



Knoff Yoga Teacher Training 2020 Schedule

Knoff Yoga combines anatomical alignment and energetic applications to create a practice that is intelligent, progressive and enlightening. Anatomically aligned and structurally balanced postures are essential for progress according to our unique physical structure, honouring the individuality of every person and to avoid injury. The solid grounding you gain in anatomical alignment is the basis for progression as a practitioner and a teacher and leads to the easy assimilation of yoga therapy applications.

These courses are also for anyone who wants to improve their knowledge, technique and practical understanding. They are not only for yoga teachers.

"I have been to many different yoga classes over the years and experienced a variety of teaching styles and types however I have found that Knoff yoga to be one of the most comprehensive programmes that makes the most sense. Once you have experienced Knoff yoga, it is hard to find others that really compare."

Sheelin Coates, Discovery Level Graduate, Cairns 2019

www.knoffyoga.com



Knoff Yoga teaches you the tools of Bandha, Drishti, Ujjayi Pranayama and Vinyasa. These 4 techniques create heat, focus the mind, shifts the autonomic nervous system into balance, and link the postures synchronising movement with breath. The asanas are important, but without these 4 techniques, they do not have the same capacity to alchemically transform posture into YOGA.

Knoff Yoga is based on its unique *24 Principles of Practice*, which once understood, provide a lifetime of functional knowledge. There is no need to stumble in the dark when with the proper training, you can turn on the light.

Knoff Yoga provides 5 levels of asana training: Discovery, Foundation, Intermediate, Advanced and Master and 4 levels of speciality training: Chair Yoga, Pregnancy Yoga, Yoga Therapy A and Yoga Therapy B.

Imagine standing in front of a yoga class knowing you have the knowledge and skills to change lives – knowing you understand the techniques, how to share them, and importantly you have a plan for each and every one of your students.

Knoff Yoga Teacher Training is registered with Yoga Alliance for 200 hours and 300 hours. You will learn: Meditation, Pranayama, Asana, Relaxation and Philosophy and how to teach.



Knoff Yoga Teacher Training will allow you to change lives; your students' and your own.

2020 Teacher Training Schedule

TEACHER TRAINING IN CAIRNS, NORTH QLD at The Yoga School:

L1 Discovery	29 June - 3 July 2020
L2 Chair Yoga	4-5 July 2020
L3 Foundation	6-24 July 2020
L4 Pregnancy Yoga	10-14 August 2020
L5 Holistic Healing A	27-31 July 2020
L6 Holistic Healing B	3-7 August 2020

TEACHER TRAINING IN MELBOURNE, VIC at Ashtanga Yoga Centre of Melbourne:

L1 Discovery	27-31 December 2020
L2 Chair Yoga	19-20 September 2020
L3 Foundation	2-19 January 2021

COURSE COSTS

L1 Discovery	Early Bird: \$1169
L2 Chair	Early Bird: \$399
L3 Foundation	Early Bird: \$3299
L4 Pregnancy	Early Bird: \$1169
L5 Holistic Healing A	Early Bird: \$1169
L6 Holistic Healing B	Early Bird: \$1169

PAYMENT PLANS

Pre Pay: Simply pay your deposit (the amount is dependent on the course) and pay the balance off over 4 months in equal instalments. Please note the Early Bird price is only applicable if the balance has been paid off before the cut-off date.

Post Pay: Once you have graduated from our Discovery Level 1 course you have the option of signing up for post pay on your next courses. Simply pay your deposit before the commencement of that course and pay the balance off over 6 months in equal instalments. Please note the Early Bird price does not apply to this option.

"The years of experience that Knoff Yoga has to offer shines through in their instruction. This, along with a clear and refined systematic methodology makes the dive into an exploration of yoga and its practices very approachable, and provides you with a very clear path to follow on the yogic journey."

Vanessa Larsen, Discovery Level Graduate, Cairns 2019

To book your place in a Knoff Yoga 2020 Teacher Training course, go to: www.knoffyoga.com



**KNOFF
YOGA**

In conjunction with:

