



**KNOFF
YOGA**

energise • elevate • evolve



TEACHER TRAINING

with Master Teacher Tomoko Gregory
CAIRNS, Queensland

Level 1 – Discovery

Monday 13th - Friday 17th July 2026

8:00 am - 5:00 pm

Non-residential

VENUE

Knoff Yoga with Tomoko
Yorkeys Knob, 4878, QLD
15 minutes from Cairns City Centre

CONTACT

Tomoko Gregory - Lead Teacher
Mobile 0428 106 776
Email: tomoko@gregoryfamily.id.au
Website: www.knoffyoga.com



Level 1 – Discovery

THE COURSE

The Discovery Course is the beginning level of the Knoff Yoga Teacher Training and consists of a one week (5-Day) intensive covering everything you need to get you up and running as a yoga teacher.

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
- Practice

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

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.



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.

On completion of the one week intensive, students/teacher trainees have the opportunity to immediately study for a further three weeks intensive teacher training to upgrade their teaching certificate to the Level 2 – Chair Yoga, or Level 3 – Foundation Level.

TIMES	MON	TUE	WED	THUR	FRI
8:00 - 11:45	Asana, Pranayama, Meditation (Blindfold on Friday)				
11:45 - 12:30	Lunch				
12:30 - 2:00	Philosophy, Ethics & Lifestyle	Anatomy	Philosophy, Ethics & Lifestyle	Anatomy	Anatomy Test
2:00 - 2:15	Tea Break				
2:15 - 3:15	Practicum Knoff Overview	Practicum and Asana Names Basic Sanskrit	Knoff Overview Test & Principles of Practice	Asana Name Test & Principles of Practice	Yoga Sutras & Chanting
3:15 - 5:00	Teaching Methodology				Graduation



Level 1 – Discovery

Timetable

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 & 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.

Recommended Anatomy App

Human Anatomy Atlas by 'Visible Body': Paid App - more comprehensive.

3D Human Anatomy by 'Education Mobile': Fee App

These apps can be used as a teaching aid for the anatomy sessions, it will also be a useful tool to have in your professional teaching kit as your career progresses. They are general anatomy apps and while not 'yoga' specific is medically oriented and anatomically precise.

Recommended Videos for all Levels

Knoff Yoga DVD's and USB's:

1. Level 1 Discovery
2. Level 3 Foundation
3. Level 7 Intermediate

Available for purchase via our online shop www.knoffyoga.com



Level 1 – Discovery

How to Apply

Complete the online Application Form under the 'Apply for Teacher Training' tab on our website www.knoffyoga.com.

You can also download the print version and send to:

Tomoko Gregory, email tomoko@gregoryfamily.id.au.

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

Course Fee

An early-bird discount is offered if the full discounted fee of **\$1299** is paid six weeks before the course **1st June 2026** (see refund policy over page).

Otherwise the Full Fee is **AUD \$1499** **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 Tomoko Gregory, a non-refundable **deposit of \$200** is required to secure your place.

Any outstanding balance of the Course Fee is to be paid 30 days before the course, by **13th June 2026**.

For **national** Internet banking, make payment to: Tomoko Gregory, BSB 704-966, Account Number 100019364 (with your **Surname, Cairns L1 T/T** as ID).

For **international** money transfers please contact Tomoko directly.

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.

Note: To obtain a refund, all course materials must be returned to Knoff Yoga.



Level 1 – Discovery

Travel Insurance

If attending from interstate or overseas, we advise you to obtain Travel Insurance to cover any unforeseen circumstances.

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 course is held at Knoff Yoga with Tomoko in Yorkeys Knob - 15 minutes from Cairns City Centre. 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 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

Level 1 – **Discovery**

Level 2 – Chair Yoga

Level 3 – Foundation

Level 4 – Pregnancy Yoga

Level 5 – Yoga Therapy A

Level 6 – Yoga Therapy 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



Level 1 – Discovery

Testimonials

"I recently completed the Knoff Yoga Teacher Training Discovery Course and was deeply impressed. Tomoko was professional—firm but fair—ensuring we were challenged while also bringing out the best in every student. Instructions and adjustments were always clear, making the practice both safe and effective. Knoff Yoga's course and class structure are excellent, offering a truly authentic yoga experience. I would highly recommend it to anyone serious about deepening their practice or pursuing yoga teaching."

