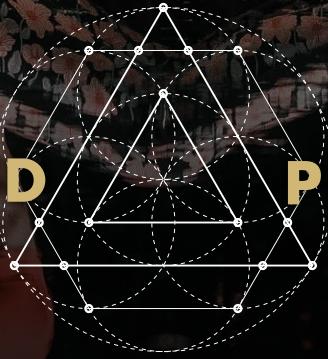


B A L A N C E D P R A C T I C E



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

SYDNEY • BALI • BELLINGEN

3 50 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

JULY 2020 – JULY 2021

LEVEL 1 YOGA AUSTRALIA

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.

In our 350-hour teacher training programs you'll learn to make your yoga practice safe, responsive, meditative and fun – and how to teach others to do the same.

You'll also develop the foundations for a lifetime practice, helping you take deeper care of yourself and the people around you.

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.



3 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 S U M M A R Y

Y O U R
1 2 - M O N T H
P R O G R A M

WE HAVE DESIGNED A TEACHER TRAINING WITH A DIFFERENCE. A UNIQUE 350 HOUR FORMAT WITH THREE MAIN COMPONENTS, A JOURNEY TO NORTHWEST BALI, 6 WEEKENDS OF TEACHING AND PRACTICE, 6 MONTHS OF MENTORING SESSIONS, THREE INDIVIDUAL YOGA CLASSES AND OPPORTUNITIES TO ASSIST AND OBSERVE IN PUBLIC CLASSES OVER 12 MONTHS.

TWO-WEEK BALI IMMERSION

Jeda Villas, Pemuteran 31st October - November 14th 2020.

This transformative 2 weeks will facilitate deep change in your body and mind. You will be immersed in yoga and teaching practice with the support of experienced teachers, fabulous Ayurvedic vegetarian meals and the most beautiful of tropical surroundings, Jeda Villas in North West Bali.



WEEKEND INTENSIVES

Making your practice consistent in daily life and applying your learnings on and beyond the mat will be among your greatest challenges as a new teacher. Ongoing face-to-face learning is an essential part of the journey from student to teacher. Weekend intensives, over 4 months from July 2020 - October 2020, will allow you to learn at a steady pace, develop your unique style and skill set and benefit from the connection with your teachers and trainee community.

30 HOURS OF MENTORING

10 x 3 hour group mentoring sessions, accessible either face to face or online, 30 hours of fortnightly mentoring from February - June 2021, to support your integration of course content, to propel you forward with verbal and hands-on teaching practice. You'll develop your creativity and excellence in sequencing and communication.

PEER AND TEACHER SUPPORT ONLINE

Assessed online assignments, 1:1 teaching practice and class planning with feedback. Your assessments will help you meet your course requirements, evolve as a teacher and integrate yoga into your life. You will also be able to stay in touch via discussions on our private Facebook group.

3 X PRIVATE YOGA SESSIONS

Individual one hour sessions to assist you with developing your personal practice and teaching skills.

FULL ACCESS TO OUR ONLINE CLASS LIBRARY

12 months access to our online classes and a new class each month.

OPPORTUNITIES TO OBSERVE AND ASSIST

You can join Amelia and Liz's classes at YogaEssentia in Warriewood on Sydney's northern beaches or Yoga Bellingen in the mid-north coast region of NSW.

CLASSES

You will receive a 10 class pass for use at either YogaBellingen or YogaEssentia . Option of a discounted 12 month unlimited class pass for \$500 for local students.

PACED HOMEWORK

A minimum of two hour's study a week to keep up with your assignments and make the most out of your training. All assessments are competency-based, so you can resubmit assessments until competency is demonstrated, within the 12 months of your enrolment.



T W O - W E E K

B A L I I M M E R S I O N

3 1 S T O C T O B E R - N O V E M B E R 1 4 T H 2 0 2 0

Refine your practice and teaching skills at Bali's finest yoga retreat set in the hidden garden paradise of Jeda Villas in Pemuteran.

R E T R E A T P A C K A G E I N C L U D E S

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

You will be sleeping in a double or triple room unless a single room is booked for a supplement of \$1500

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-speed WiFi

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

D A I L Y T I M E T A B L E

6:30 - 8:00am Morning practice

Breakfast

9:00 - 12:00pm Class

Lunch

1:00 - 3:30pm Class

4:30 - 6:00pm Yoga Class

Rest, swim, or journaling time after dinner

A yoga related film and discussion will be held on some evenings.

