



VITALITY YOGA TEACHER TRAINING





Vitality Yoga - Yoga for Today

Yoga is thousands of years old, developed in a time when humans lived simply; worked and lived off the land, slept and squatted on the ground and ate simple, unprocessed foods. Our lifestyle has changed dramatically since then, and so too have our bodies.

Vitality is unique; we address the handicaps and foibles that are apparent due to the development of the spine, through sitting rather than squatting (as true yogis would have done). This is a strong foundation for the classical system of yoga that Vitality prides itself on

While Vitality Yoga postures are firmly rooted in the classical yoga system, it is the *way we move into postures* that is a large part as what sets us apart, a style that can be practiced by people of all ages and stages of life and yoga practice. This allows Vitality to successfully teach gentle classes through to more dynamic styles. Our contemporary and intelligent approach to movement is endorsed by chiropractors and osteopaths alike.

Vitality Yoga also encompasses other modern therapies and healing modalities to create a soothing style that aims to heal the ailments of modern life.

The ancient beginnings of yoga were always taught one on one (guru to student). To maintain the benefits of such precision learning, Vitality has drawn from

other healing techniques, both contemporary and ancient.

This is done through the unique use of breath control which encourages students to take responsibility for their personal healing through yoga and provides a deep understanding of the therapeutic outcomes of each pose.



Vitality Yoga Teacher Training

The teacher training program we facilitate is comprehensive and thorough. Graduates of the Vitality Teacher Training Course will be equipped with the confidence, knowledge and skills to cater for a broad market base. Graduates will be able to offer a style of yoga that will not only address the physical but the also the emotional and energetic needs to the modern lifestyle.

Our success over many years is largely attributed to maintaining our 'boutique' size class groups. Limiting our teaching

groups to 18 students, allows many opportunities for learning in an open discussion environment. This plays a vital role, particularly when we are learning the ancient subjects.

Vitality Yoga provides a capacity for teacher trainers to challenge and extend at their own pace under careful instruction from teachers. The classes are structured in a way

Whether you are looking to set up your own yoga business, teach classes, or simply desire tools to enhance the quality of your life, this course provides a supported journey of personal development, by deepening awareness and understanding of the self. All ancient subjects are geared to be used in everyday life. Our aim is to send our teachers into the world as true yogis.



Course Structure

The course is delivered one weekend (Sat & Sun) a month from March through to September each year. The final weekend is 2.5 days of silence 'Living the Yogic Way' (living all that you have learnt through the main body of the course). Days are long; however, you will manage them well due to specific techniques learned. All written assessments will be completed before the silent retreat.

Two additional 3-day workshops are required to be completed for final registration. You have the choice to do these at the end of your training year or the following year.

Living the Yogic Way (final retreat)

The residential final retreat (for all students), provides graduates with the unique opportunity to live the yogic way: to experience everything they have learned on the course. To embrace and embody traditional yoga practices in a clean, chemical and radiation free retreat environment, where they can draw upon the knowledge and tools they have gathered throughout the course and bring these into their everyday life. It is an opportunity to put theory into practice, solidify your learning experience and truly tap into the magic of Yoga!

Practicing the code of silence will allow participants to focus and train the mind and refine the energetic body. Rising with the sun, students will immerse themselves

in practices of meditation, pranayama (healing through breath control), relaxation, asana (yoga postures), walking meditation and healing chants, as well as the option to participate in Kriya (cleansing practices).

Sample Daily Schedule

6:00am – Meditation	} Completed in silence
7:00am – Yoga class	
8:15am – Breakfast	
9:00am - Varying lectures & discussions	
<i>break</i>	
12:30pm – Lunch	
1:15pm – Study of physical postures	
<i>break</i>	
4:30pm - Tea	
5:00pm – Varying lectures & discussions/quiz	
6:30pm – Closing circle	

Facilities

Our teacher training course is delivered across two purpose built yoga facilities; our CBD studios and the bush retreat located out of Bendigo. Hidden behind an industrial facade, our two gorgeous studio spaces are filled with light, incredibly spacious and equipped with state-of-the-art facilities. In contrast, our rustic bush retreat offers the simplistic yogi experience.

