



School of Yoga  
& Zen Shiatsu

## The Yoga House School of Yoga & Zen Shiatsu

The Yoga House offers a more traditional alternative to obtain yoga teaching qualification and is a YTAA recognized school in Sydney teaching a therapeutic style of Yoga & Zen Shiatsu.

Our Diploma courses are unique in Sydney, as all of our students are taught by the Sensei (Master) and other experienced yoga teachers in all the theory and academic modules throughout the course. It is only through nurturing and personalised training that The Yoga House graduates acquire the necessary skills required to teach yoga therapy.

This is the way that Yoga has been passed on from Sensei to apprentice for generations past. Our yoga focuses on self-healing, body and mind balance and true health. Zen Shiatsu massage is also learnt during this course, to complete therapeutic side to this unique Yoga.

You are able to practice, teach and learn all within the same centre, providing you with support from many different level teachers and lifelong yoga practitioners.

### Graduate Testimonials

“Impossible to do this course without changing your heart and mind..”

Christine Soulis

“...what you will learn in this course will set you up to give the best to your friends and family but most importantly to yourself.”

Sal Eccleston

**2010/2011 courses commences 1<sup>st</sup> July 2010**



2010 - 2012

## Diploma & Advanced Diploma of Yoga Teacher Training

An apprenticeship style course to guide and mentor you and your yoga practice to be a nationally recognised with the Yoga Teachers Association of Australia (YTAA) as a Level 1 / Level 2 Yoga Teacher.

This two year Yoga Teacher Training course offers you the following:

### **Health and Balance to your mind and body**

It is through personal experiences and resolving our own health issues that we become humble and then better able to understand and help others.

### **Understanding of your own Yoga practice**

In order to teach you must strengthen your own understanding of our therapy and your yoga practice. We will assist and guide you to further understand your own practice by introducing you to the ancient traditions of Yoga.



### **National Accreditation**

On completion of the first year of this course, you will be able to qualify as a Provisional Member with the Yoga Teachers Association of Australia (YTAA – [www.yogateachers.asn.au](http://www.yogateachers.asn.au)). This is a nationally recognised independent association that conforms to all international standards. This will allow you to gain insurance, and the ability to teach independently at a Student Level.

On completion of the two year course, you are then able to upgrade to a Level 1 teacher and actually exceed the qualifying hours for a Level 2 Teacher, depending on your years of personal practice.

### **Professional Indemnity Insurance**

This qualification and YTAA membership will deem you eligible for Public Liability Insurance. This is a must for your professional yoga teaching practice.



## The Yoga House Teaching Staff

Our Sensei and Principal Lisa Masters (nee Glover) has been dedicated to teaching for over 26 years. Lisa studied and taught yoga and Zen Shiatsu therapies extensively before establishing her own studio and clinic in Gladesville.

Lisa believes that everyone should have the opportunity to practice and study therapy Yoga. As an accredited YTAA Senior Level Yoga Teacher she has helped develop the careers of many yoga teachers through her apprenticeship style programs and diploma courses.

A NSW Board certified Teacher Lisa also holds a degree in Traditional Chinese Medicine & Acupuncture and offers everyone the opportunity to share her unique insights into Yoga, Eastern Medical Philosophies and Zen Shiatsu massage.

Lyn Keogh first came to Lisa with some serious health issues and benefited from the therapy of this form of yoga to such an extent she gave up her career and completed her Yoga Teacher training with Lisa Masters at The Yoga House. To further compliment her practice and her yoga teaching qualifications she is currently completing a degree in Health Science (Complimentary Therapies).

Together Lisa and Lyn own, and run The Yoga House Centre and Teacher Training School guaranteeing students a stable teaching base and a consistent environment to practice, learn and teach.

## Recognised Study Course

The Teacher Training Advanced Diploma Modules will realise over 660 hours of study and include:

- 360 hours face to face lectures and tutorials
- 100 hours assisting senior teachers with yoga classes and corrective yoga disciplines
- 30 hours teaching at Provisional level
- 300 hours of personal practice
- Retreats and Workshops (Dates to be confirmed)

## Student Requirements

It is a requirement of this course that all students

- Attend all Lectures on Thursday evenings from 6pm to 10pm. Each student will further nominate one or two classes from the general timetable to be set as a Tutorial Session.
- Participate in a minimum of 150 hours per year of self-practice yoga per year with The Yoga House or an approved centre.
- Interactive Practice & Teaching - assist & participate in teaching Yoga classes at The Yoga House. Minimum 50 hours per year.
- Attendance and participation at all scheduled Retreats and Workshops 2010/2011.