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 farmland.

Our retreat schedule gives you one full day free on 8th November and two half days to explore nearby islands, trek, snorkel the coral reefs, study poolside with like-minded friends, and relax in the peacefulness of your own villa.



WEEKEND INTENSIVES

Weekend workshops, over 4 months from July 2020.

Our weekend intensives finish at 4.30pm on Sundays so you can get home in comfortable time for the evening. We want you to start your next week inspired, not overwhelmed, by your learnings.

Choose from Bellingen or Sydney locations.

DATES AND LOCATIONS

BELLINGEN

BALANCED PRACTICE YOGA BELLINGEN

1/15 Short Street Lane

Right in the centre of vibrant Bellingen township, near gorgeous cafes, organic grocers and the Bellingen river for a between class dip. Accommodation is not included in your teacher training fees but we can recommend stunning venues to suit all budgets, just get in touch for more information

July 11 and 12

July 25 and 26

Aug 8 and 9

Sept 12 and 13

Sept 19 and 20

Oct 10 and 11

SYDNEY

THERAPY WORKS, NEWPORT

Level 2 367 Barrenjoey Road Newport

This integrative medical practice is on Sydney's northern beaches. It's close to the beach and a thriving village of cafés and shops, with easy access to public transport to the city and free long day parking nearby. Accommodation is not included but there are many local options with AirBnB.

July 17 and 18

Aug 1 and 2

Aug 15 and 16

Sept 5 and 6

Sept 26 and 27

Oct 17 and 18





WEEKEND TIMETABLE

Saturday 6:30 - 7:45am morning practice
Breakfast
9:00am - 12.15pm class
Lunch
1:00 - 4:30pm class and afternoon practice

Sunday 6:30 - 7:45am morning practice
Breakfast
9:00am - 12:15pm class
Lunch
1:00 - 4:30pm class



MODULES

ASANA TECHNIQUE AND INTELLIGENT TEACHING METHODOLOGY AND PRACTICE

In this extensive component of the course, you'll learn to teach the foundations of advanced asana (physical poses), including modifications, variations and use of props.

We'll explore alignment principles, applied anatomy and physiology, contraindications, energetic actions, risks, benefits, preparatory asanas, counter poses, variations, hands-on adjustments.

During our weekend intensives, you will have the opportunity to teach poses to your teachers and fellow students. We will focus on clear and direct instructions, providing cues that encourage your students. We learn more about yoga when we teach, which is why teaching practice is a core component of competency assessment for asana.

This part of the course covers the major families of asana: sun salutations, standing postures, back bends, forward bends, twists, arm balances, inversions and advanced asanas.

PRACTICAL YOGA HISTORY AND PHILOSOPHY

We will study yoga as a practice for modern life as well as traditional texts including the Bhagavad Gita, Yoga Sutras of Patanjali and Hatha Yoga Pradipika.

EXPERIENTIAL YOGA ANATOMY AND PHYSIOLOGY

Understanding bio-mechanics, breath, movement and healing is essential for guiding your students in a safe and effective way.

Our focus is on functional and relevant anatomy, and in particular helping your students maintain a lifelong practice. Experiential anatomy is taught in a mixed lecture and asana format with opportunities to practice the information you learn.

We will also teach you how to modify within group classes for common injuries and conditions, including pre and post natal group classes.

CLASS PLANNING AND SEQUENCING

You'll learn to plan classes to meet different levels of students, different paces, intentions, seasons, styles and other considerations – from an energising session to a calming meditative practice. You'll also learn when it's safe to let go of the lesson plan and adapt to your student's changing needs.

We'll focus on building intelligent, innovative sequences that are powerful and therapeutically balanced, blending yogic philosophy with the messages you wish to convey.

TEACHING PRANAYAMA

You will have the opportunity to explore pranayama (breathing techniques) more deeply in your own practice daily during our Bali retreat. Through safe and correct practice, you will deepen your understanding of the energetic body and learn to use bandhas (muscular or energetic locks) safely.

MAPPING THE ENERGETIC BODY

Navigate the terrain of subtle bodies – the koshas, chakras, nadis and vayus.



MEDITATION PRACTICES

Meditation is a practical tool to enhance all areas of your life.

