



FREMANTLE YOGA CENTRE

# YOGA TEACHER TRAINING COURSE

P R O S P E C T U S

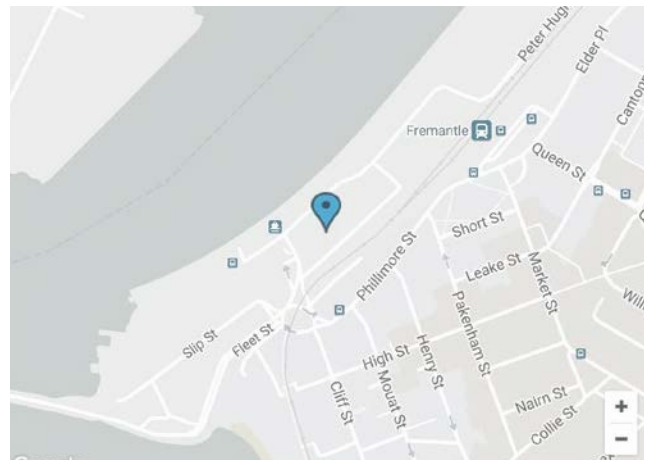


# TABLE OF CONTENTS

FREMANTLE YOGA CENTRE BACKGROUND	3
LOCATION INFORMATION	3
YOGA TEACHER TRAINING COURSE	4
OTHER REQUIREMENTS & ASSIGNMENTS	5
ABOUT OUR INSTRUCTORS	6 - 7
TUITION & FEES	8
COURSE COMPLETION REQUIREMENTS	9
ASSISTING AND OBSERVING	10
OBSERVATION & ASSISTED HOURS	11
GENERAL OVERVIEW OF THE COURSE CONTENT	12
ANATOMY AND PHYSIOLOGY	13
CONTACT NUMBERS AND ASSISTANCE	14
ENROLMENT QUESTIONNAIRE	15
ENROLMENT FORM	16

# FREMANTLE YOGA CENTRE

The Fremantle Yoga Centre is a well-established school that has been operating for over twenty-five years. The instructors are highly experienced and draw on years of studying, practicing and teaching various styles of Yoga. While the yoga we teach has its roots in the traditional methods, our approach to it is a creative one that is not limited to merely one style of Yoga. We conduct our classes with consideration to the individual needs of our students.



## THE STUDIO

Is a large newly decorated fully equipped room. We have reverse cycle air-conditioning and heating, easy access metered parking and within walking distance to public transport via the Fremantle bus and train stations.

Door 4, e-shed markets  
Victoria quay  
Fremantle  
W.A 6160

P.O. BOX 507  
MELVILLE  
W.A. 6956

Phone: 0417 187 433

Email: [info@fremantleyoga.com](mailto:info@fremantleyoga.com)

[www.fremantleyoga.com](http://www.fremantleyoga.com)



# YOGA TEACHER TRAINING COURSE

## PRE-REQUISITES:

Applicants for the course will need to have attended regular yoga classes for a minimum of one year and be doing their own personal practice. Attending intermediate/experienced classes at the Fremantle Yoga Centre will be necessary to assess suitability for the course. Interested persons will also need to meet with Kate Porotto to go through the course requirements and ask any questions they may have.

## What the course will cover:

- Developing a deeper understanding of the yoga postures.
- Formulating your own practice.
- Yogic Philosophy Ethics & Lifestyle.
- Yogic Physiology - Nadis, Koshas, Chakras, Gunas.
- Teaching methodology
- Techniques – theory & practice of asana, pranayama, bandhas, mudras.
- Learning correct method of adjustment.
- Therapeutic application of the postures for specialised problems.
- How to teach pregnancy and women's yoga.
- Introduction to kids yoga for children.
- The use of yoga props.
- Meditation, breathing and relaxation techniques.
- Communication skills – how to communicate the postures to students.
- Introduction to Ayurveda and how it relates to yoga.
- Sanskrit – basic sanskrit of yoga asanas including pronunciation.
- A full Anatomy and Physiology course specifically designed for the yoga training course.
- Integrative practice & teaching – assisting in classes, supervised teaching practise.

