



**KNOFF
YOGA**

energise • elevate • evolve



TEACHER TRAINING

with Master Teacher Nicky Knoff
NORTHLAND, New Zealand

Level 2 – Chair Yoga

Saturday 6th 10:00 am - 3:00 pm & Sunday
7th 8:00am - 2:30 pm November 2021

Availability -12 Residential placements
& 4 Non-residential placements

VENUE

Paradise View Retreat
239 Massey Road, Waipu 0582, Northland, New Zealand

PARADISE VIEW CONTACT

Rachel Lee

Mobile +64 (0)20 4179 4010

Email: rachel@paradiseview.nz

Website: www.yogaparadise.nz

KNOFF CONTACT IN AUSTRALIA

James E. Bryan (ERYT500) - Program Director

Mobile +61 (0) 415 362 534

Email: james@knoffyoga.com

Level 2 – Chair Yoga

THE VENUE

Paradise View Retreat is located near Waipu and situated high up in the Brynderwyn Hills, in a sheltered position overlooking stunning Bream Bay, on New Zealand's north-east coast. It has been built to ensure that every room, including the Yoga room, has an amazing view, with huge panoramic windows letting in plenty of natural light.

The accommodation is a mix of twin share, single and double rooms. Each room is beautifully appointed with luxurious furnishings, access to an outdoor deck, and plenty of privacy to enjoy quiet moments to yourself. The modern bathrooms are bright, airy and spacious. Several rooms have en-suite facilities and those that are sharing bathrooms are only sharing with one other bedroom.



RESIDENTIAL INCLUSIONS

- 1 night accommodation on Saturday
- Luxury twin and single share accommodation
- Buffet-style breakfast, lunch and dinner
- Tea, coffee and fruit available all day





Level 2 – Chair Yoga

WHAT IS CHAIR YOGA?

Chair Yoga is a modified form of Hatha Yoga, which allows students with disabilities lack of mobility, balance problems, joint challenges, recovering from illness, accidents and operations, or other physical issues to participate in and enjoy the benefits of a yoga practice.

Chair Yoga is aimed at the reduced physical capabilities of a significant portion of the population – aged or otherwise.

What is taught in a Chair Yoga class?

Chair Yoga is an intelligent and dynamic approach to Hatha Yoga incorporating a synergistic mix of 5 traditional elements:

- **Centering:** non-religious meditation
- **Breath Work:** yogic full breath and ujjayi pranayama
- **Postures:** anatomically aligned and structurally balanced – with the aid of a chair
- **Relaxation:** savasana with legs supported
- **Yoga Philosophy:** positive, uplifting and life-affirming

These 5 traditional elements are taught in the Knoff Yoga class system percentages to ensure a comprehensive and balanced program:

- Centering 5%
- Breath Work 12%
- Postures 66%
- Relaxation 12%
- Philosophy 5%

The difference is that in a Chair Yoga class, a chair is used either exclusively to support the student (**Level 1**), or as a balancing aid (**Level 2**) for more physically capable students.

The two Levels of Chair Yoga use the same logical Knoff Yoga asana sequencing:

- Sun Salutations
- Standing Poses
- Arm Balancings
- Forward Bends
- Sitting Poses
- Abdominals
- Twists
- Backbends
- Inverted Poses (cooling)
- Relaxation

It is quite amazing how much can be accomplished using a chair!

Chair Yoga highlights:

- Individuality of every student
- Step-by-step progression
- Adjusting for body proportions
- Right and left weeks to ensure symmetry of body, breath and mind
- Education as well as exercise



Level 2 – Chair Yoga

Join us for Chair Yoga Teacher Training

Do you want to learn the skills and develop your confidence to teach yoga to physically challenged adults with Australia's only Chair Yoga training course?

Then sign up now for our 2-day Intensive Workshop where you will learn all you need to get started.

Our training emphasis is on creating a yoga practice for physically challenged adults that is gentle and safe, but also anatomically correct and prepares them to enter a normal yoga class if they so wish.

The Course is open to yoga teachers, carers, health workers, teachers or anyone interested in sharing yoga. No pre-requisites required!

Opportunities for Teaching

With the 'Baby Boomers' now entering retirement en masse, this is a great time to learn special skills to teach an ageing population. The need for Chair Yoga Teachers will be huge and is just starting now!

