

## **Yoga Immersion and Life Skills Training (YIT)**

### **Course Overview**

The 'Yoga Immersion' Training will be run over a 2 year period. Sharing yoga with others comes from a committed practice of yoga in one's life. 'Yoga Immersion' Training is therefore offered as a programme of self development within the framework of yoga, as well as awarding a teaching qualification to students that meet competencies & assessment criteria.

#### **Mission Statement**

Yoga is a lifestyle. YIT supports participants to deepen their understanding and application of yoga in their life and from this basis share with others as yoga teachers.

#### **Pre- requisite**

Minimum 3 years practice of yoga

Minimum 1 year practice with course or other approved teacher

#### **Course Details**

See course calendar when available for full details.

Each semester requires participation in:

#### **~110hrs Contact**

Including lectures; technique classes & workshops; practice intensives; regular mentoring group meetings; observation, demonstration, assisting and teaching; fortnightly meeting with small peer study group and an end of training retreat

#### **Min. 25 hrs Self study**

Includes self practice of asana, pranayama and meditation; reading, reflection and journaling; essay writing and meeting with peers.

#### **+ Minimum of 1 general class per week**

#### **Speciality Modules**

A feature of the immersion training is the inbuilt speciality module (50hrs training).

#### Introduction to yoga as a therapy

This module presents the history of yoga as a therapy; and in a more modern context explores definitions and application of yoga as a therapy. The focus in this module will be on musculoskeletal system. Students will be trained in developing observation skills of their students, holistic kosha based assessment of student in context of presenting symptoms/condition and designing and delivery a yoga-based treatment intervention to address the individual's needs.

The module does not constitute of yoga therapy qualification, but alongside other training may meet some of the AAYT membership requirements.

#### **Course teachers**

The main course teacher is Tamara James (Yogaphysio). Guest teachers have been chosen due to their special skill in particular areas. We reserve the right to supplement teachers in the unlikely instance that the scheduled teachers become unable to teach.

**Course costs**

~\$8250 (incl GST)	+\$500 - \$1100 per year	+ \$500
Course tuition fees – all lectures, workshops, mentoring, peer group practice and meeting as per training calendar	Required weekly class attendance with one of YIT teachers	Textbooks to support lifetime of yogic living
Course notes and study materials to support and enhance learning		
Observation, assistance, demonstration, supervised teaching and independent teaching of any classes at Yogaphysio studios Includes indemnity insurance coverage	Equipment required for home practice – 2 mats, 4 blankets, 3 bricks, 2 straps & 1 bolster	
Speciality module training 40 contact hrs		
End of training retreat (excludes transport costs)		

**Application Process**

We are now receiving applications for the July 2012 intake of the course. Applications close 15 May, 2012.

To apply, please fill out application form and submit to a YIT teacher (see below). Following receipt of your application an interview may be organised. This is an informal meeting to discuss your application; the reasoning and commitment behind it. Acceptance will be advised following interview, no later than 30 May, 2012.

On acceptance of application a deposit of \$1650 will be due to confirm your place on the course.

**Information Evening**

Prospective students are encouraged to attend the information evening:

Friday 24 February 6 – 7.30pm.  
at Yogaphysio Studios,  
115 Haig Rd, Auchenflower

Payment plans (incl GST):

\$1650 deposit secures place on course. \$550 non-refundable administration fee in the event of withdrawal. Casual/ term class concessional payment as per YIT teacher arrangement.

Balance of course fees due – (September 2012 \$1100; November 2012 \$1100, February 2013 \$1100; April 2013 \$1100; July 2013 \$1100 & October 2013 \$1100)

Applications can be delivered to YIT Teacher or sent to:

YIT Training  
PO Box 351  
KELVIN GROVE Q 4059

**Application Form**

Course	<u>Yoga Immersion and Life Skills Training</u>	
Name	<i>(Privacy &amp; confidentiality of all information assured)</i>	
Address		
Phone		Next of kin (for emergency):
Email	Please indicate if you <b>DO</b> wish to receive emails - newsletters & yoga workshops etc... <input type="checkbox"/>	
Yoga/ meditation practice history, include current		
Current class attendance		
Medical Issues		

Attach on separate page written application, containing response to the following points.

1. Briefly explain what Yoga means to you.
2. Please outline your experience with Yoga - with reference to traditions and teachers that have influenced you.
3. Please describe the content of your practice.
4. What would you consider your strengths and weaknesses?
5. What are your reasons for doing this course and what would you like to get from it?
6. What other interests do you have?