## What You Are Required To Do:

- Develop your personal yoga practice.
- Attend intermediate and/or experienced class twice a week. (Not included in the course fees).
- Learn/Assist in one beginner's class per week.
- Observe and assist in some of the pregnancy women's classes throughout the course.
- Learn/Assist in one therapy class per week.
- Complete a First Aid Course (Not included in the course). You must organise yourself.
- Take thorough notes throughout the course
- Assignments will be given & must be completed for certification. This includes a main research assignment on a yoga topic of interest to you.



# OTHER REQUIREMENTS & ASSIGNMENTS

## PRACTICE TEACHING

Throughout your training, you will be asked to teach the other trainees through a number of asanas. This will be held before the director and course facilitator. This is an opportunity for you to teach others on the course as well as being a student to the other trainees. You will be observed and given feedback on your teaching skills.

You will be given the opportunity in a minimum of 5 classes to practice: a beginning sequence, middle or end of a class. You will need to write a summary of your experience and feedback will be given. You must organize this with a teacher, so that at least 5 of your sequences are recorded before the end of the course.

## QUALITIES OF A TEACHER

From the beginning of the program you will be asked to write a paper about what kind of teacher you want to be and what you want to teach. This will allow you realise what you want from the course. This may change throughout the course as you grow your own personal practice and develop your teaching skills.

## OBSERVATION HOURS

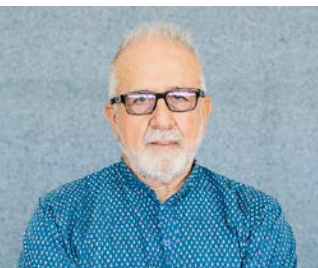
You will be required to observe and attend a minimum of 5 classes other than the beginner or therapy classes, preferably with a variety of teachers and write a report on your observations. These reports can assist with verbal cueing, sequencing and other observations of the teacher training the class and the students attending the class. Your report will be reviewed by one of the senior teachers.

## TECHNIQUE NOTEBOOK

You will be asked to start your own technique notebook consisting of the poses you have learnt in your asana classes and observed in the beginner's and therapy classes. The notebooks will be done in the class and will consist of notes you determine to be beneficial for teaching each pose you learn.

N.B It is best to do a rough draft in class and transfer it later into your notebook or computer.

# ABOUT OUR INSTRUCTORS



## KALE LEAF – *Senior Instructor*

Kale Leaf has been teaching yoga since 1986 and is the principal teacher and course facilitator at the Fremantle Yoga Centre where he specialises in therapeutic yoga and has developed a high level of expertise in his field. Kale saw the need for specialised classes for students who could not be adequately catered for in a regular class environment. As a result, he created individual programs that were tailored to the students' specific problems and he has achieved very positive outcomes with this approach.

Living an ayurvedic lifestyle has enabled him to integrate the principles of this with his yoga knowledge, which adds an extra dimension to his teaching style. Kale draws his inspiration for teaching from the various styles of yoga he has studied over the years but also very much on his long standing spiritual practice which sees him travel to India each year.



## JAMES MCINTYRE – INSTRUCTOR (*Senior yoga australia member*)

James first commenced Yoga in 1983 and in 1990 began a more dedicated practise under Kale Leaf and Mary Swan. He began teaching in 1993 and presently teaches weekly, Beginners, Experienced and Therapeutic classes. He has learnt under many teachers and a number of styles and has taught in India on three occasions as well as in Greece. He has a strong interest in Yogic Philosophy and in particular Pranayama in which he has lectured along with such other subjects as Bandhas, Inversions and general Teaching Methods as part of the Fremantle Yoga Centre's Teacher Training programme.

James has also been a practising Homoeopath since 1992 and enjoys sharing his understanding of health to the practise of Yoga along with challenging and encouraging students to bring an increased focus of mind to their practise of Yoga.



## KATE POROTTO – DIRECTOR (*Senior yoga australia member*)

Kate Porotto is an instructor and the Director of the Fremantle Yoga Centre. She has been practising yoga for over 20 years. Most of her practice was in London at various schools, mainly the Iyengar institute. Whilst in London she also studied as a Naturopath and Massage Therapist. Kate taught private classes for 6 years before returning to her hometown of Perth in 2002.

Kate has been teaching yoga for 16 years and completed her teacher training at the Fremantle Yoga Centre with Kale Leaf.

