

ELIXR SCHOOL OF
Yoga

200 HOUR YOGA TEACHER TRAINING
WITH DON PEERS

COURSE OVERVIEW

The Elixir School of Yoga 200 hour Yoga Teacher Training with Don Peers is designed for yogi's keen to take their practice to the next level as a teacher or simply for the love of yoga.

The course delivers a comprehensive 200 hour teacher training course that allows students to develop a sound foundation and understanding of the yogic principles of Asana, Pranayama, Kriya, Bandha and Mudra, Meditation, Yoga Philosophy and Teaching Methodology.

There is a strong focus on Asana (posture) and applied anatomy and physiology. Once completed, the qualification received is internationally recognised and can offer you a full or part-time career as a yoga teacher.

COURSE DIRECTOR & SENIOR TEACHER, DON PEERS

Don 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 PattabhiJois, 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 DayanandaSarasawati and Sri SraddhaluRanade. He also studied with senior Theravada Monks in Thailand and Cambodia and has been on a retreat with the venerable ThichNhatHanh. He has studied and practiced various forms of meditation including Charka, Samatha, Vipassana and Zen.

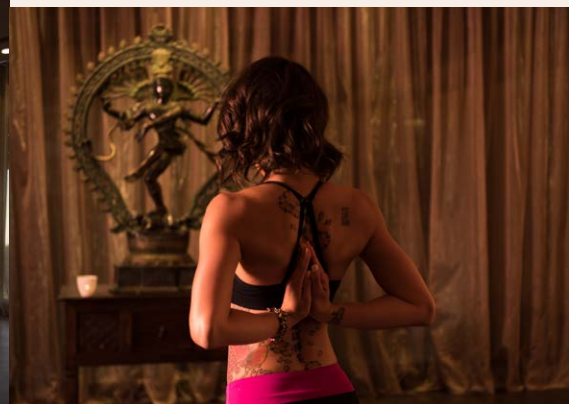
Don believes "the true measure of our spiritual practice is how we live our lives".





WHY CHOOSE ELIXR SCHOOL OF YOGA TEACHER TRAINING WITH DON PEERS?

- The Elixir School of Yoga provides a comprehensive teacher training program that covers all facets of yoga. It's a holistic educational experience designed to inform and inspire students in both their professional and personal yoga practice
- Small, dedicated groups allow for individual attention
- There is a mentoring program available for selected course participants
- Course Director, Don Peers, has over 20 years experience and teaches yoga, philosophy and meditation internationally
- The qualification is internationally recognised. Upon completion students are eligible for membership with Yoga Alliance/Yoga Alliance International and qualify for professional indemnity insurance in Australia





COURSE OVERVIEW

The Elixir School of Yoga 200 hour Yoga Teacher Training with Don Peers is suitable for anyone who would like to deepen their understanding and experience of Yoga, or meet the standard requirements to begin teaching Yoga at a professional level. Beginners and regular yogis are welcome.

What style of Yoga?

The course is designed to cover the foundation roots of Yoga “Hatha”. Throughout the Yoga Teacher Training journey, students will look at different styles of Yoga including Yin, Iyengar and AshtangaVinyasa and how they approach the asana in alignment, breath and safety.

ASANA

Basics covering eleven categories:

1. Students will learn (and then group practice) the principle actions of each asana within the following asana categories applied to standing and floor/seated/prone/supine:
 - a. Forward bends
 - b. Backbends
 - c. Twists
 - d. Inversions
 - e. Balances
2. The principles of alignment, muscular structure and co-contraction, leading to fluidity of mind and body.

3. The correct breathing techniques to create health and stability, leading to open movement and correct flow of energy, allowing for rediscovery of internal stillness.
4. Adjusting the student in asana for enhanced safety and opening of the body.
5. Modifying asana (with and without props) for common injuries and to assist in the student’s discovery of the asana.
6. Defining what constitutes an asana practice and its effects on mind, body and energy.
7. The nature and elements of practice including: range of motion, the effects of body shape and skeletal structure on asana.
8. The relationship of asana to the Maha-Bhuta (the five elements):
 - a. Earth Grounding
 - b. Water Flow or movement
 - c. Fire Bandha or Agni
 - d. Air Breath or energy
 - e. Ether Stillness and space
9. The mechanics of practice
 - a. Yin and Yang
 - b. Drishti (gaze) alignment principles
 - c. Bandha, the four types of anatomical breathing and placement of breath in poses.
10. Differences between asana practices, a look at the AshtangaVinyasa, Iyengar, and Yin Yoga systems, how they work and why they work.
11. Safe spinal movements. Kinesiology Action, Counteraction and Risks in the asana. Students will practice and learn the principle actions of adjusting each asana safely for the both teacher and the student.