In the USA:

- Seniors (50+) are the fastest growing market today, now comprising almost 40% of the U.S. adult population.
- Seniors control over 70% of all disposable income with \$2 trillion in spending power and more than \$1 trillion of that spent on goods and services.
- Seniors spend more on health and personal care than any other age group.

For many, the word 'fall' evokes images of turning leaves, crisp apples, pumpkin flavoured lattes and scary goblins. For others, the word 'fall' evokes morbid fear. The US *Centers for Disease Control and Prevention* reports that one of every three adults older than 65 years will fall each year and in that demographic, falls are the leading cause of injury and death. Even if it does not lead to injury, a fall can lead the victim to fear he/she will fall again. This fear in turn causes him/her to limit activities, which leads to reduced mobility and loss of physical fitness, and in turn increases the actual risk of falling. A classic 'vicious cycle'.

Enter Yoga. According to a recent US *National Institutes of Health* study, yoga is a promising intervention to manage fear of falling and improve balance, thereby reducing fall risk for older adults. Yoga also has one of the lowest barriers to entry of any exercise that improves balance.

As a yoga teacher, just think of the enormous difference you could make teaching seniors whose lives are currently limited by fear!



Level 2 – Chair Yoga

Timetable

TIMES	SATURDAY
10:00 - 10:30 pm	Welcome and Registration
10:30 - 12:00 pm	Chair Yoga - Level 1 class
12:00 - 1:00 pm	Lunch
1:00 - 1:30 pm	Principles of Practice & Principles of Sequencing
1:30 - 2:30 pm	Teaching Methodology (level 1)
2:30 - 3:00 pm	Questions and Answers
TIMES	SUNDAY
8:00 - 9:30 pm	Chair Yoga - Level 2 class
9:30 - 10:00 am	Modifying Postures to Individual Student Needs
10:00 - 11:30 am	Chair Yoga Class (with volunteer students)
11:30 - 12:30 pm	Lunch
12:30 - 1:45 pm	Teaching Methodology (Level 2)
1:45 - 2:15 pm	Questions and Answers
2:15 - 2:30 pm	Graduation Ceremony and Certificate Awarding



Level 2 – Chair Yoga

Required Reading

- Knoff Yoga 24 Principles of Practice and Sequencing (Provided by email one month prior to the course).

Recommended Reading

- Light on Yoga, B.K.S. Iyengar
- The Key Muscles of Yoga, Scientific Keys Vol 1, Ray Long
- Knoff Teacher Training Handbook, available for purchase through Knoff Yoga

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.

Non Residential Course Fees (4 placements available)

An early-bird discount is offered if the full discounted fee of **NZD \$399** is paid six weeks before the course **29th September 2021** (see refund policy over page).

Otherwise the Full Fee is **NZD \$449** **The fee covers all tuition, Discovery Asana and Pranayama Manual and your Teaching Certificate.

Residential Course Fees (12 placements available)

An early-bird discount is offered if the full discounted fee of **NZD \$549** is paid six weeks before the course **29th September 2021** (see refund policy over page).

Otherwise the Full Fee is **NZD \$649** **The fee covers all tuition, Teacher Training Handbook, Discovery Asana and Pranayama Manual and your Teaching Certificate.

Method of Payment

Once your application has been approved by Nicky Knoff, a 50% non-refundable **deposit** is required to secure your place.

Non Residential deposit \$199.50.

Residential deposit \$274.50.

Any outstanding balance of the Course Fee is to be paid 30 days before the course, by **2nd October 2021**.

For **national** Internet banking, make payment to: Paradise View Ltd, BSB 060493, Account Number 049949400 (with your **Surname, Cairns L1 T/T** as ID).



Level 2 – Chair Yoga

For **international** money transfers, make payment to: Paradise View Ltd: ANZ Bank New Zealand Ltd. Bank Account address : 239 Massey Road, Waipu 0582, New Zealand
Swift code ANZBNZ22 or ANZBNZ22XXX if an 11 digit code is required.

Refund Policy

Knoff Yoga will provide a 100% refund (including the non-refundable deposit) if students cannot attend courses and/or workshops due to official restrictions including lockdowns or border closures. Official restrictions are those enforced by the NZ Government and/or Australia's federal, state and territory governments.

** 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.

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.

What to Bring & Wear

Paradise View supplies all yoga equipment, including top quality mats and chairs for your use. 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. 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. It is essential to have short fingernails.

* Teaching Methodology level one

- Structuring and managing a class.
- Meditation/Centering: Anapana – breath focused awareness for calming and centering the mind.
- Yogic Full Breath: Abdominal, Thoracic & Clavicular breathing.
- Level 1: 2x Sun Salutations and 20x Postures.