Kate has 4 children and she specialises in women's and pregnancy yoga. She is passionate about what she does and enjoys all aspects of women's yoga from pre-conception to menopause. Kate also conducts regular "Preparation For Birth" workshops with women and their partners, which have proven to be extremely beneficial during labour.



### JANE UNDERWOOD – INSTRUCTOR (*senior yoga australia member*)

Jane Underwood has been practising and studying yoga for more than fifteen years. She earned her teacher's certificate at the Fremantle Yoga Centre in 2006 and in 2012 became a Level 2 certified teacher with Yoga Australia.

Jane has a special interest in applying the 8 limbs of yoga to her own practice and teachings. She believes the therapeutic application of yoga means that those with scoliosis, back, neck, knee or hip injuries, postural alignment problems or arthritis can practice yoga postures to bring long lasting pain relief. Jane continues to study the therapeutic application of posture, breath and meditation.



### STEPH WRIGHT – INSTRUCTOR (*Yoga australia member*)

Steph Wright has been a student of Hatha Yoga since 1995, developing a personal practice since 1997 and has been teaching since 2003.

She is passionate about yoga and the gifts it brings to everyone. She has experienced its powers of awakening and has a strong sense that in our bodies resides our innate wisdom.

“I love my yoga practice and I am thrilled and inspired when sharing this with others. Yoga reveals us in our entirety, bit by bit, too ourselves and those around us” - Steph Wright



### KARREN – MCMAHON (*Yoga australia member*)

Karren McMahon has been practising Yoga for 24 years, teaching for 17 and officially qualified for 14 years.

She rehabilitated her condition of Scoliosis with the help of Kale Leaf at the Fremantle Yoga Centre and has explored a wide range of different styles of Yoga over the years. She also studied under Simon Borg-Olivier - Yoga Instructor and Physiotherapist at Synergy Yoga School, Sydney. She has completed the Anatomy & Physiology of Hatha Yoga and uses her variations of Yoga experiences in her teaching methodology.

# TUITION AND FEES

The duration of the course is two years part-time (350 hours)

## Two year part-time course:

The total cost of the course is \$6600.00. The deposit of \$1200.00 (Non-refundable) is to be paid prior to course commencing. The course can be paid in full or the student can set up a direct debit of 24 monthly payments. The fees must be paid into the Fremantle Yoga Centre Account on the first day of every month. (Cash or cheque payments are not accepted, unless it is the initial deposit).

If you choose to pay in full the cost will be \$6300.00 (\$300 discount) \$1200.00 deposit and \$5100.00 on commencement of course.

## Benefits:

The Fremantle Yoga Centre will provide each of the students with a 20% discount on all equipment bought at the centre.

The Fremantle Yoga Centre Teacher Training Course is registered with Yoga Australia, enabling each student to register as a Level 1 member on completion of the course.

## Cancellation Policy:

If the student cancels the enrolment within 72 hours of signing the contract and paying the deposit, a full refund will be made. Please note the deposit will be non-refundable once the student commences the course or after the 72 hour cancellation policy has expired.

## Refund Policy:

A full refund will be given within 60 days in the following circumstances:

- An enrollee is not accepted into the Teacher Training program by the school.
- The course is discontinued, preventing the student from completing the course.
- The student enrolment was procured as a result of misrepresentation or false advertising.

After 60 days no refund will be given and the student will be liable to pay the balance of the course fees even if they choose not to complete/drop out of the course.

## Additional Costs:

Students will receive a list for books that are required and suggested. They will be responsible for buying their own books.

You will still have to pay to attend your personal yoga classes, however if you are assisting in a class no fee is payable.

Additional Workshops and training series held at the Fremantle Yoga Centre that are not included in the course are an additional cost if the student decides to attend.



# COURSE COMPLETION REQUIREMENTS

## COURSE COMPLETION:

A Certificate will be given on successful completion of the course; this includes attendance for attending every module. Please note the final payments for course must be paid before any Certificates are issued. Completion of all class modules, all tests, assignments and class observations are required to receive a certificate for this course.

## MARKING AND ASSESSMENTS:

Students will be given credit for assignments on a Pass/Fail system. They will also be graded for classes on attendance. Student attendance will be documented on forms that each student must ask the instructor to sign for each class they attend. This record form is the responsibility of each student and gives a clear indication on hours attended during regular classes.

