



seva yoga
COMPASSIONATE ACTION



500hr Yoga Teacher Training Certification

September 2019 start

A 7 month part time training program for
personal & professional development



500HR Integrative Yoga Teacher Training Program

This program will yoke the teacher from within

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Is this course for you?

WHY NOT YOU? IF NOT YOU, THEN WHO?

We ask you to consider this question carefully. You will benefit from this program if you are:

1. Passionate about Yoga, and want to share it with others
2. Have a keen belief in natural medicine
3. Wanting to change the trajectory of your life
4. Feeling ready to take things to the next level in your wellness journey
5. Want to become deeply self-aware, self-caring and self-partnered



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Course Outcomes & Specialities

What if we told you, the Yoga pose was just the tip of the iceberg?

This course is special because it considers, you are on a journey. You are an individual with a past, who wants to create a better future. This course helps you bridge the gap by transforming your past to move toward the desired future using Ayurveda and Yoga from a space of deep clarity. The outcomes of this course include:

- Eligibility for full Level 1 membership with Yoga Australia
- Eligibility for RYT500 designation with Yoga Alliance
- Establish in personal practice and knowledge of Yoga Philosophy, Science and Ethics
- Adopt the art of leadership via self-partnership
- Yield compassion and spiritual wisdom from the process of transformation and integration of study, practice, and self-study under the guidance of an experienced mentor.
- Confidence in teaching yoga lessons from personal practice

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Course Structure & Delivery

Freedom costs Action in the right direction

12 Days of Studio-Based learning:

Intensive practical training days

Intensive practicum and assessment days

Online Learning:

Online learning- a mix of live webinars and self-paced assessments

20 hours of online Yoga Anatomy training by best selling author Leslie Kaminoff and Amy Matthews

Guided home study

Group Coaching Sessions

There will be group coaching given during the integration months

Individual Mentoring Sessions

6 x 1 hour Mentoring sessions for post-graduation phase (valid for 12 months, average of 1/month)

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What you will learn:

The teacher is within you, but you will yoke him/her through the knowledge and its application

Yoga Theory:

Theory of Asana,
Yoga Psychology,
Seva Practice Model

Energy Management:

Ayurvedic Psychology
Pranayama
Vedic Chanting
Mudra, Bandha, Kriya

Anatomy & Physiology:

Essential Yoga Anatomy & Physiology
Energy Anatomy
Chakras, Nadis, Koshas
Doshas, Gunas

Art of Teaching & Leading:

Planning, Developing, Sequencing, Teaching
Communication, Leading, Ethics, Scope of Practice,

Personal Development:

12 Months of supported self-study
Integrative education & practice



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The Teaching faculty

We are like a lighthouse, showing each other the way home

This course is lead by Senior Yoga Teacher, Ayurveda Practitioner and Course Director Supriya Roy.



Supriya founded Seva Yoga in 2011 and has been on her wellness journey for 14 years having undertaken extensive training in the Krishnamacharya (KYM) lineage. In this course you will learn a combined culmination of her journey in the last decade, with trainings undertaken with the KYM, Kaustab Desikachar, The Mohans, Noah McKenna, Simon Borg-Olivier, Swami Satyadharma, Various Anusara Teachers, Ana Forest, Bryan Kest, Sri Dharma Mittra, and Richard Freeman. She believes in the power of yoga lying in the skill of application and this has enabled her to stay relevant in the last decade.



Supriya is a leader and 100% committed to raising industry standards, her personal practice, life and service to mankind. In this course she is accompanied by Leslie Kaminoff & Amy Matthews on the subject of Anatomy & Physiology of this program.



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2019 Course Dates

Weekday Lectures start:

16 September 2019

2hrs each weekday x 12-13 weeks

Weekend Lectures start:

28 September 2019

10hrs per weekend x 12-13 weekends

10 Day Practice Intensive:

2 - 10 December 2019

2 Day Intensive:

25 & 26 January 2020

Graduation:

29 February 2020

Includes Christmas Holidays

Post Graduation

Mentorship for 12 months

Bonuses for Early Enrollments

2019 Course Fees

Early Payment

Weekdays Or Weekends: Pay in Full by

01.08.2019 and save \$500

\$500 deposit plus a choice of :

Payment via EFT: \$6997 or

Via credit card: 2% merchant fee of

\$7146.40

Standard Upfront

Weekdays Or Weekends: Pay in Full by

10.09.2019

\$500 deposit plus a choice of:

Payment via EFT: \$7497

Via credit card: 2% merchant fee of

\$7656.94

Monthly Installments:

Available via Direct Debit Only \$500

Deposit plus

Upfront payment of \$1499 by start date +

7 Monthly payments of \$857

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Are You Ready?

It's an exciting feeling when you hear the call to follow that little voice inside. It actually means you have already done some great inner work to awaken and get here.

The new journey ahead can seem long and arduous but great growth lies behind all obstacles.

Of all the perceived obstacles, some are real and some are stories. Whatever the case, don't be intimidated by the doubts, stay connected to your inspiration, because you are ready and take the next step on your journey.

We are here to assist, help and answer any questions you have about the Teacher Training Course. You can shoot us an email or a text at:

info@sevayoga.com.au

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500HR Integrative Yoga Teacher Training Program



BONUSES = \$1810

All Studio Based Classes for The
duration of your course value \$900

4 x Seasonal Ayurveda
Masterclasses \$800

1 x 2HR Ayurvedic Consultation \$110

NOTE:

Bonuses are granted to all successful applicants
that register by 10 September 2019.