Students will learn:

- How to work with both static and dynamic movement to minimize risk and reduce vulnerability. Through their practice and analysis, students will be able to outline points of vulnerability in each asana and how to prevent and adjust for them when teaching.
- The difference between opening adjustments and guiding adjustments and when they are appropriate.
- Practice and learn the principle actions of each asana and how to use the modifications and props to assist students with injuries or muscular-skeletal problems.
- Gain a basic knowledge of how to make a class safe for pregnant students and what poses to avoid. (Please note this is not a prenatal program but an introduction to asana and pregnancy.)



(c) The 10 Vayus
(d) Kumbhaka and the three Banda's (Uddiyana, Mula and Jalandhara). The eight Pranayama of the "Yoga Hatha Pradipika" taught with Kavalyadharm tradition. Students will also journey through an introduction and practical guide to NadiShodhana, Ujjayi, Sitkari, Sitali, SuryaBhedha, Bhastrika, Bharmari, and an overview of Murccha and Palvini.

KRIYA

Students will discover the purpose of the six Kriyas and their importance in a Yoga practice. Students will learn and practice of Kapalabhati and Nauli, and receive an introduction to Trataka, Netti, Dhauti, Basti.

BANDHA AND MUDRA

Jalandhara, Mula and UddiyanaBandha: Students will practice and learn the principle actions and physical and energetic anatomy of the three principle Bandha, exploring their use and role in asana and pranayama.

MEDITATION

Theory and application of meditation practices as follows:

- The process of meditation from a Yoga, Zen and Theravada Buddhist perspective
- An introduction to the basic neurological wiring of the brain and its possible relationship to meditation
- Practical sittings; to develop a stable meditation practice

TEACHING METHODOLOGY

Students will learn the elements of teaching class using voice, proper tone, articulation, visual and audio cues. We'll cover how to use active or passive language and habitual speech, as well as how to teach a beginners' class or a multi-level class, and look at room layout, sequencing and structure of a class. Students will also learn how to display an asana focusing on relevant alignment principles and visual and audio cueing.

PRANAYAMA

This section of the course covers an introduction to:

- (a) The Nadis
- (b) The three main channels (Ida - Moon, Pingala - Sun and Sushumna - Central,



YOGA PHILOSOPHY

This comprehensive section will cover:

- A lecture and discussion on "the Definition of Yoga" and "Dukkha".
 - A lecture and discussion on the origins, development and history of Yoga from the Indus-Sarawati civilization to modern Yoga. This includes an introduction to the Vedas, the Katha Upanishad and the use of metaphor in major texts.
 - A lecture and discussion on the 6 orthodox schools of Indian Philosophy and their inter-woven nature.
 - A lecture and discussion of Samkhya philosophy, the 24 Tattva and cosmology. The lecture will include concepts of Purusha and Prakriti
- and the Maha-Bhutas, and their relationship to asana and perception of the manifested world. This will also include a brief overview of SamkhyaKarika.
 - A synopsis of the Bhagavad Gita – a lecture and discussion of the underlying philosophy of the Gita and its relevance in a modern society, plus an overview of teacher-student relationships using Sri Krishna and Arjuna as a model.
 - An overview of the Yoga Sutras - In-depth discussion of the first three lines of Patanjali's sutras, the elements of practice and the eight limbs with an emphasis on their relevance and impact on the modern Yogi.



ASSESSMENT AND CERTIFICATION

Students will each teach two yoga classes that are designed by the student. The two classes will be presented and taught to other trainees. They will receive feedback on the classes. Attention will be paid to intelligent sequencing, avoiding injury, appropriate adjusting, voice, its tone, articulation and cues.

