

TEACHER TRAINING

At Marrickville Yoga Centre our aim is to provide trainees with a comprehensive knowledge of both the theory and the practice of yoga. Learning about the art, science and philosophy of Iyengar yoga is a lifelong pursuit and this two year Yoga Teacher Training Course is the ideal place to start.

Yoga Teacher Training in Sydney varies for different forms of yoga. Iyengar Yoga Teacher Training is well known for its rigorous, dynamic and focussed approach. The Teacher Training Course at Marrickville Yoga Centre meets the teacher training requirements of the Iyengar Yoga Association of Australia, which requires that trainees undertake 300 hours of training.

Trainees will attend a series of weekend workshops to develop an overall understanding of the methods of teaching asana and pranayama as developed by B.K.S. Iyengar.

The Course is facilitated by Senior Iyengar teacher Simon Joannou and has been designed to equip all trainees with the necessary skills, knowledge and practical experience to teach yoga in the Iyengar method.

A one-on-one interview with Simon is required to apply for Teacher Training.

“ This is a great course for those seeking a more meaningful and in-depth experience of Iyengar yoga. The practical sessions lead to greater body awareness and an increased appreciation of yoga and its benefits. The course is well designed and taught whether you aspire to become a teacher or would just like to develop an increasing commitment to, and understanding of your practice. ”

– Marijke Leermakers

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TEACHER TRAINING



COURSE STRUCTURE

10 WEEKENDS

Thursdays:

4-6pm Yoga therapy (optional)

Fridays

5.30pm -7.30pm Practise

Saturdays:

8am – 12 Assisting / observation & class attendance & 5.30 -7.30 pm Teaching practise

Sundays:

7.30- 9.15 practise session & 1-4pm Theory/ practical workshops.

In addition, trainees need 100 hours of assisting. Trainees attend Yoga Therapy, group practices, regular classes and workshops during the course. Teacher training is a busy period where students are encouraged to dedicate themselves to Yoga.

Towards the end of the course, there will be a residential retreat for those participants in the course. This will be at an additional cost. In the Course trainees will learn the basic techniques of teaching yoga (asana & pranayama). They will develop an understanding of yoga anatomy and physiology, yoga theory and knowledge concerning use of props, the role and responsibilities of a teacher, common ailments for students in a class setting, class design for Beginners and asanas for menstruation and pregnancy.

DATES COMMENCES MARCH 2019

15 – 17 March

12 – 14 April

24 – 26 May

09 – 11 August

13 – 15 September

18 – 20 October

15 – 17 November

COST

\$2,800.

A \$500 deposit is required to enrol. Please get in touch with us to discuss your options.



SCHOLARSHIPS

Marrickville Yoga Centre also offer an Indigenous Scholarship. This scholarship is a free scholarship to undertake teacher training with Simon. The scholarship covers not only the cost of training, but all attendance at classes and ongoing mentorship. Please get in touch with us to arrange a meeting with Simon to apply for the Scholarship.

“ I don't have any immediate plans to become an Iyengar yoga teacher, but I'm so glad that I've undertaken the Teacher Training course. It's added so much depth to my own practice, and the opportunity to assist in classes with experienced teachers has been invaluable. Simon has been really great at helping me to balance the Teacher Training course with my other commitments and the course has undoubtedly had a beneficial impact on all areas of my life. ”

- Michael Reville

“ I undertook the teacher training course as I wanted to learn more about yoga and further develop my own practice. I have thoroughly enjoyed the course so far and the transformation that is taking place. I am learning more about myself through my practice far beyond what I had ever anticipated. I have also enjoyed the theory aspects as I probably wouldn't have explored this in such detail. I have found that the theory is supporting and extending my practice and as a result I have observed this impact on my everyday life. Simon has a wealth of knowledge to share and has structured the course in such a way that it has been interesting, stimulating and practical.

- Robyn Lowe