Tracey Sutherland, Discovery Yoga Teacher Training Graduate, Cairns.

"Tomoko is an exceptional teacher who truly embodies what she teaches. Her mastery is something we can only aspire to glimpse. Teacher training is genuinely transformative—it opens your ears, eyes, mind, and heart. Immersing yourself in learning is a gift to yourself and to others, as they benefit from the ripples of your growth. If you're hesitating, don't—take the leap and invest in yourself. You won't be disappointed."

Catherine Coller, Discovery Yoga Teacher Training Graduate, Cairns.

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.



Level 1 – Discovery

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 Tomoko Gregory

In the beginning: Tomoko Gregory was born in Japan in 1966. In 1983 she watched the American Dance drama movie, 'Flashdance' which encouraged her to want to learn jazz dance. For financial reasons this wasn't going to happen. One day, however, she was walking home from school when she discovered a small sign advertising yoga classes for 500 yen (about \$5). Being more affordable, this was Tomoko's first encounter of yoga.

As a young woman, after studying 'Mass Communication' (Media Studies) and Social Psychology at University, Tomoko worked for Japan's largest advertising company for 4 years during the economic bubble of the 1990s. She felt conflicted about working for this powerful entity that was, ultimately, manipulating people's thinking by promoting materialism, so she quit her job and went to Thailand to work and live for 4 years.

During this time, Tomoko experienced the deaths of several colleagues. This experience taught her the importance of living each moment with gratitude, being conscious of our inherent mortality and the value of life. This was the beginning of her philosophical journey. In time, Tomoko came to discover yoga as a powerful tool to live this philosophy.

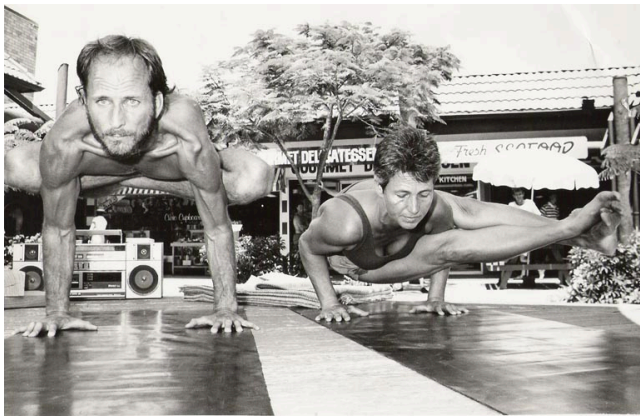
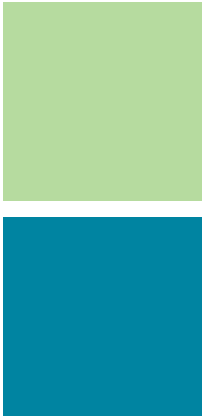
Yoga: In 1997, Tomoko came to Cairns, Australia, where she discovered an Ashtanga yoga school run by Nicky Knoff and James Bryan. She attended the school as a student for a number of years. During this time, she also became a mother to two children. In 2006, she decided to undertake the Foundation Teacher training course offered by the school and promptly began teaching yoga there.

In the following year, as a young mother, Tomoko took the step to teach independently, establishing the Aeroglen Community Hall as a base for her classes. Her intention was to offer individual tuition in small to medium classes to share the physical, mental and spiritual benefits of yoga with people using the Knoff yoga system.

Tomoko completed all levels of the Knoff Yoga syllabus, including the Foundation, Intermediate, Advanced and Master teaching courses, as well as Chair yoga, Pregnancy yoga and Therapy A & B courses. She assisted Nicky Knoff directly during numerous teacher training courses, workshops and private lessons over 10 years. She has been dedicated to the Knoff Yoga system for both her own practice, as well as her teaching. With the endorsement of Nicky Knoff herself, Tomoko independently began conducting Knoff Yoga teacher training courses for the first time in mid-2025.

Tomoko carries the legacy and intention to continue the Knoff yoga system to the next generation as she is convinced, through the experience of her own practice and teaching, how powerful the Knoff Yoga system is to achieve wellbeing of mind and body.





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: 0436 111499

Email: james@knoffyoga.com

Website: www.knoffyoga.com

ABN 85 887 989 383



**KNOFF
YOGA**

energise • elevate • evolve