Level 2 – Chair Yoga

- Savasana/Relaxation: Guided relaxation to help your students learn how to undo knots of tension and balance their nervous system.

** Teaching Methodology level two

- Yoga in Daily Life: How to bring yoga into daily activities and home life of your students.
- Ujjayi Pranayama: Controlled Expanded Breathing.
- Level 2: 2x Sun Salutations and 29x Postures.
- Savasana/Relaxation: Guided relaxation to help our students learn how to undo knots of tension and balance their nervous system.

What is covered in the Training?

Tailoring yoga to different physical capabilities

You will learn how to modify traditional yoga poses to make them accessible and safe for different levels of physical capabilities. You will also learn suitable meditation and pranayama techniques together with the use of positive yoga philosophy.

Yoga Poses (asana)

You will learn two levels of Chair Yoga allowing you to progress your students and keep them enthusiastic about attending your classes.

Level 1

- 2 Sun Salutations
- 8 Standing Poses
- 2 Forward Bends
- 5 Sitting Poses
- 2 Abdominals
- 2 Twists
- 1 Back Bend
- 1 Inverted Pose

Level 2

- 2 Sun Salutations
- 7 Standing Poses
- 3 Arm Balancing
- 3 Forward Bends
- 5 Sitting Poses
- 2 Abdominals
- 2 Twists
- 5 Back Bends
- 1 Inverted Pose
-

2 Yoga Breathing Techniques

- Yogic Full Breath (Abdominal, Thoracic & Clavicular breathing).
- Ujjayi Pranayama.

Meditation/Centering

- Anapana – breath focused awareness for calming and centering the mind.



Level 2 – Chair Yoga

Savasana/Relaxation

- Guided relaxation to help your students learn how to undo knots of tension and balance their nervous system.

Yoga in Daily Life

- How to bring yoga into daily activities and home life of your students.

Structuring and Managing a Class

- Participants will learn class layout, how to keep your students interested through class structuring and tips to keep them focused.

Assisting with a Real Live Chair Yoga Class

- On Sunday afternoon, we will run a Chair Yoga Class with physically challenged adults from our local community. You will have the opportunity to assist, take notes and photographs.

Teaching Methodology

- You will have ample opportunity to practice teaching Chair Yoga. We will initially work one-on-one and then with the entire group.

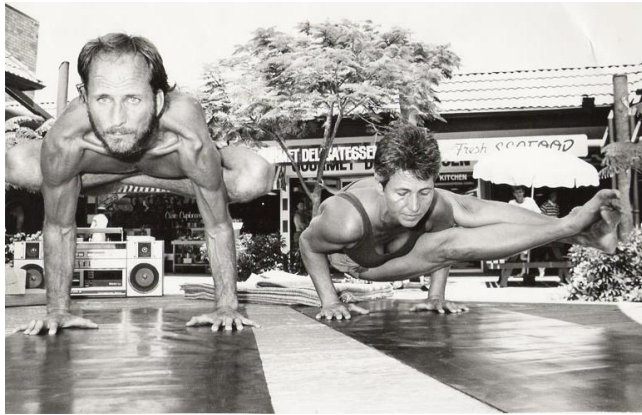
Yoga Alliance: The Chair Yoga Teacher Training Course makes up part of the hour requirement for the Knoff Yoga, Yoga Alliance 300 hour registration. See www.yogaalliance.org

Yoga Australia: Participants can self-assess the suitability of the content of this program to earn Yoga Australia CPD points according to the guidelines published on the Yoga Australia website. See www.yogaaustralia.org.au

Please Note: This Course **does not** qualify you to become a certificated yoga teacher. If you wish to receive a yoga teacher qualification you will need to complete the Knoff Yoga: *Level 1 – Discovery* and *Level 2 – Foundation Level Teacher Training Course* for Yoga Alliance registration R.Y.T. 200. This Course is intended to show you how to share yoga with a specific part of the population. If you are a qualified yoga teacher only then will you be able to run your own structured Chair Yoga classes for the general public and be listed on the Knoff Yoga website under 'Certificated Teachers'.

“A teacher affects eternity, he can never tell, where his influence stops.”

Henry B. Adams



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

Email: james@knoffyoga.com

Website: www.knoffyoga.com

ABN 18 109 428 854



**KNOFF
YOGA**

energise • elevate • evolve