## STUDENT CONDUCT:

Students are expected to act in an appropriate, respectful and professional manner at all times whilst in attendance at the Fremantle Yoga Centre. Any complaints to the contrary will be considered, students will be placed on probation and termination will be determined on a case-by-case basis. Please come to class neat, tidy and appropriately dressed. (Preferably shower before if possible). Please do not wear overpowering perfumes, oils etc.

## RE-ADMITTANCE:

This will be determined on a case-by-case basis at the discretion of the Director and Course Facilitator.

## SATISFACTORY PROGRESS:

Expectations of satisfactory performance are as follows:

1. 100% attendance to modules. (Missed modules can be attended the following year)

2. Record all class assisting/observation hours that will go towards the 350 hour course.

3. 75% on tests.

4. All assignments must be completed to a satisfactory level.

## ATTENDANCE POLICY:

**ABSENCES** - Students must have 100% attendance. If any student misses a scheduled Teacher Training module, they must attend that module when it is next scheduled at the yoga centre to gain a certificate of graduation.

**CLASS ATTENDANCE** – If a student is assisting/observing a class they must be on time. If a student is 20 minutes late or leaves 20 minutes early they will be marked as absent and will not be recorded on your training hours form.

**MAKE-UPS** – Students are able to make up a maximum of 4 modules at no extra cost, when the module is next scheduled at the yoga centre. Any modules beyond the 4 will be a minimal additional cost to the student at \$50.00 per module. All modules must be attended in order to receive your certificate of attendance and completion.

**LEAVES OF ABSENCE** – will be granted on a case-by-case basis and must be requested in writing. Leave will not be granted more than once during the course and may not exceed 60 days.

# ASSISTING AND OBSERVING



Throughout the course, class assisting hours must be completed plus workshops and weekend teacher training units, before a Teaching Certificate will be issued.

On course commencement, each trainee will be given a Student Hours Sheet to keep track of your completed hours. A sample of the form is attached on the following page. Please note it is your responsibility to have them signed by the instructor at the end of each class. (Classes are 1hour 45mins).

Please inform me 24 hours prior to the class, if you won't be able to attend, as we will need to organize a replacement.

Once the course commences, please let me know which days you would prefer to assist on. Your requests may not be possible but I will try to get everyone their preferred days.

- Mondays and Wednesday with Kale. ([Beginners](#))
- Tuesdays with Kale and Thursdays with James. ([Therapy](#))
- It is also possible to assist Saturdays with James. ([Beginners or Intermediate](#)) only if weekdays are not possible.

The above-mentioned days can be swapped with other trainees to give you experience with different teachers. This is definitely recommended so you learn different techniques for adjusting and sequencing classes. You will also be required to attend a number of specialty classes such as mums and bubs and children's yoga to broaden your knowledge.

[\\*PLEASE NOTE](#) it is important that you [write down every posture in the order it is instructed in all the classes you assist in](#), so that at the end of the course you have approximately 52 each of beginners and therapy classes and some pregnancy classes plus notes to refer to for when you start instructing. I recommend you draw the postures with stick men, write a quick description of the posture as it is explained by the teacher and when you can, re-do it at home adding Sanskrit names. It is good to also note the use of props.

# TEACHER TRAINEES OBSERVATION & ASSISTED HOURS

*Students Name:* .....

DATE	HOURS	INSTRUCTORS SIGNATURE	DATE	HOURS	INSTRUCTORS SIGNATURE

TOTAL HOURS THIS SHEET: .....

*\*Please ensure the instructor signs after each assisted class to validate the hours*

# GENERAL OVERVIEW OF THE COURSE CONTENT

- Introduction to Teacher Training & Yoga Therapy.
- Yoga Therapy – The Spine.
- Bandhas & Mudras.
- Anatomy & Physiology.
- Sanskrit – Asana translation.
- Backbends & twists.
- Yoga Therapy – Neck & Shoulders.
- Inversions – Headstands & Supported Poses.
- Inversions – Handstands & Supported Poses.
- Pranayama.
- Yogic Philosophy.
- Yoga Therapy – Knees & Hips.
- Ayurveda.
- Meditation & Breathing.
- Yoga For Pregnancy, Birth & Post-Natal.
- Yoga Nidra.
- Asanas
- Sequencing techniques.
- Philosophy, Ethics & Lifestyle.
- Teaching Techniques.
- General Tips for Teaching Yoga.