Students will apply the knowledge and experience gained by developing their own sequencing and confidently taking the role of lead teacher.

Students will also sit a written Exam that covers the course syllabus.

A minimum of 75% attendance is required across all course dates to receive certification.

COURSE STRUCTURE AND DATES

The 200 hour course is completed over a period of 4 months on the following dates:

- Feb: 4 & 5, 11 & 12, 25 & 26
- Mar: 4 & 5, 18 & 19, 25 & 26
- Apr: 1 & 2, 8 & 9, 22 & 23, 25 (1/2 day Anzac Day)
- May: 6 & 7, 13 & 14

Time: 9am – 5pm, Saturdays and Sundays

Venue: Elixr Bondi Junction Yoga Centre

COURSE FEES AND PAYMENT OPTIONS

Course fee: \$3,500 (incl. GST), including all learning materials and an Elixr Yoga Membership for the duration of the course.

Elixr Members: \$3,200 (incl. GST)

Deposit: \$1,000 required to reserve spot.
Full payment: Required by 13 January, 2017
Payment plans available – email Katrina on edu@elixr.com.au for details.

CANCELLATION & REFUND POLICY

Rejection or cancellation by Elixr Education: If for any reason a student is not accepted into the course or the course is cancelled by Elixr Education due to unforeseen circumstances, all paid course fees and deposit will be refunded 100% to the student.

Cancellation prior to two weeks of course commencement by student: If for any reason a student cancels or withdraws from the course at least two weeks prior to course commencement (by Friday, 20th January, 2017) a full refund of the paid deposit plus any other course fees paid, minus a \$150 administration fee, will be returned to the student.

Other cancellations: No refund will be given to cancellations within 14 days of the course commencement date (from Saturday 21st January, 2017 onwards).

Special cases: In the case of prolonged illness, death in the family or other special circumstances that make it impractical for the student to commence or complete the program, Elixr Education may make a settlement that is fair and reasonable.

Processing of refunds: All refunds will be processed within 30 days.

SCHOLARSHIPS

Elixr School of Yoga will be again be offering a scholarship in 2017 and applications are now open.

Written applications are in the form of an essay, discussing the following:

- Why you would like to do complete the Elixr School of Yoga Teacher training
- How much you currently practise yoga
- What you're going to offer at the end of the course
- Where you see yourself in five years.
- You must also provide an income statement.

Applications are to be sent to Yoga.Don@elixr.com.au

Shortlisted candidates will then go through an interview process with Don Peers before the Scholarship winner is announced and contacted approximately two weeks prior to the course commencing in 2017.

Applications for the 2017 Elixr School of Yoga Teacher Training Scholarship close Friday, December 23, 2016.

FACILITIES & LOCATION

Elixr Health Club, Bondi Junction:

Conveniently situated just minutes from Bondi Junction train and bus station, our premier club offers a tranquil training environment and a welcome escape from the rat race.

With state-of-the-art yoga and Pilates studios, resident nutritionists, remedial massage and other therapists, and the only indoor pool in the area, Elixr Health Club Bondi Junction is the perfect spot to re-energise body and mind.

The facilities:

Elixr Bondi Junction offers two levels of purpose-built yoga and Pilates studios as well as fully equipped change rooms with their own steam room.

There's a dedicated weights area complete with squat rack, a cardio theatre with a wide range of equipment, and a stretch area. We also have a dedicated personal training studio and private Pilates studio. Aqua classes are held in our 25 m heated indoor pool, which is also home to Elixr Swim School.

Address:

Level 2, 9 Bronte Road
Bondi Junction 2022
T: 02 8113 8800

Opening times:

Monday to Thursday: 6am–9pm
Friday: 6am–8pm
Saturday & Sunday: 7am–7pm

CONTACT US

Join us for a complimentary Yoga class or organise an informal meeting so you can get to know us and more about our course.

Contact Don Peers
E: Yoga.Don@elixr.com.au
M: 0412 152 257

ADVANCED TEACHER TRAINING COURSE

Coming in 2017! Details will be released in March 2017. If you are interested in provisionally reserving a spot email Yoga.Don@elixr.com.au