You will be supported in developing your own meditation practice. By learning to demystify meditation, we explore how to bring meditation into yoga classes and everyday life in ways that are accessible, sustainable and enriching for you and your students. We explore the role of meditation in stress management and self-actualisation.

CLASS OBSERVATION AND ADJUSTMENT PRACTICE

Observing experienced and new teachers leading live classes, you will build skills in identifying self-expression in different bodies.

You will learn to systematically observe, appreciate, and understand what is happening with different students. This will help you develop the necessary skills for working individually with your students and give articulate verbal cues, subtle hands-on adjustments and using props.

PRACTICE TEACHING

Practicing your teaching is one of the most effective ways to learn, progress and build confidence. You will have plenty of opportunities to practice teaching one on one and groups. You will also receive extensive feedback to help you develop your teaching techniques and methods.

We aim to help you feel comfortable teaching groups of students and we are passionate about providing a supportive environment for you to practise your skills.

LIFESTYLE AND ETHICS

How we live our lives beyond the mat, including our personal yoga practice, nutrition, sleep, relationships is all part of a broader yoga practice. This is an essential aspects of deepening our yoga and supporting ourselves with dignity and integrity.

INTRODUCTION TO AYURVEDA

Through theory and practice we will explore the five elements and concepts such as gunas and doshas, prakriti and vikriti. This will help you establish a useful personal relationship with ayurveda through how you eat, live and practice.

INTRODUCTION TO YOGA THERAPEUTICS

These sessions explore working with injuries, yoga and the nervous system, the benefits of yoga in chronic illness and injury and working effectively with specialised students. You will understand how yoga can benefit inflammation and the immune system and regulate energy and sleep.

We will discuss how to access and understand modern research in yoga therapy and why the therapeutic model of yoga is essential for teachers working with diverse groups.

TRAUMA AWARE YOGA

Learn what trauma is, how it affects people, and how to create a comfortable and safe environment for your yoga students.

THE PROFESSION AND BUSINESS OF YOGA

This covers establishing yourself as a professional yoga teacher, getting started, remuneration, making it sustainable and managing your own yoga practice as a busy teacher.





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

L I Z B E N N E T T • A M E L I A D I S S P A I N



AMELIA DISSPAIN

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 first 500 hour teacher training with Katie Manitsis at Samadhi Bliss Yoga, Sydney in 2002.

