

TEACHING

A

YOGA

BALANCED

TEACHER

PRACTICE

TRAINING

150 HOUR COURSE

SYDNEY • BALI • BELLINGEN

1 5 0 H O U R

Y O G A

T E A C H E R

T R A I N I N G

WITH

LIZ BENNETT AND AMELIA DISSPAIN

SYDNEY • BALI • BELLINGEN

4 - 18 SEPTEMBER 2018

YOGA AUSTRALIA REGISTERED

T E A C H I N G

A B A L A N C E D P R A C T I C E



**THE PRACTICE OF YOGA BRINGS AWARENESS TO THE SELF AND AWAKENS THE HEART AND SOUL OF THE INDIVIDUAL.**

As part of this, you'll join us on Bali's best yoga retreat set in the hidden garden paradise of Jeda Villas in Pemuteran. As well as enjoying an immersive training, this will help you develop into a confident teacher and make lifelong connections with other trainees.

We care about developing strong yoga teachers who can share lessons from traditional practices and modern science and who understand the power of yoga for physical and mental health.

You'll learn to teach yoga in different styles and gain an excellent foundation in modern anatomy and physiology for yoga.

Everyone has a purpose and a powerful message to share. This teacher training will support you to express your unique gifts in a clear and authentic way.

Anyone wishing to become a teacher or take their practice a deeper level is welcome to join us.

T E A C H I N G  
A B A L A N C E D P R A C T I C E





1 5 0 H O U R

Y O G A

T E A C H E R T R A I N I N G

C O U R S E O U T L I N E

T E A C H I N G

A B A L A N C E D P R A C T I C E

R E A D Y   T O   H A V E  
Y O U R   T E A C H I N G  
P A S S I O N   I G N I T E D ?

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If you are planning to become a yoga teacher or yoga therapist, this 150-hour intensive is an ideal step along your training pathway. A perfect sabbatical for previously graduated teachers who need both a soulful time-out and a return to teaching yoga with passion and expertise.

Join Amelia and Liz at Bali's best yoga retreat set in the hidden garden paradise of Jeda Villas in Pemuteran.

You'll hone your theming, language, asana modification and adjustment skills. Learn more about working therapeutically with the body through experiential anatomy with expert teachers.

Your Bali teacher training is followed up with 25 hours of ongoing mentoring support.

This is a unique 150 hour training. You'll get the benefits of an amazing Bali intensive, developing your teaching skills in a supportive group environment and making lifelong friends.

## INCLUDES

Two-week Bali Immersion Jeda Villas, Pemuteran – 110.5 hours

Observation / adjustment and mentoring sessions – 25 hours

Our 1:1 mentoring allows for students unable to attend face to face sessions with Amelia in Bellingen or Liz in Sydney to Skype, email and talk by phone for ongoing support.

Completion of Observation and Adjustment hours with senior teachers local to rural/interstate/international teacher trainees can be negotiated.

## COST

\$3550

Early bird payable by 31 April 2018

\$3750

with a \$500 non-refundable deposit  
and payable in three instalments by arrangement

# TWO - WEEK IMMERSION IN LUXURY BALI RETREAT

4 - 18 SEPTEMBER 2018

## RETREAT PACKAGE INCLUDES

Accommodation in beautiful Jeda Villas with exclusive use of the venue, yoga shala, gardens and pools

Balinese opening ceremony by Balinese priest

Daily room cleaning service

Use of swimming pools on villa grounds – pool towels supplied daily

Local transport in Pemuteran – to and from the beach and restaurants

3 fabulous vegetarian ayurveda inspired meals each day

Free coffee, tea & mineral water throughout the day

One jug of young coconut water per villa per day

Use of yoga studio and props

Free high-quality wifi

Pick up and drop off on check in and check out from Jeda from/to Ubud and Seminyak (groups only)

## DAILY TIMETABLE

6.30–8am Morning practice

Breakfast

9.30–12.30pm Class

Lunch

2–6pm` Class

Dinner

Rest, swim, or journaling time after dinner

Yoga nidra or yoga history film or discussion will be held on some evenings.

The timetable provides breakfast and lunch breaks of 1.5 hours so you have time to absorb your learnings and enjoy the beauty of your surroundings. The villas are a 5-minute bike or buggy ride to clean beaches and the town of Pemuteran.

Directly behind Jeda Villas you can access the mountain range by footpath to small villages and the jungle.

Our retreat schedule gives you free time over the weekend (8-9th September) to explore nearby islands, trek, snorkel the coral reefs, or study poolside with like-minded friends in the idyll of your own villa.

