KNOFF YOGA
energise • elevate • evolve

TEACHER TRAINING

with Master Teacher Tomoko Gregory
CAIRNS, Queensland

Level 2 – Chair Yoga

Saturday 17th 12:00pm - 5:45pm &
Sunday 18th 9:00am - 2:30pm
July 2027

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

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 mass, 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 *Centres 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
12:00 - 12:30 pm	Welcome and Registration
12:30 - 2:00 pm	Chair Yoga - Level 1 class
2:00 - 2:15 pm	Tea Break
2:15 - 2:45 pm	Principles of Practice & Principles of Sequencing
2:45 - 3:45 pm	Teaching Methodology (level 1)
3:45 - 4:00 pm	Tea Break
4:00 - 5:30 pm	Chair Yoga - Level 2 class
5:30 - 5.45pm	Questions and Answers

TIMES	SUNDAY
9:00 - 10:30 am	Chair Yoga Class - Level 2 class
10:30 - 11:00 am	Modifying Postures to Individual Student Needs
11:00 - 12:30 pm	Chair Yoga Class (with volunteer students)
12:30 - 12:45 pm	Tea Break and Revision Time
12:45 - 2:00 pm	Teaching Methodology (Level 2)
2:00 - 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 (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
- **The Knoff Yoga Teacher Training Handbook.** This handbook is provided to you during the Discovery Teacher Training course. If you do not have a copy you may 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.

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 Fees

An early-bird discount is offered if the full discounted fee of **$449**** is paid six weeks before the course starts, by 5**th June 2027** (see refund policy below).

Otherwise the full fee is AUD $**499**. ****The fee covers all tuition, Chair Yoga Asana Manual and your Teaching Certificate.

Method of Payment

Once your application has been approved by Tomoko Gregory, a non-refundable deposit of **$100** is required to secure your place.

Any outstanding balance of the Course Fee is to be paid 30 days before the course, by **17th June 2027.**

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.

Level 2 – Chair Yoga

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.

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.

* 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.
- 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.

Level 2 – Chair Yoga

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.

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.

Level 2 – Chair Yoga

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 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: The international minimum number of hours for an authentic yoga teacher is 200. Our Discovery and Foundation Courses combined meet this requirement. Chair Yoga is a supplementary Course of 12 hours, which enhances and deepens the training received in the Discovery and Foundation Courses, while greatly expanding your capacity to teach a wide range of people.

"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: 0436 111 499

Email: james@knoffyoga.com

Website: www.knoffyoga.com

ABN 85 887 989 383

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