early morning excursion by assisting the local fishermen to pull in their nets, savour a refreshing glass of deliciously brewed toddy, purchase the ideal souvenir and much more.

### Course fee: AUD \$1,750 AUD

- Teacher Training Course
- Discovery Asana Manual
- Teacher Training Handbook
- Certificate
- Brunch
- Tea/coffee, snacks, all day service
- Customary staff tips

Transport is not included and students should make their own arrangements.





## Level 1 – Discovery

**Recommended Travel Agent:** Gregor & Lewis Travel (Tracey Standing)

Email: [traceystanding@gregorlewis.com.au](mailto:traceystanding@gregorlewis.com.au), Phone: 07 5447 4666, Mobile: 0401 455 105

### Recommended Accommodation:

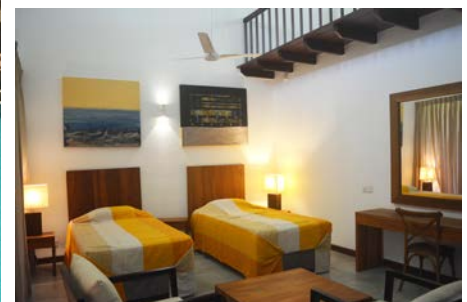
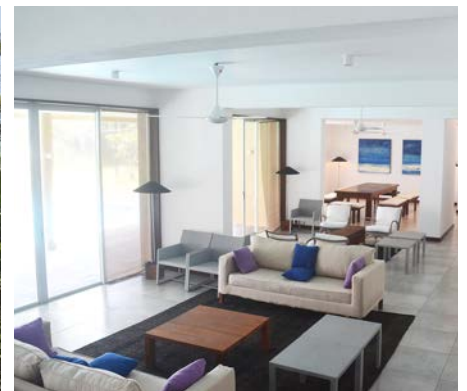
Blue Waters Hotel Wadduwa.

Contact [sales@thebluwasterssrilanka.com](mailto:sales@thebluwasterssrilanka.com) - +94773649290 Attention Arjuna.

Single BB - 155 US dollars, Double BB - 165 US dollars, Triple BB - 195 US dollars.

Accommodation is not included in the course fee.

Tucked away along the shores of Sri Lanka's West Coast standing tall among beach resorts in Sri Lanka, The Blue Water Hotel lies nestled amidst wild coconut groves in the idyllic town of Wadduwa. Located only 32 kms from the island's commercial capital Colombo, our villal is easily accessible by road and lets you experience the very best this sun drenched coastal region has to offer be it exploring sacred Buddhist temples, fishing villages or coconut palm plantations. From the international airport located 30 kms away.







## Level 1 – Discovery

### THE COURSE

The Discovery Course is the beginning level of the Knoff Yoga Teacher Training and consists of 5 days of intensive training 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 and Teaching Methodology.

This Course is based on the unique Knoff Yoga Principles of:

- Sequencing
  - Teaching
  - Adjusting
  - Observation
  - Demonstration
- |                           |                                      |
|---------------------------|--------------------------------------|
| 1. Practice Foundation    | 13. Creating Space                   |
| 2. Cardinal Directions    | 14. Coiling                          |
| 3. Centering              | 15. Balancing Ha/Tha                 |
| 4. Earth/Heaven Extension | 16. Synchronising Breath & Movement  |
| 5. Scissoring             | 17. Micro-Movements                  |
| 6. Bandhas                | 18. Vinyasa                          |
| 7. Co-Contraction         | 19. Balancing Strength & Flexibility |
| 8. Spiralic Action        | 20. Progression                      |
| 9. Reciprocal Inhibition  | 21. Mindfulness                      |
| 10. Body Proportions      | 22. Effortless Effort                |
| 11. Alignment             | 23. Five Elements                    |
| 12. Timing                | 24. Enjoyment                        |

The Discovery Asana, Pranayama & Meditation syllabus consists of:

- |                              |                              |
|------------------------------|------------------------------|
| • Earth & Sun Salutations    | • 1 Twist                    |
| • 2 Inverted Poses (heating) | • 5 Backbends                |
| • 6 Standing Poses           | • 2 Inverted Poses (cooling) |
| • 1 Arm Balancing            | • Relaxation                 |
| • 4 Forward Bends            | • 2 Pranayama                |
| • 3 Sitting Poses            | • Breath focused Meditation  |
| • 1 Abdominal                |                              |

The Anatomy covers the basics of movement, muscles and bones and is taught with direct application to the yoga postures. The philosophy looks at: historical and theoretical principles of hatha yoga; the eight limbs of yoga; emphasis is on how theory of yoga translates to practice of life, with particular focus on yamas and niyamas; eastern and western philosophies underlying principles of yoga, 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 Headquarters in Cairns, Australia.