T E A C H I N G  
A B A L A N C E D P R A C T I C E





Y O U R  
T E A C H E R S

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T E A C H I N G  
A B A L A N C E D P R A C T I C E





**A M E L I A**

**D I S S P A I N**

**DIRECTOR AND SENIOR YOGA TEACHER  
YOGABELLINGEN**

Amelia brings with her a genuine love of yoga in all forms and a desire to share this passion with others. She believes a regular Yoga practice not only improves your physical wellbeing, it enables you to harness emotional vitality, intellectual wisdom, mental clarity and spiritual bliss.

Amelia was first introduced to yoga while studying Fine Arts at the National Art School in Sydney in 1999. Inspired by the joy and serenity it brought her, Amelia began a regular practice before going on to complete her teacher training with Katie Manitsis at Samadhi Bliss Yoga, Sydney in 2002.

Amelia taught Yoga full time at Samadhi Bliss in Newtown until she was selected to undertake a one-on-one apprenticeship in 2006 with Simon Borg Olivier and Bianca Machliss of Yoga Synergy Sydney, one of the few schools left in Australia still instructing teachers in this traditional way.

Amelia taught as a senior level teacher at Yoga Synergy Sydney, instructing group classes from brand new beginners to advanced practitioners as well as private lessons, working with students with injuries and also training yoga instructors, until 2013 when she relocated to Bellingen. There she opened her own studio, Yoga Bellingen. Here she teaches group classes including gentle yoga, dynamic classes, meditation and pranayama, plus workshops allowing students to explore the deeper teachings of yoga. Amelia also runs regular retreats and immersions to allow students the opportunity to integrate and transform using the tools of yoga.

Amelia continues to work closely with Bianca Machliss and Simon Borg Olivier and attends regular retreats with another of her main teachers, Clive Sheridan.

**T E A C H I N G**

**A B A L A N C E D P R A C T I C E**





L I Z  
B E N N E T T

**YOGA THERAPIST, PHYSIOTHERAPIST  
AND SENIOR YOGA TEACHER YOGA ESSENTIA**

*Bachelor of Applied Science in Physiotherapy, APAM, Member AAYT and Yoga Australia Senior Member,  
Yoga Alliance International 1500+*

Liz Bennett is the founder of Yoga Essentia and A Balanced Practice Physiotherapy. Liz is one of the few physiotherapists in Australia who is also a specialised yoga therapist. Liz is passionate about teaching yoga to help alleviate the symptoms of injuries and chronic illnesses. Bringing together Eastern medicine and modern science, her classes are guided by her ability to apply an anatomical focus to the practice of yoga in an accessible and relevant way. As a physiotherapist Liz integrates assessment and treatment with education and lifestyle changes, applying the principles of individualised yoga, traditional Chinese medicine and Ayurveda.

Having started her yoga practice at the age of 19, Liz began to train with Simon Borg Oliver and Bianca Machliss before she finished her physiotherapy degree in 1999. Passionate about Eastern healing and philosophy, she studied acupuncture and shiatsu, then settled in Sydney where she completed an intense three year yoga teaching apprenticeship with Yoga Synergy in 2006. Liz has worked with thousands of people in a wide variety of settings including hospitals, clinics, schools and yoga centres. Her years of working in hospital wards gave her invaluable insights into the management of orthopaedic and medical conditions and the application of yoga alongside modern treatment.

Liz has presented at the Australian Yoga Therapy Conference and has been a yoga teacher trainer since 2007. For several years, Liz taught Leslie Kaminoff's Yoga Anatomy course at the Yoga Institute of Australia. Liz combines many years of experience as a yoga teacher and physiotherapist through personal yoga therapy and group classes, manual therapy and yoga teacher trainings.

T E A C H I N G  
A B A L A N C E D P R A C T I C E

# APPLY FOR A TEACHER TRAINING PROGRAM

## 150 HOUR ADVANCED TEACHER TRAINING

Please fill in your details

Name

Address

Phone

Email

Briefly describe your previous yoga teacher training and teaching history.

Where do you teach?

Are you a health professional, or do you teach yoga within another professional capacity?

Why do you want to enrol in this course?



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**Y O G A**  
**B A L A N C E D**  
**T E A C H E R**  
**P R A C T I C E**  
**T R A I N I N G**

Do not hesitate to contact us if you have any questions.

We look forward to supporting your journey toward teaching a balanced practice.

**C O N T A C T**

**AMELIA**

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