



**KNOFF
YOGA**

energise • elevate • evolve



TEACHER TRAINING

with Master Teacher James Bryan
CANBERRA, ACT

Level 3 – Foundation Course 2019

Week 1: Sunday 20th – Friday 25th January

Week 2: Sunday 14th – Friday 19th April

Week 3: Sunday 21st – Friday 26th April

Non-residential

VENUE

Canberra Yoga Space
Level 1, 13 Botany Street
Phillip, ACT, 2606

KNOFF YOGA CONTACT

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CANBERRA YOGA SPACE CONTACT

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Level 3 – Foundation Intensive

THE COURSE

This Foundation Level course is based upon and is a continuation of the preceding Discovery Level course. This Foundation course has its own new syllabus and takes you further along the path as a yoga teacher.

The three-week Foundation course, combined with the one week (5-day) Discovery course qualifies you for the international Yoga Alliance 200-hour registration. When you have successfully completed both courses, you may register with the YA and professionally use the letters RYT200 after your name.

This 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. Synchronising 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 consists of:

- Earth & Sun Salutations
- 4 Inverted Poses (heating)
- 9 Standing Poses
- 2 Arm Balancings
- 7 Forward Bends
- 5 Sitting Poses
- 2 Abdominals
- 3 Twists
- 6 Backbends
- 4 Inverted Poses (cooling)
- Relaxation
- 9 Pranayama
- Breath focused Meditation



Level 3 – Foundation Intensive

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.

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 **Foundation Asana and Pranayama 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. 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 3 – Foundation Teacher Training certificate is valid for 3 years. For renewal information see www.knoffyoga.com under '*Teacher Training – Tell Me More*' and then scroll down to '*How to renew your Teaching Certificate*'.

On completion of this 3-week intensive course, students/teacher trainees have the opportunity to study other Knoff Yoga courses.



Level 3 – Foundation Intensive

Timetable

Please note:

- Preparation reading of your Teacher Training Handbook is required for some of the practicum components. This Handbook is provided to you during the Discovery Teacher Training course. If you do not have a copy please order one at the time of submitting your application form. A charge of \$70 (which includes postage and handling within Australia) will be added to your course fee.
- 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.

Sunday 20th - Friday 25th January

SUN	MON	TUE	WED	THU	FRI
Asana, Pranayama, Meditation					
10:00 - 2:00	7:40 - 11:40				
F r e e T i m e	Brunch				
	11:40 - 12:40	11:40 - 1:30	11:40 - 12:40	11:40 - 12:40	11:40 - 12:40
	Anatomy	Philosophy, Ethics & Lifestyle	Anatomy	Philosophy, Ethics & Lifestyle	Knoff Overview Test
	12:40 - 2:10	1:30 - 3:00	12:40 - 2:10	1:30 - 3:00	12:40 - 2:10
	Practicum Principles of Practice				Yoga Sutras & Chanting
	2:10 - 3:10	3:00 - 4:00	2:10 - 3:10	2:10 - 3:10	2:10 - 3:10
	Tea Break 15 mins				
	Teaching Methodology				
	3:25 - 4:45	4:15 - 5:30	3:25 - 4:45	3:25 - 5:30	3:25 - 4:45



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Sunday 14th - Friday 19th April

SUN	MON	TUE	WED	THU	FRI
Asana, Pranayama, Meditation					
10:00 - 2:00	7:40 - 11:40				
F r e e T i m e	Brunch				
	11:40 - 12:40	11:40 - 1:30	11:40 - 12:40	11:40 - 12:40	11:40 - 12:40
	Anatomy	Philosophy, Ethics & Lifestyle	Anatomy	Philosophy, Ethics & Lifestyle	Asana Name Test
	12:40 - 2:10	1:30 - 3:00	12:40 - 2:10	1:30 - 3:00	12:40 - 2:10
	Practicum Principles of Demonstration	Practicum Principles of Observation	Practicum Principles of Adjusting	Practicum Principles of Sequencing	Practicum Principles of Teaching
	2:10 - 3:10	3:00 - 4:00	2:10 - 3:10	2:10 - 3:10	2:10 - 3:10
	Tea Break 15 mins				
	Teaching Methodology				Yoga Sutras & Chanting
	3:25 - 4:45	4:15 - 5:30	3:25 - 4:45	3:25 - 5:30	3:25 - 4:45

Sunday 21st - Friday 26th April

SUN	MON	TUE	WED	THU	FRI
Asana, Pranayama, Meditation					
10:00 - 2:00	7:40 - 11:40				
F r e e T i m e	Brunch				
	11:40 - 12:40	11:40 - 1:30	11:40 - 12:40	11:40 - 12:40	11:40 - 12:40
	Anatomy	Philosophy, Ethics & Lifestyle	Anatomy	Principles Test	Anatomy Test
	12:40 - 2:10	1:30 - 3:00	12:40 - 2:10	1:30 - 3:00	12:40 - 2:10
	Practicum - Overview of Principles		Yoga Business	Philosophy, Ethics & Lifestyle	Yoga Sutras & Chanting
	2:10 - 3:10	3:00 - 4:00	2:10 - 3:10	2:10 - 3:10	2:10 - 3:10
	Tea Break 15 mins				
	Teaching Methodology				Graduation
	3:25 - 4:45	4:15 - 5:30	3:25 - 4:45	3:25 - 5:30	3:25 - 4:45



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• Required & Recommended Reading

- Please visit our webpage knoffyoga.com/recommended-book-list/ for an up to date list of texts.
- The required reading texts are mandatory, it is essential that you have them with you on the first day; failure to do so may result in your disqualification from the course.
- These books can be purchased online via www.knoffyoga.com

• 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.

