

TEACHER TRAINING 2012

Who is Elixir School of Yoga?

Elixir School of Yoga takes pride in delivering a comprehensive course that allows students to develop a sound foundation and understanding of the yogic principles of Asana, Pranayama, Kriya, Bandha, Meditation and Philosophy. The course is designed for aspiring teachers and students who wish to deepen their understanding of the yoga practice.

The course is recognised by the International Yoga Alliance and has been taught since 2004. Graduates may apply for membership with the Yoga Alliance upon completion of all course requirements.

Why Choose Elixir School of Yoga?

- Course director, Don Peers, has 18 years of experience and has taught yoga, philosophy and meditation internationally.
- Small dedicated groups allow for individual attention.
- The program is comprehensive and covers all facets of yoga.
- The qualification is internationally recognised.
- The course focuses on asana (posture) and applied anatomy and physiology.

Our teacher:

Don Peers has been practicing yoga since 1993. In 2000 he completed a three-year teacher training program at Yoga Synergy in Sydney, Australia. He has also undergone teacher training with Tim Miller (Ashtanga, Vinyasa) and at KYM (Krishnamacharya Yoga Mandiram) with Sri Desikacharr in India. Don is registered with the Yoga Alliance as a Senior Teacher.

Among the teachers he has studied and practiced with are Sri Pattabhi Jois, Rodney Yee, Donna Farhi, Clive Sheraton and Sri O.P.Tiwari.

Don has lived in India, studying meditation, Pranayama, Kriya and the philosophical systems of yoga, Samkhya and Vedanta with Swami Anubhavananda, Swami Dayananda Sarasawati and Sri Sraddhalu Ranade. He also studied with senior Theravada Monks in Thailand and Cambodia and has been on retreat with the venerable Thich Nhat Hanh. He has studied and practiced various forms of meditation including Charka, Samatha, Vipassana and Zen.

He believes the "true measure of our spiritual practice is how we live our lives".



Course objective:

Elixr School of Yoga courses have been developed to focus on the following key points:

Asana:

- The principles of anatomy and physiology and their application to Asana, creating safe and correct alignment, structure and breath. This allows for a deepening of the pose and creates stillness within.
- Therapy and common injury management with an introduction to prenatal and post-natal yoga.

Teaching methodology:

- How to teach and structure a class - the principles of demonstration, observation, assistance, correction, instruction and applying different teaching styles.
- An understanding of the main yoga schools including Hatha, Iyengar, Ashtanga and Yin Yoga methodology. Their different approaches to Asana and the benefits each practice offers.

Pranayama:

- Learning and practice of the eight traditional methods, discovering how each affects the body, energy and mind.

Kriya:

- Learning the six traditional yoga cleaning methods of the body and how they affect our nervous system and energy levels.

Bandha and Mudra:

- The energy seals of yoga: the three main Bandha's Uddiyana, jhalandara and Mula will be taught and there will be an introduction to several other seals and their application in practice.

Meditation:

- Aspects and techniques of different meditation practices including Zen, Theravada Buddhism, Mantra and Yantra (visualisation).

Sanskrit and Mantra:

- The recitation and meaning of sound.

Yoga Philosophy:

- Its application in modern life. Reviewing the Yoga Sutras, Bhagavad Gita and several Upanishads.

Course structure and dates:

- 200 hour course - internationally accredited with the Yoga Alliance
- The course is completed over five months in two terms, with attendance required each Saturday for seven hours and an additional seven-hour class every third Sunday.

Dates:

Commences: Saturday 25th February, 2012

Concludes: Saturday 14th July, 2012

When: Every Saturday 9am - 4pm + 3rd Sunday of every month

Course cost:

(including GST): \$3250 including all learning materials.

Scholarships:

Elixr School of Yoga will be offering scholarships in 2012 and applications are now open. Please contact the office for more information.

Course Location:

Elixr Health Club, Bligh Street
2A Bligh Street, Sydney, NSW 2000

Contact us for more information:

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