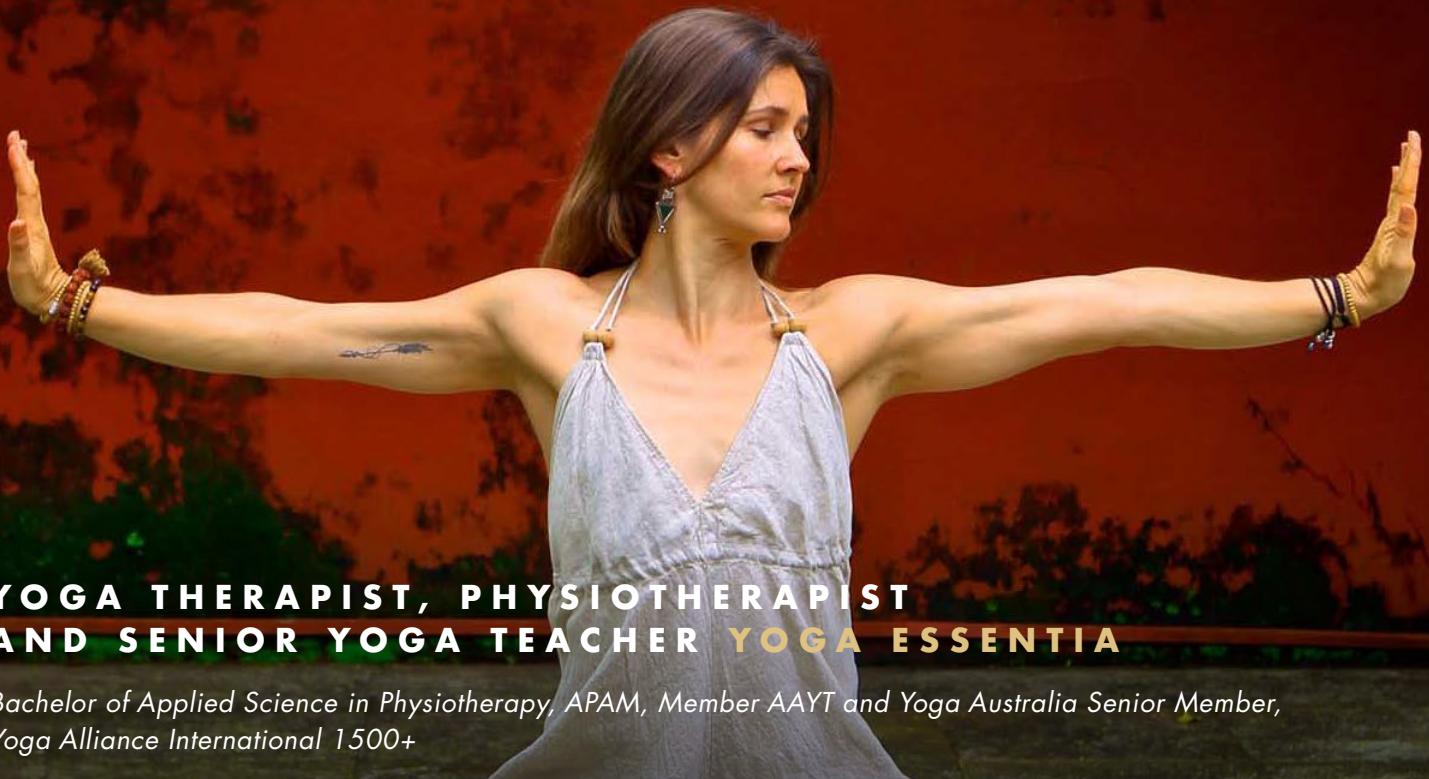
Amelia taught Yoga full time at Samadhi Bliss in Newtown until she was selected to undertake a one-on-one apprenticeship in 2006 with Simon Borg Olivier and Bianca Machliss of Yoga Synergy Sydney, one of the few schools left in Australia still instructing teachers in this traditional way.

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. She continues to work closely with Bianca and Simon and is the online tutor for the YogaSynergy online courses. Amelia also runs regular retreats and immersions to allow students the opportunity to integrate and transform using the tools of yoga.

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. In 2007, Liz undertook 500 hours of yoga teacher training with Yoga Sanga (now Yoga Institute) with Michael De Manincor, and has since completed the professional Svastha Yoga Therapy Training with Ganesh Mohan. 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 Institut. Liz combines many years of experience as a yoga teacher and physiotherapist through personal yoga therapy and group classes, her Yoga Anatomy Labs for yoga teachers, and yoga teacher trainings.

Y O U R C O U R S E F E E S I N C L U D E

6 x weekend intensives either in Sydney or Bellingen
14 days food, accommodation, tutoring in Bali (see Bali info for more details on inclusions)
10 x mentoring sessions (face to face or via wifi)
3 x one hour private yoga lessons with either Liz or Amelia
15 x observation and assisting classes
10 class pass for either YogaBellingen or Yoga Essentia
Full access to online class library

Local students can choose to purchase 12 months of unlimited classes at either
YogaBellingen or Yoga Essentia for \$500 to be used during the course of study

P R E - R E Q U I S I T E S

A minimum of one year's yoga experience.
A dedication to the path of yoga.

C O S T

\$5490

Early bird paid in full by 30 June, 2020
\$500 non-refundable deposit required

\$5690

Payment Plans available
\$500 non-refundable deposit required



APPLY FOR A TEACHER TRAINING PROGRAM

350 HOUR ADVANCED TEACHER TRAINING

Please fill in your details. If your answers are long, please place Q & A in email, thank you!

Name

Address

Phone

Email

How long have you studied or practiced yoga?

Describe your practice history, including the style of yoga and location and name/s of teachers.

Do you have any medical conditions or previous injuries? If yes, please give details.

Could your other commitments present challenges to your participation and fulfilment of your yoga teacher training?

Why do you practice yoga and what is the role of yoga in your life?

Are you a health professional or previously qualified yoga teacher?

Why do you want to enrol in this course?

Where would you like to see yourself as a yoga teacher in 12 months, what difference would you like to make to your life?



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



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

yogabellingen@gmail.com
+61 428 071 379

LIZ

liz@yogaessentia.com.au
+61 405 543 263