## Level 1 – Discovery

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, Discovery Asana and Pranayama Manual and a Discovery Teaching Certificate** (if you pass the course).

### 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. 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 Level 1 – Discovery Teacher Training certificate is valid for 3 years. For renewal information see [www.knoffyoga.com](http://www.knoffyoga.com) under 'Teacher Training – Tell Me More' and then scroll down to 'How to renew your Teaching Certificate'.





# Level 1 – Discovery

## Timetable

TIMES	THU	FRI	SAT	SUN	MON
7:00 - 11:00	Asana, Pranayama, Meditation (Blindfold on Monday)				
11:00 - 12:00	Brunch				
12:00 - 1:30	Anatomy	Philosophy, Ethics & Lifestyle	Anatomy	Philosophy, Ethics & Lifestyle	Anatomy Test
1:30 - 2:00	Tea Break				
2:00 - 3:00	Practicum Knoff Overview	Practicum and Asana Names Basic Sanskrit	Knoff Overview Test & Principles of Practice	Asana Name Test & Principles of Practice	Yoga Sutras & Chanting
3:00 - 4:30	Teaching Methodology				Graduation

Please note:

- You must attend the entire course and successfully pass all the exams in order to graduate.
- You must attend the Graduation Ceremony on the last afternoon of the course to receive your Teaching Certificate.

## Required Reading

- **Scientific Keys Volume 1: The Key Muscles of Yoga**, Ray Long
- **Yoga Sutras of Patanjali Workbook & CD**, Vyaas Houston
- **The Heart of Yoga**, T.K.V. Desikachar

## Recommended Reading

- **Scientific Keys Volume 2: The Key Poses of Yoga**, Ray Long
- **Light on Yoga**, B.K.S. Iyengar
- **Yoga Anatomy**, Leslie Kaminoff

These books can be purchased online via [www.knoffyoga.com](http://www.knoffyoga.com).



## Level 1 – Discovery

### 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](http://www.knoffyoga.com).

You can also download the print version and send to:

**The Program Director, email [james@knoffyoga.com](mailto:james@knoffyoga.com).**

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

### Course Fee

\$1750.00 AUD

### Method of Payment

Once your application has been approved by Nicky Knoff, a non-refundable **deposit of AUD \$200** is required to secure your place. Any outstanding balance of the Course Fee is to be paid 30 days before the course, by **19th January 2018**.

For **Sri Lankan** residents - Internet banking, make payment to: Bank Code 7162, Branch Code 011, Account Number 20011002004600, SWIFT code **NTBCLKLX**.

For **Australian** residents - Internet banking, make payment to: Knoff Yoga, BSB 034-664, Account Number 16-8549 (with your **Surname, Sri Lanka L1 T/T** as ID).

For **international** residents, outside of Sri Lanka - 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 **WPACAU2S**.





# Level 1 – Discovery

## Refund Policy

- 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 200, 300 & 500 Hours, with the **Yoga Alliance** ([www.yogaalliance.org](http://www.yogaalliance.org)).

This 7-Day Level 1 – Discovery Course, **combined** with the three 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

See our website [www.knoffyoga.com](http://www.knoffyoga.com)

### **Nicky Knoff Yoga Association**

To enable all Knoff certificated teachers with less than 200 hours, to apply for insurance through Arthur J. Gallagher. We strongly recommend you obtain insurance when teaching yoga.

### **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 & use of our logo for advertising media. In addition, you will have access to continuing online support & updates via our online Member Sign-In and a free listing with your logo and website link on our 'Knoff Yoga System Teachers' page on our website.