Food & accommodation

All food and accommodation is free of charge during the training weekends.

Accommodation at either the studios or retreat is simple but provides everything you need during your stay. It is not essential that you stay during the weekends but for those needing accommodation it is available, however, the 3 day Silent Retreat at the end of the course is a residential weekend. Vegetarian food is provided during the weekends, however, it is advised that you also bring along snacks and food you like, especially for those with certain dietary requirements.



Subject Outline

Yogic Philosophy

1. Introduction to the Subtle Energy and Thought
2. Importance of Breath
3. Branches of Yoga
4. Yamas & Niyamas
5. Laws of Attraction & Karma
6. Bhagavad Gita
7. Patanjali Yoga Sutras
8. The 3 Gunas
9. The Nadi and Meridian systems: an introduction and comparison
10. The Chakra system
11. Meridians in Yoga
12. The 5 Koshas

Asana, Pranayama, Mudra & Bandha

1. Asana
2. Pranayama practices
3. Mudra & Bandha practices
4. Kriyas & cleansing practices

Mediation & Relaxation

1. Meditation: philosophy and practice
2. Relaxation: philosophy and practice

Teaching Techniques

1. Teaching Beginners
2. Class and course planning

3. Teaching Asanas: teaching techniques, adjustments, variations, and contraindications
 - Preparatory postures
 - Standing poses
 - Twists
 - Balances
 - Shoulder stand and variations
 - Back bends
 - Hip openers
 - Salute to the sun
4. Teaching Mudra:
 - Teaching techniques, verifications and contraindications
5. Teaching pranayama
 - Teaching techniques, verifications and contraindications
6. Teaching Relaxation Techniques
 - Teaching techniques, verifications and contraindications
7. Teaching Bandha
 - Teaching techniques, verifications and contraindications
8. Teaching Meditation techniques
 - Teaching techniques, verifications and contraindications

General and Applied Anatomy

1. Introduction to anatomy and the muscular skeletal system
2. The hip joint
3. The shoulder region
4. The neck region
5. Thoracic, lumbar and pelvic region

Yogic Lifestyle

Living the yogic way

Professional Practice

1. Setting up a yoga business
2. Occupational health and safety
3. Qualities of a good yoga teacher

Yoga History and Culture

Ancient Yogic History and Culture

Course Components

Lectures

Lectures cover the subject outline and involve theoretical information, group discussion and a large degree of in-lecture practical training in the physical techniques of Vitality Yoga.



Classes and Personal Development

In compliance with yoga registration standards, students are required to attend a minimum of 6 classes a month, two of which are completed during the training weekend once a month. Yoga classes, independent of a yoga school, or a yoga school, must be approved by Vitality Yoga (very rarely is a yoga teacher ever not suitable).

Students are required to also record a daily home practice. All students are required to participate in a minimum of two Vitality classes per month (this is provided for on the training weekends).

Students are required to record their personal yogic technique and keep a logbook of classes to demonstrate an understanding of the course material and further develop their personal practice and teaching skills.

Course Notes

Comprehensive and relevant course notes are provided each training period to be referred to throughout lectures.

Resources from the Vitality bush library will be available to students on training weekends that are held at the retreat. Students are asked not to leave the teaching area with the texts but are free to read them during their free time.

Course Texts

The course notes we provide at each weekend are extensive and thorough. However, for those students that may want further reading we suggest the following texts may be helpful and complimentary to the course. These are not essential.

- The Key Muscles of Hatha Yoga – Ray Long & Chris MacIvor
- Bhagavad Gita As It Is His Divine Grace – A.C. Bhaktivevanta & Swami Prabhupada
- Integral Yoga – the Yoga Sutras of Patanjali

Please note there are numerous versions and front covers of these books.

Professional Practice

Students who undertake the course with the desire to teach (some students undertake this course purely for personal development), will be given the opportunity to apply their technique and skills in a teaching environment if they choose.

