



# All Yoga Teacher Training Courses are not the Same

*A Conversation – Potential Knoff Yoga Teacher Trainee and Master Teacher James Bryan*

Dear Student

Thank you for your phone call and your interest in our Teacher Training.

Before I start, let me tell you a story about our good friend who works in the telecommunications industry. He has a degree in radio electronics and services the 4 and 5 G towers. He is in high demand worldwide because of his knowledge and practical experience. He tells us that when his company hires newly graduated engineers, they actually have more technical knowledge than he has, but when he takes them out to work on the towers, they are completely lost and are shocked at the difference between theory and reality.

We have found a similar situation when we have had people join our Teacher Training Courses who have done their initial training in other styles of yoga. On the phone I explained how if someone studied Karate to the black belt level, that would not guarantee success if they then decided to study Tai Chi - even though both are considered Martial Arts.

In the past we have assumed that certificated teachers from other styles of yoga, would have an understanding of what we consider to be the practical "basics" of Asana, but they didn't and this resulted in tears and anger at us. We do not enjoy failing students, but obviously we can only graduate them if they show sufficient competence.

All styles of yoga that teach Asana are variations of Hatha Yoga - using the body as the primary tool for spiritual growth. But, the difference between Sivananda Yoga (soft body, minimal effort) and Iyengar Yoga (activated body and full effort) are huge and not compatible. None of the certificated teachers who have come to study with us, and who have graduated from institutes in India, were able to link their mind to their bodies. They could get into the postures through flexibility, but they could not hold the form with internal strength.

We teach the concept of equality of flexibility with strength. Flexibility on it's own is weakness and strength on it's own is rigidity. They need to be balanced.

In the West, the most common approach to Yoga is Hatha Yoga and we have found this to be most suitable as the Western mind tends to be overly busy. Trying to get a typical Western mind to sit quietly and meditate is hopeless - does not work, no matter how good the meditation technique is.

A baby has to go through developmental stages: crawl, walk, run. We see the Eight Limbs of Yoga as a guide following this principle of progressive development: Asana, Pranayama, Meditation. This is why we focus initially on the Asana aspect, but we do teach all of the limbs.

I am sure your teaching qualifications are wonderful and that you are highly competent in the theory of yoga. If you are intending to teach in Australia (Western countries), I highly recommend studying Knoff Yoga because of its practical and functional approach for Westerners. You need to start at the beginning, which is our Discovery and Foundation Courses (registered with the USA Yoga Alliance for 200 hours).

I recommend you attend classes at The Yoga School in Cairns, where all the teachers have been trained by Nicky Knoff. I also recommend a few private classes with either Nicola Maxwell or Rossi Postler to answer the many questions that will arise.

Nicky Knoff will be running Teacher Training in Cairns in 2020.

Discovery 28 September - 2 October  
Chair Yoga 3 & 4 October  
Foundation 5 - 23 October

I have attached these Brochures for you, but note the dates on the Brochures are incorrect. Once you have read the Brochures I am happy to answer any questions. Nicola Maxwell at The Yoga School in Cairns will also be happy to chat further.

Namaste

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