You can also download the print version and send to:

The Program Director, email james@knoffyoga.com.

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

Course Fee

An early-bird discount of \$300 is offered if the full discounted fee of **\$3,299** is paid six weeks before the course, by **9th December 2018** (see refund policy below).

Otherwise the full fee is **AUD \$3,599** **This fee covers all tuition, Foundation Manual and your Teaching Certificate.

Method of Payment

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

Any outstanding balance of the Course Fee is to be paid 30 days before the course, by **21st December 2018**.

For Internet banking, make payment to: Name: Living Santosha Australia Pty Ltd. BSB: 112908 Account number: 442035753. Reference: Your Surname, followed by CYSHH18 as ID.



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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 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.
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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 one week 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 RYT200 (Registered Yoga Teacher) after your name for professional purposes.

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.

On-going Support

See our website 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.



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What to Bring & Wear

Be sure to bring a mat with a clearly visible line drawn down the middle. Please also bring a sarong or shawl to cover you during relaxation and to wear during meditation and pranayama and 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. It is essential to have short fingernails.

Accommodation

The venue is Canberra Yoga Space, 13 Botany Street, Phillip, ACT, 2606. Type this address into www.airbnb.com.au to help you find accommodation close by.

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.



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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

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

James Bryan (Co founder & Master Yoga Teacher) teaches this course. James has over 40 years of yoga experience and 21 years of running Teacher Training courses. He has studied directly with the Masters of the Iyengar, Ashtanga Vinyasa and Bikram traditions of yoga. James' full biography is attached at the end of this brochure.



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Testimonials

"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 and 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

"Dear Nicky and James

I wanted to say a very big thank you for this year. Having done Discovery, Chair, Foundation and Intermediate, it has been a year of immersing myself in my passion. I feel like I've had a whole new take on my career, direction and purpose, I feel more alive and happy then I ever have. So, from the bottom of my heart, thank you. Thank you for being such amazing teachers."

Merae Kayrouz – Teacher Training Student 2017

For testimonials from previous trainees please visit www.knoffyoga.com





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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.



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About James Bryan

James E. Bryan ERYT500 – was born in 1953 in Los Angeles, California, and immigrated with his family to Auckland, New Zealand in 1969. Nicky Knoff was James' very first yoga teacher when he started classes at the New Zealand School of Yoga in 1982.

At the New Zealand School of Yoga James attended classes 3 times per week for the first 3 months, but then got the “yoga bug”, and attended 7 days per week for the next 4 years. One of the teachers at the New Zealand School of Yoga travelled to the UK for an extended holiday and approached James to take over his classes. This was the beginning of James' formal teacher training.

James taught yoga at the Auckland Crippled Children's Society every Friday afternoon for 2 years. This was a wonderful learning experience and taught him how to adapt and modify the classical yoga postures to suit all body types.

In 1986 James attended a Teacher Training intensive at the Ramamani Iyengar Memorial Yoga Institute, in Pune, India with B.K.S. Iyengar and Geeta Iyengar. In the same year, James moved to Australia to join Nicky Knoff in setting up the Queensland School of Yoga in Noosaville.

In 1987 James attended his first Vipassana Meditation 10-day silent retreat, which was led by S.N. Goenka. James attended another 3 10-day silent retreats. From 1982 James practised, studied and taught Iyengar Yoga and in 1988 was certificated as a Junior Iyengar Yoga Teacher.

In 1989 James was certificated as an Intermediate Level III Iyengar Yoga Teacher. In 1989 James travelled to Mysore, India to study Ashtanga Vinyasa Yoga with K. Pattabhi Jois, where he learned the first 3 Series.

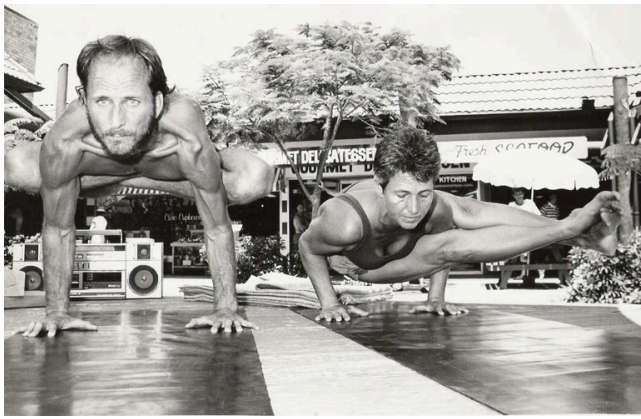
In 1991 he travelled to Hawaii to learn the 4th Series from Nancy Gilgoff at the House of Yoga and Zen, Haiku, Upcountry, Maui. In 1992 James assisted Nicky with opening the Ashtanga Yoga Academy in Cairns, Queensland, Australia.

In 2000, James moved with Nicky to Colorado, USA where they opened the Academy of Yoga. For the next 4 years, James explored many yoga schools throughout the United States and also attended the Yoga Journal Estes Park Convention for 4 consecutive years, where he studied with many famous yoga teachers.

James returned to Australia in 2004 and is now based in Cairns, Far North Queensland where he teaches public yoga classes, private yoga classes, holistic healing, and yoga teacher training courses at the Knoff Yoga Headquarters (The Yoga School).

James's approach to teaching is technical and he likes to share the how and why of doing postures so that students may develop a clear understanding. James says exercise and education go hand-in-hand. He is appreciated for his wit and humour and makes yoga fun. Together with Nicky he is co-founder of Knoff Yoga.





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

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