Additionally, these students will be required to successfully demonstrate ability to take a yoga class via a practical examination.



Assessments:

- Full class participation quizzes held during training weekends
- Personal practice logbook
- Codes of Ethics Journal (unmarked assessment)
- Take home theory exam
- Practical exam (in the form of teaching in front of the kind principal)
- 80% overall attendance
- Postures Exam

Registration

Our yoga teachers training course is registered with Yoga Alliance, the international yoga body. All graduates will be registered with Yoga Alliance and will therefore be eligible for Yoga Teachers Insurance which is nationally and internationally recognised. All students are qualified to teach anywhere on the globe.

Here you will learn in a bright, open yoga space surrounded by bush and bush walks. You'll relax and study in front of a large open fire inside our cozy mud brick library. Accommodation is clean and simple. Accommodation is free at our contemporary studio in the CBD or our bush retreat.

Karma Yoga

A reduced rate is available for students who exhibit genuine interest in the course, and who the Academy believes to be a

highly appropriate candidate, but is truly financially unable to pay the full rate.

Karma Yoga students can earn part of their course through assisting in the running of the training courses. These positions are subject to interview.

Refund Policy

After the course commencement there is no entitlement to a refund. In extreme circumstances where medical conditions or hardship arise, then a deferral may be considered by the academy on presentation of applicable documentation. The academy reserves the right to refuse any refunds.

Prerequisites and other requirements

The Vitality Yoga Teachers Academy does not require potential students to be necessarily fit or flexible but ideally have some yoga experience. However, successful applicants will be those who display a mature, open and caring nature and demonstrate a sense of respect and commitment to yogic philosophy and teachings.

Applicants may be required to complete an application form (personal history) and in some cases may be required to attend an interview before acceptance. A registration deposit will be required upon successful application to secure your place in the upcoming course.

Though students may find aspects of the course personally challenging, by

undertaking this course they will undoubtedly improve their overall physical and emotional wellbeing and will receive strong support throughout this process.

This course is therefore suitable for committed yoga students with a strong interest in yoga as well as individuals who wish to use it for self healing, transformation and spiritual development.

Other requirements:

- The two 3-day courses previously mentioned can be completed before or after the main body of the course.
- Senior First Aid is required to complete registration

Vitality Teachers & Guest Lecturers

Kehry Frank – Senior Lecturer & Founder of Vitality Yoga. Yogic Philosophy, Yogic Physiology



Kehry completed her yoga teacher training 35 years ago in the Gaya tradition. Kehry is also a qualified nurse, yoga therapist and a

highly respected natural therapist of Kinesiology. She is also trained in Feng

Shui, Colour Therapy, Geomancy, Bowen and many other modalities. Kehry has also completed full studies of Ayurveda.

Kehry possesses a profound understanding of both the physical and energetic body and the connection between the two. Her extremely successful integration of Hatha postures and other healing modalities guide yoga students through a unique yoga experience, empowering them with tools to self-heal in a harmonious and nurturing environment.

Kehry is a true healer and a passionate spokesperson. She has the capacity to broaden people's understanding of subtle energy and the simple techniques we can practice to bring about dramatic changes in our lives. Kehry's lectures are inspirational and enlightening, and through them we discover the true essence of yoga and its endless possibilities.

Melanie Chapman – Senior Teacher, Teaching Techniques, Meditation and Relaxation philosophy and practice



Melanie is a qualified yoga teacher, fitness instructor, personal trainer and Shiatsu and Thai Massage Therapist.

As Kehry's daughter, Melanie has practiced yoga

virtually all her life. She has studied many styles of yoga and meditation under meditation under different schools all over the world, including extensive retreats in India, Thailand, Nepal and California.

Her formal teacher training is in the Sivananda tradition. Since then she has completed training with Vitality Yoga, Donna Farhi and Vinyasa yoga. Melanie's in-depth study into the anatomical aspects of yoga guides participants towards the discovery of refined technique and alignment within Hatha Yoga practices. As a teacher to teacher trainees, Melanie provides concise clear techniques that enhance each individual's yoga experience which can be applied by the new graduate.