---

You will also be required to attend 2 chanting evenings (free of charge) throughout the course.

# ANATOMY AND PHYSIOLOGY

## COURSE CONTENT

- Medical terminology
- Structural organization
- Integumentary System
- Structure/ Function
- Connective tissue
- Myofascial meridians
- Anatomical positioning and directional terms
- Muscular System
- Structure /Function
- Origins and insertions
- Movements
- Special senses:
- Eye and vision
- Hearing and Balance
- Taste and smell
- Lymphatic / Immune
- Structure and function
- Endocrine/ Reproductive
- Systems working together
- Quiz and Re-sits if necessary
- Biochemistry – cells
- Homeostasis and relationship to ageing and pathology
- Skeletal system
- Structure / function
- Axial vs Appendicular skeleton
- Kyphosis/Lordosis/Scoliosis
- Nervous System
- Structure / Function
- Central / Peripheral
- Nervous System
- Circulatory/ Respiratory
- Structure and function
- Heart/ blood vessels
- Digestive / Urinary
- Integration on medical terminology
- Revision

# CONTACT NUMBERS AND ASSISTANCE



## Who to contact:

Kate Porotto and Kale Leaf are the course facilitators. Any yoga questions should be directed to Kale or James. All administration and payment queries should be emailed to Kate Porotto at [kate@fremantleyoga.com](mailto:kate@fremantleyoga.com).

## Student grievances and complaints:

Student grievances and complaints will only be accepted in writing to the Director of the yoga centre (Kate Porotto – [0417 187 433](tel:0417187433)). They will be responded to and remedied as soon as possible.

## Course queries:

If needed once you commence you can arrange a meeting with Kate, to go over the course and answer any questions you may have please email Kate to arrange an appointment.

## Email contact:

[kaleleaf@hotmail.com](mailto:kaleleaf@hotmail.com)  
[jmcintyre108@gmail.com](mailto:jmcintyre108@gmail.com)  
[kate@fremantleyoga.com](mailto:kate@fremantleyoga.com)

## Other general information

Any queries regarding the course please contact Kate on [0417 187 433](tel:0417187433) or email [info@fremantleyoga.com](mailto:info@fremantleyoga.com)

First Aid Course Information Contact:

St John Ambulance on [9334 1233](tel:93341233)  
Or check website for info at  
[www.stjohnambulance.net.au](http://www.stjohnambulance.net.au)

The Australian Red Cross on [9225 1948](tel:92251948)  
Or check website for info at  
[www.redcross.org.au](http://www.redcross.org.au)



# ENROLMENT QUESTIONNAIRE

The enrolment form is to follow, but before completing the form please answer the following questions; it's not a test, but rather a starting place. Because the training is an intensive course, it's relevant to ask yourself the following questions before enrolling in the course.

1. How many times per week do you practice?
2. Have you studied any other disciplines that would contribute to your practice and teaching of yoga?
3. Do you have any injuries or other physical conditions that would affect your participation in the training?
4. Why are you interested in enrolling in this training?
5. If you are taking the training to become a yoga teacher, why do you want to become a yoga teacher? What is your inspiration? Who would you like to teach?
6. Have you ever taught Yoga? If so, where?
7. Have you ever done a Yoga teacher training course before?
8. What kind(s) of Yoga do you practice?
9. How long have you been practicing Yoga

***Please return this questionnaire with your enrolment form. Thank you.***

# TEACHER TRAINING COURSE

## ENROLMENT FORM

NAME: .....

ADDRESS: .....

.....

HOME PHONE: .....

MOBILE PHONE: .....

EMAIL ADDRESS: .....

*Deposit Non-refundable*

---

\$800.00 deposit cheque attached: [yes](#) or [no](#)

OR

Electronic funds transfer:

Fremantle Yoga Centre

Anz Bank

Bsb: 016307      Account: 487540761

Ref: Your Name With Tt On The End (Ie: Jsmith Tt)

*Please sign and date that you understand the commitment that is required to complete the training program and that you are able to meet all the course requirements upon enrollment.*

STUDENT: ..... DATE: .....

### STUDENT ACCEPTANCE FROM FREMANTE YOGA CENTRE

DIRECTOR: ..... DATE: .....

*Please return the completed enrolment form to Kate Porotto, P.O Box 507, Melville, WA, 6956*