KNOFF YOGA
energise • elevate • evolve

TEACHER TRAINING

with Master Teacher Tomoko Gregory
CAIRNS, Queensland

Level 3 – Foundation Intensive

Monday 19th July – Friday 6th August 2027
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

THE COURSE

This Foundation Level course is based upon and is a continuation of the preceding Discovery Level course. This Foundation course has it own new syllabus and takes you further along the path as a yoga teacher.

This Course is based on the unique Knoff Yoga Principles of:

- Sequencing
- Teaching
- Adjusting
- Observation
- Demonstration
- Practice

1. Foundation
2. Cardinal Directions
3. Centering
4. Earth/Heaven Extension
5. Scissoring
6. Bandhas
7. Co-Contraction
8. Spiralic Action
9. Reciprocal Inhibition
10. Body Proportions
11. Alignment
12. Timing
13. Creating Space
14. Coiling
15. Balancing Ha/Tha
16. Synchronising Breath & Movement
17. Micro-Movements
18. Vinyasa
19. Balancing Strength & Flexibility
20. Progression
21. Mindfulness
22. Effortless Effort
23. Five Elements
24. Enjoyment

The Foundation Asana, Pranayama & Meditation syllabus consists of:

- Earth & Sun Salutations
- 4 Inverted Poses (heating)
- 9 Standing Poses
- 2 Arm Balancings
- 7 Forward Bends
- 5 Sitting Poses
- 2 Abdominals
- 3 Twists
- 7 Backbends
- 4 Inverted Poses (cooling)
- Relaxation
- 9 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 entire focus of the Knoff Yoga approach to Yoga Philosophy is one of practicality - how Yoga works today. To this end we utilise the teachings of BKS Iyengar and we encourage all yoga teachers to read widely and gain a broad perspective, but at the end of the day, it is the common-sense application of yoga philosophy that enhances living.

Combined with the Discovery syllabus, you now have enough information, knowledge and skills to teach yoga competently and successfully for many years to come.

Level 3 – Foundation Intensive

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 7 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 **Foundation Asana and Pranayama Manual and a Foundation Teaching Certificate** (if you pass the course).

Course Pre-requisites

To join the Foundation Course, you are required to have successfully completed the Level 1 – Discovery Course. 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 3 – Foundation**. 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 this 3-week intensive course, students/teacher trainees have the opportunity to study other Knoff Yoga courses.

Timetable

TIMES	MON	TUE	WED	THU	FRI
	19 July	20 July	21 July	22 July	23 July
8:00 - 11:45	Asana, Pranayama, Meditation				
11:45 - 12:30	Lunch				
12:30 - 2:00	Philosophy, Ethics & Lifestyle	Anatomy	Philosophy, Ethics & Lifestyle	Anatomy	Knoff Overview Test
2:00 - 2:15	Tea Break				
2:15 - 3:15	Practicum Principles of Practice				Yoga Sutras & Chanting
3:15 - 5:00	Teaching Methodology				

TIMES	MON	TUE	WED	THU	FRI
	26-Jul	27-Jul	28-Jul	29-Jul	30-Jul
8:00 - 11:45	Asana, Pranayama, Meditation				
11:45 - 12:30	Lunch				
12:30 - 2:00	Philosophy, Ethics & Lifestyle	Anatomy	Philosophy, Ethics & Lifestyle	Anatomy	Asana Name Test
2:00 - 2:15	Tea Break				
2:15 - 3:15	Practicum Principles of Demonstration	Practicum Principles of Observation	Practicum Principles of Adjusting	Practicum Principles of Sequencing	Practicum Principles of Teaching
3:15 - 5:00	Teaching Methodology				Yoga Sutras & Chanting

TIMES	MON	TUE	WED	THU	FRI
	2-Aug	3-Aug	4-Aug	5-Aug	6-Aug
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 - Overview of Principles		Principles Test	Yoga Sutras & Chanting	Yoga Business
3:15 - 5:00	Teaching Methodology				Graduation

Please note:

- Preparation reading of your Teacher Training Handbook is required for some of the practicum components. This Handbook is provided to you during the Discovery Teacher Training course. If you do not have a copy please 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.
- 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 Apps

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

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 **$3,999** is paid six weeks before the course, by **7th June 2027** (see refund policy below).