# Level 1 – Discovery

## On-going Support

See our website [www.knoffyoga.com](http://www.knoffyoga.com)

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

## What to Bring & Wear

We will supply all yoga equipment, including mats, blocks and yoga belts. You will need to bring a yoga mat for any home practice. Be sure to bring a sarong or shawl to cover you during relaxation and to wear during meditation and pranayama. Please also bring 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.

## 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 1 – Discovery

### 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](http://www.knoffyoga.com)

Level 1 – **Discovery**

Level 2 – Chair Yoga

Level 3 – Foundation

Level 4 – Pregnancy Yoga

Level 5 – Holistic Healing A

Level 6 – 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

### Teacher Trainers

**Nicky Knoff** (Founder & Master Yoga Teacher) teaches this course. Nicky has over 40 years of yoga experience and 21 years of running Teacher Training courses. She 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.



## Level 1 – Discovery

### 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 travelled 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 transformative 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**

*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**  
**Yoga Teacher & Student**  
**CAMBODIA**





## Level 1 – Discovery

### 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
- **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.



## Level 1 – Discovery

### About Nicky Knoff

**Nicky Knoff ERYT500** was born in 1938 to a Dutch father and an English mother. The family was living in Indonesia when the Japanese invaded at the start of WWII. Nicky was in a concentration camp from the age of three and a half years to nearly eight years old.

The harsh experiences of the war forced Nicky to confront, at a very early age, the basic realities of life - what was important and what was not. Nicky learned that we all have an inner essence, that when stripped of the veneer of social conditioning, we are all essentially the same, but with conditioning we are capable of doing the most horrific acts. Nicky's approach to teaching yoga is to help her students challenge their social conditioning, to guide them towards revealing their own inner essence, so they may reach their full potential as human beings.

Nicky Knoff was a student of Bikram Choudhury in Japan from 1970 to 1974, before Hot Yoga (an American invention), before he became famous, and before he started his bad behaviour. In those years, Bikram had a strong practice, was clear and competent in his teaching, and treated his students with respect. Nicky categorically condemns all sexual misconduct and abuse of students.

When travelling on holiday from Japan, Nicky discovered Iyengar Yoga and started studying with many Iyengar teachers all over the world, one of them being Martyn Jackson in Sydney, Australia. Nicky made many trips to Pune, India to study with B.K.S. Iyengar, Geeta and Prashant and in 1992 was certificated as a Senior Iyengar Yoga Teacher.

In 1989, Nicky went to Mysore, India to study with K. Pattabhi Jois, where she learned the first three series of Ashtanga Vinyasa Yoga. In 1991 she travelled to Maui, Hawaii to learn the 4th Series from Nancy Gilgoff and the other Ashtanga yogis there. In 1980, Nicky attended her first Vipassana Meditation Course with S.N. Goenka. Nicky attended many Vipassana 10-day silent retreats and also a 30-day retreat at Igatpuri, India in 1988.

From 1974 to 1984 Nicky taught yoga at the Crippled Children's Society in New Zealand, spending 4 years in Dunedin and 6 years in Auckland. This experience led Nicky to specialise in Yoga Therapy. In 1980, Nicky opened the first full-time yoga school in Auckland, the New Zealand School of Yoga.

In 1984 Nicky moved to Australia and opened the Queensland School of Yoga in Noosaville. In 1992 she moved to Cairns, and opened the Ashtanga Yoga Academy. In 2000, Nicky moved to Colorado, USA where she opened the Academy of Yoga. For the next 4 years, Nicky attended classes at many yoga schools throughout the United States and also the Yoga Journal Estes Park Convention for 4 consecutive years, where she studied with many very experienced yoga teachers.

Nicky returned to Australia in 2004 and is now based in Cairns, Far North Queensland where she runs teacher training courses, and teaches workshops, intensives, private classes, public classes and Holistic Healing at the Knoff Yoga Headquarters. Through Nicky's passion for yoga, **The Knoff Yoga System** has evolved over 40 years and provides a unique program for better yoga practice and teaching.



## Level 1 – Discovery



### 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***

### Knoff Yoga Contact Details

Mobile: 0415 362 534

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Website: [www.knoffyoga.com](http://www.knoffyoga.com)

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