



# VITALITY YOGA TEACHER TRAINING GENTLE YOGA







## Vitality Yoga - Yoga for Today

Hi, my name is Melanie Chapman and I am a yoga teacher of 15 years and owner of a successful yoga studio and yoga teacher training academy in Bendigo, Vitality Yoga. We offer a vast range of classes, more than 30 classes on our weekly timetable, but our Gentle Yoga classes are our most popular.

The average person today doesn't enjoy the mobility that our ancestors did, largely due to our chair culture and an aging population. We live in an age of convenience and though this has saved us time, it has also saved us movement which inevitably costs us our mobility.

Despite the endless therapeutic benefits of yoga and the growing number of yoga classes and studios, a large section of society are not able to practice yoga because the average yoga class is too daunting and challenging.

Gentle yoga classes (or more aptly described as 'more manageable yoga') offer students an opportunity to enjoy all the benefits of yoga through an intelligent approach to movement that is grounded in current anatomical understanding. Postures and techniques are more manageable and accommodate a range of ailments, injuries and diseases. Classical yoga postures are cleverly adapted and frequently use the aid of props such as

blocks, blankets, straps, bolsters, balls, stretch bands and walls to target specific areas for stretch and strength. Transitions are more mindful than your average class and the stretch, stability and strength within each posture can be tailored to suit individual needs.

Gentle yoga improves mobility and stability in the body; in turn making every day movements more comfortable. It improves balance, strength, functional movement, bone density, control, confidence and increases flexibility. More importantly gentle yoga classes encourage a positive appreciation for your own body and all its individual sensitivities. Gentle Yoga students are equipped with practical tools to manage pain, stress and develop peace and clarity, practicing at a level that is manageable for each individual.

## Gentle Yoga – For your business

Ensuring yoga is approachable, achievable and suitable for every *body* irrespective of age, strength, flexibility or gender is a key philosophy at Vitality Yoga. In 2003, I developed Gentle Yoga with my mother Kehry Frank, a yoga teacher of 35 years. Now our Gentle Yoga program is our most popular class and our most lucrative.

The key to this success is the wide variety of students that Gentle Yoga appeals to;

we have students diagnosed with cancer, fibromyalgia, MS, serious back or joint injuries, seniors as well as mental health illnesses, to name a few. However, Gentle Yoga also appeals to students that are capable of stronger classes as it creates a greater need for mindfulness.

Our Gentle Yoga, while not tailored specifically, is also suitable for pregnancy and provides additional classes to compliment our pre-natal program. It is also the foundation to our 'Yoga for Cancer Recovery' class which is subsidised by Bendigo hospital. Having a class that is suitable and highly beneficial to such a broad range of students is integral to our business.

Teaching a Gentle Yoga class is both challenging and incredibly rewarding, it will dramatically expand your client profile.

### **Course Structure**

The course is delivered over the weekend. Saturday - 8am till 6pm. Sunday - 8am till 5pm.

### **Daily Schedule**

8am – Gentle Yoga class  
9.15am – Break  
9:45am - Lecture  
12:30pm – Lunch  
1:30pm – Lecture  
4pm – Gentle Yoga class  
6pm – Closing circle

### **Facilities**

Our Gentle Yoga teacher training course will be held at our CBD studio located in the heart 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, including infra-red heating panels.

### **Food & accommodation**

As we are in the heart of Bendigo, a number of fantastic cafes are nearby, and our fridge will be available for use during the weekends if you would like to bring lunch with you.

Accommodation can be provided for those who require it. We rent a comfortable house that is within walking distance and available for twin share at a cost of approximately \$150 for 2 nights. (Price to be confirmed once numbers are confirmed). Bendigo is a beautiful town to visit with a number of fabulous tourist attractions, including our wonderful art gallery, Ullumbara theatre and Central Deborah Goldmine so try to make time for sightseeing.



### Course Notes

Clear, comprehensive course notes are provided during the weekend that will become a valuable resource for teaching.

### Cost

\$545

\$495 – early bird rate

### 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.

### Teacher - Melanie Chapman

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 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.

Melanie now runs specialised classes for pregnancy, Mums & Bubs, Cancer students, drug addiction, fit yoga, sports excellence, teenagers and Gentle Yoga.

### Testimonials

Kellie Mennan

I have practiced yoga for many years and one of the classes I look forward to the most is Gentle Yoga. As someone who

lives in my head, often busy with overthinking, it gives me the time and space to re-ground in my body.

The mindfulness approach and slow movements create the space for me to slow down and focus on the breath and the movements. I love always feeling more centered after class; it's like my body and mind has had a healing.

Cristi Fleischer

I travel a lot and have been to quite a few yoga studios across the country. I have some health problems so I gravitate towards more gentle and yin based classes, which are often not offered on a

regular basis. I was really impressed with the amount of gentle classes Vitality Yoga offers and their class description, it sounded perfect for me. The classes were so accessible I could manage even on an off day but I also believe anyone on any level would benefit greatly, do not let the subtle movements fool you, after regular attendance both my physical and mental well-being were so well lifted that I was feeling stronger, healthier and more peaceful than I had been feeling in a long time. I have never felt a more profound positive effect from a yoga class. They give you something truly special at Vitality:)

Image: Kehry Frank (founder of Vitality Yoga & Senior teacher) with daughter & current Vitality Yoga Studio owner.