Otherwise the full fee is **AUD $4,499** **This fee covers all tuition, Foundation Manual and your Teaching Certificate.

Method of Payment

Once Tomoko Gregory has approved your application, a non-refundable **deposit of $400** is required to secure your place. Any outstanding balance of the Course Fee is to be paid 30 days before the course, by **19th June 2027**.

For **national** Internet banking, make payment to: Tomoko Gregory, BSB 704-966, Account Number 100019364 (with your **Surname, Cairns L3 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.

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, Sri Lanka 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.

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 A

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

Teacher Trainer

Tomoko Gregory, Master Yoga Teacher, leads this course. With over 25 years of yoga experience, she has studied extensively under Nicky Knoff, Master Teacher and Founder of Knoff Yoga, for most of her practice. Tomoko's full biography is provided at the end of this brochure.

Level 3 – Foundation Intensive

Testimonials

"During the first week, I wondered if I would be able to complete the three-week course. As the course progressed, however, I began to notice changes not only in my mind but also in my body. The Knoff Teacher Training course provided a comprehensive and systematic understanding of yoga, covering asana, anatomy, philosophy and teaching principles. The practical teaching sessions were particularly valuable, giving us the opportunity to step into the role of teacher and experience what it is like to teach a real class. Tomoko is a highly knowledgeable and dedicated teacher who is committed to passing Nicky's teachings faithfully to the next generation. I learned so much from her, not only through her teaching but also by observing her own dedication to practice and her continuing journey on the path of yoga." **Namie Ichikawa, Foundation Yoga Teacher Training Graduate, Cairns, 2026**

"I completed the Knoff Yoga Foundation Level Teacher Training with Tomoko Gregory in August 2026, and I cannot speak highly enough of the quality and depth of the course. I'm a return student after many years, for good reason: this is holistic yoga that genuinely transforms the body and mind at a deep level. The Knoff system weaves together asana, anatomical alignment, pranayama, meditation, relaxation, philosophy, and lifestyle into one complete, sustainable practice — It has become my lifelong friend, serving me every single day. I thoroughly enjoyed studying with Tomoko, who is a wonderful teacher — not only knowledgeable, wise, compassionate, and true to the yogic tradition, but someone who went above and beyond her teaching role to genuinely care for each of us. I'm deeply grateful, and I hope to return to the next level of training one day." ***Nina Hakamies, Foundation Yoga Teacher Training Graduate, Cairns, 2026***

"I chose Knoff Yoga Training because of Nicky and James' depth of experience. Under Tomoko's guidance, the Foundation course was detailed, intelligently structured and inspiring. Her knowledge and passion for yoga and teaching were exceptional. I left with greater confidence to teach, a stronger personal practice and a deeper understanding of yoga. I'm very grateful to have undertaken this training and highly recommend it." ***Fiona Katashima, Foundation Yoga Teacher Training Graduate, Cairns, 2026***

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.

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.

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.

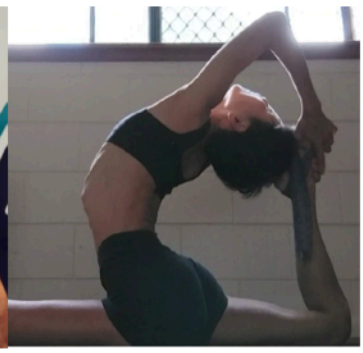
Yoga: In 1997, Tomoko came to Cairns, Australia, where she discovered an Ashtanga yoga school run by Nicky Knoff and James Bryan. She attended the school as a student for a number of years. During this time, she also became a mother to two children. In 2006, she decided to undertake the Foundation Teacher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

Level 3 – Foundation Intensive

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

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