Prue Allan – Teacher Patanjali's Sutras, Branches of Yoga, Yogic History and Culture.



Prue immediately developed a passion for yoga after her first class with Kehry, approximately two decades ago. She began her training

as a Vitality student teacher in 2000 under Kehry and has further developed her practice by exploring several styles of yoga including the Sivananda and

Satyananda traditions, where she completed teacher training courses for each. Prue's enthusiasm for yoga extends to her teaching and a desire to assist others in developing their yoga practice and obtaining a deeper level of self-awareness.

Annie Townsend – Bhagavad Gita Teacher



Annie is a vinyasa trained yoga teacher. She completed her diploma of Raja Yoga in India in 2009

and since then has been a student of Being Yoga (Maroochydore) and Trinity Yoga (Canberra).

Annie is a trained mental health counsellor in private practice in central Victoria. With a Masters of Mental Health, she specialises in the area of anxiety, depression and trauma. Annie teaches the Vinyasa classes at Vitality.

Kaye Tribe – Teacher General and Applied Anatomy



As well as a Yoga teacher trained in the Gita tradition, Kaye is a Myotherapist and lecturer in

various physiology subjects at other registered training organisations in Melbourne. She brings to the course the experience of teaching to a wide range of students and a specialised understanding of how knowledge of Functional Anatomy can be useful to Hatha Yoga teachers in Australia. Kaye is a sought-after presenter within both the Yoga and complementary medical fields.

Kate Robinson – Vitality Yoga Teacher & Mentor



Yoga is a part of Kate's daily life; living from her heart and bringing gentleness and love into her daily interactions. Vitality-trained, Kate's

classes focus on connection to breath and movement, creating a rhythmic flow that supports you to honour your body and soul. Kate completed her Yin teacher training in 2015, with renowned leading Yin teacher trainer Jennifer Crescenzo from Luminous yoga. Yin yoga is an opportunity to slow down, observe your body, breathe and draw awareness within. Kate helps support practitioners to be gentle with their thoughts, loving with their actions and create a space within themselves to connect, release and let go physically, emotionally and energetically.

Testimonials

"I have attended Vitality Yoga Classes for many years and feel grateful for the opportunity to gain the expertise that Kehry, Melanie and Prue have demonstrated to me over that time.

The Vitality Yoga Teacher's Course has highlighted to me the correlation between the physical body, mental awareness and understanding that can lead to our ability to self-heal. The course content has been informative, encouraging and enriching. Thanks to Kehry, Melanie and Prue to allow me to further develop and experience the 'joys of yoga'.

Joan McEniry – Vitality Yoga Graduate

"My experience with the Vitality Yoga Teachers' Course, which I have done for my own personal development, has been wonderful. I have been taught much about my physical body, but also about many other factors that make me function as a human being. Experienced teachers helped me explore subjects such as the power of my own thoughts, the benefits of meditation and what I can gain from regular yoga practice. I found the course to be overflowing with fascinating and factual information which was delivered in an atmosphere of support and encouragement"

Ann Vale – Vitality Teacher Student

"I had practiced 'physical' yoga postures for several years. Coming to Vitality Yoga to practice and study has given me an understanding that yoga is so much more.

It is all encompassing, bringing the body, mind and spirit into harmony. I am on a wonderful journey of learning, self development and self healing."

Scott Tuddenham – Vitality Yoga Graduate

"Completing the Meditation Certificate Course with Vitality Yoga Academy has given me an understanding of the amazing and very real connection out thought have to our physical and emotional health. This course was so interesting that it ignited my desire to deepen my knowledge by undertaking further study into the areas of yoga and meditation.

Each weekend is filled with different and extremely interesting subject matter, delivered by very knowledgeable facilitators. I came away each retreat tired but with a wonderful feeling of wellbeing and understanding"

Paula Meade – Vitality Yoga Graduate