## Course Fees

Full course fees may vary depending on requirement, availability and course approved exemptions. Advanced Diploma costs include modules listed in this prospectus only. The Yoga House Diploma Package fees include all Yoga classes, diploma requirements and study notes. All course textbooks and workbooks are in addition to course and TYH Package costs.

**2010/2011 Diploma of Yoga Teaching Training Course** \$5,800

**2010 TYH Diploma Package (OPTIONAL)** \$7,200

Diploma of Yoga Teacher Training Course with unlimited access to all studio timetabled classes yoga classes during school terms (30 weeks), to assist completion of course requirements with personal corrective sessions.

**2011/2012 Advanced Diploma of Yoga Teaching Training Course** \$5,800

**2011/2012 TYH Advanced Diploma Package (OPTIONAL)** \$7,200

Diploma of Yoga Teacher Training Course with unlimited access to all studio timetabled classes yoga classes during school terms (30 weeks), to assist completion of course requirements with personal corrective sessions.

We do offer other repayment plans and discounts for advanced payments so please contact our office with any queries you may have.

To extend you own yoga practice or formalise your teaching qualifications there is an options available to complete a One Year Diploma of Yoga Teaching Training. Please call one of our teachers to discuss your requirements and options further.





## Diploma of Yoga Teaching One Year 2010/2011

### **Anatomy & Physiology 1A** AP01

This module will provide the student with an understanding of the basic organisation of the human body. Topics covered will be the chemical, cellular and tissue level of organisation, and the basic organisation of the skeletal system along with the joints and muscular system.

### **Breathing Level 1** DY002 Pranayama

By the end of the module students will be introduced to Pranyama and meditations, to understand their place and importance in reference to the yogic point of view.

### **History & Philosophy of Yoga** DY001

The aim of this module is to provide insight into yogic philosophies as part of the overall skills for teaching of yoga.

### **Diagnosis Level 1A** DY003 Functional Assessment

This subject aims to provide the student with an introductory understanding of various diagnostic systems as utilised within the Yogic System of operation.

### **Anatomy & Physiology 2** AP02

To provide the student with a working understanding of human anatomy and physiology in relation to its maintenance and treatment through Yoga Therapies.

### **Asanas & Meridians** DY005

Cover the core postures and their place within corrective Therapy Yoga. Understanding the energy or qi meridians of the body in relation to yoga teachings and Zen Shiatsu.

### **Yogic Physiology** DY004 Five Element Theory & Understanding Energy

The aim of this module is to provide complete functional knowledge of the interactive bio-systems of a human being, internally and externally and how this relates to your yoga teaching.

### **The Eight Paths** DY600

The aim of this module is to provide complete functional knowledge of the interactive bio-systems of a human being, internally and externally and how this relates to your yoga teaching.

### **Ethics & Lifestyle** DY009

Develop personal skills in such as relationship building, verbal and physical communication as well as personal growth and therapy.

### **Teaching Methods 1A** DY010 Class Strategies

This subject covers the basic tools used to effectively teach individual and group yoga sessions.





## Advanced Diploma of Yoga Teaching Two Year 2011 - 2012

### **Breathing Level 2**

AD003 Bandhas

By the end of the module students will be introduced to Bandhas and understand its place and importance in reference to the yogic point of view.

### **Teaching Methods 2A**

AD001 Sequencing & Structuring & Safe Practice.

By the end of the module students will be able to apply previously learned information to appropriately design and teach individual yoga classes.

### **Ethics & Lifestyle**

AD002 The Yogic Mind

Study the principles of teaching ethics, integrity, preparation, demonstration techniques and how the teacher brings this to the true meaning of yoga.

### **Teaching Methods 2B**

AD010 Course Construction

By the end of the module students will be able to apply previously learned information to appropriately design and teach individual yoga classes.

### **Interactive Corrective Yoga Practice**

AD005

The student will study the basic principles that are involved with therapeutic corrective yoga. This course utilizes the many areas of yoga and yoga teachings, to allow a teacher to assess participants on an individual level rather than a group class.

### **Specialty Areas of Therapy Yoga**

AD007

This course will offer the student an insight into a number of speciality areas of Therapy yoga, such as ante & post natal depression, stress & anxiety, joints, back neck & shoulders, lung and digestive, injury recovery and chronic illness. (Specialised Special Needs qualifications may require additional courses.)

### **Anatomy & Physiology 3**

AP03

To give the participant practical appreciation of the muscles involved in core yoga asanas and postures, and their relation to the meridians.

