

YOGA THERAPY FUNDAMENTALS (70 HRS)

22 JAN - 2 APRIL 2023



YOUR COMPREHENSIVE INTRODUCTION TO YOGA THERAPY

Interactive Live
Online Tutorials

ADORE
YOGA



Self Paced Digital
Modules

PASSIONATE ABOUT SUPPORTING YOUR CLIENTS TO MANAGE THEIR HEALTH HOLISTICALLY?

WELCOME TO ADORE YOGA THERAPY

Yoga Therapy is an exciting and fast growing modality that fuses ancient wisdom and modern science to help people manage their health.

As yoga therapy gains more attention, the demand for wellbeing professionals who have trained in Yoga Therapy is increasing.

Now is a great time to add Yoga Therapy to your professional skill-set.

At Adore Yoga, you'll learn from experienced teachers who are steeped in Eastern traditions and qualified in Western science-based modalities.

You'll love our friendly, welcoming environment and our thriving community of dedicated, passionate students. We can't wait to welcome you!



Nikola Ellis, C-IAYT, MCAP
Founder, Adore Yoga





What is Yoga Therapy?

Yoga Therapy is much more than adapting yoga poses to address health problems.

“Yoga therapy is the professional application of the principles and practices of yoga to promote health and well-being within a therapeutic relationship that includes:

Personalized assessment

Goal setting

Lifestyle management

Yoga practices,

for individuals or small groups.”

International Association of Yoga Therapists

WHY STUDY WITH ADORE YOGA?



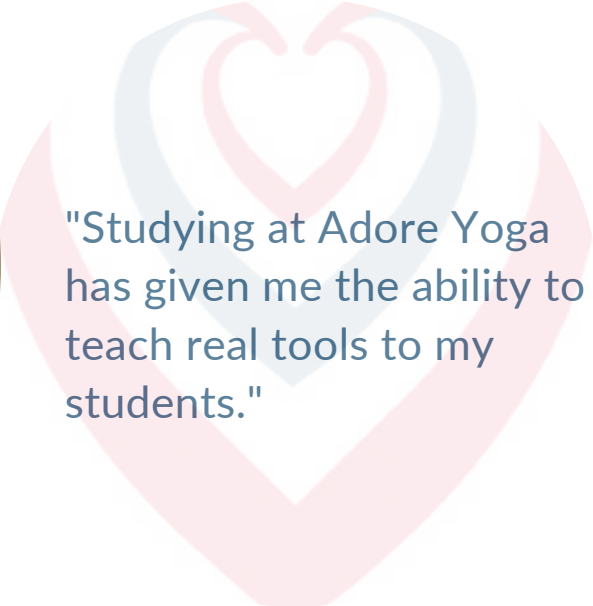
When you join us at Adore Yoga, you'll be joining a vibrant community that has been supporting wellbeing professionals to share authentic, evidence-based Yoga Therapy since 2002.

Founded in Sydney Australia by yoga therapist and psychotherapist Nikola Ellis, Adore Yoga is steeped in the tradition of Sri Krishnamacharya and committed to delivering high quality training.

You'll love learning with Adore Yoga if:

- You want to commit to a course that is tried, tested and loved by yogis and health professionals.
- You want to learn from teachers who have studied directly with great yoga masters.
- You value being part of a long-standing, supportive community that is passionate about healing with yoga.
- You want real-world experience with live case studies.
- You want to learn from teachers who are qualified in both eastern & western modalities.
- You want a thorough grounding in the philosophy and psychology of yoga therapy.
- You want practical skills you can use to support your clients right away.
- You value safe, respectful and inclusive learning environments.

Sandra's Yoga Therapy Training Experience



"Studying at Adore Yoga has given me the ability to teach real tools to my students."

"Nikola's vision of Yoga is very special in the sense that she combines a deep knowledge of yoga philosophy and traditions with a great deal of personal experience with yoga in her own life.

This combination brings what, to me, is the most up to date application of Yoga in the current world. Adore Yoga is ahead of its time as it goes back to yoga roots to find the best application for our current times . Yoga Therapy is a way of bringing yoga to everyone that breathes. Nothing could be more democratic.

Studying at Adore Yoga has given me the ability to teach real tools to my students. The ability to combine Hatha Yoga, Yoga Therapy and Meditation in a flawless way allows me to understand the real needs of my students.

Had I not studied Yoga Therapy at Adore, I might have been a trained teacher that would never really teach."

Sandra Marcourakis, Adore Yoga graduate

Who Is this Course For?

THIS COURSE IS RIGHT FOR YOU IF:

- You are a yoga or wellbeing professional wanting practical skills to support clients with health issues through yoga
- You worry that you don't know how to safely work with students with injuries
- You want the confidence to offer yoga in a one-on-one setting
- You're thinking about becoming a certified Yoga Therapist but not sure if you're ready to commit to the full training.



Our ideal students fall into two categories

YOGA TEACHERS WHO WANT TO SUPPORT STUDENTS WITH HEALTH ISSUES

It seems like every class you teach has a student with a health issue. You'd love to help them, but worry that you don't know enough to keep them safe. This course will give you the insights and skills to empower students to manage their physical, mental and emotional wellbeing.

HEALTH AND WELLBEING PROFESSIONALS WHO WANT TO OFFER YOGA

You're a health professional, complementary medicine practitioner or coach who instinctively knows that yoga will have a positive impact on your clients. This course will show you how to tailor the techniques of yoga to support wellbeing. It is ideal for psychologists, counsellors, social workers, coaches and naturopaths.

What Accreditation Does This Course Offer?



Certificate of Completion

Yoga Therapy Fundamentals is the perfect stand-alone introduction to yoga therapy.

At the end of the course, you'll receive a certificate of completion for 48 live training hours and 22 non contact hours (total 70hrs).

You can use this to claim CPD points with Yoga Australia and other professional bodies.

Yoga Therapist Certification Pathway

Yoga Therapy Fundamentals includes ALL the content in Module 1 of the internationally recognised professional yoga therapist certification training, the **Graduate Diploma in Yoga Therapy**.

You will get a full credit for this module if you choose to join the 680hr Graduate Diploma when you complete the course.

Course Format

There are three steps in this exciting program:

1. Live online tutorials
2. Self-paced home study
3. Small group activities

1. Live online tutorials

1.

In these super interactive sessions (Sundays 9.30am - 5.30pm Sydney time), you'll get plenty of practice applying what you learn in small-group break out rooms. You'll also gain hands-on teaching experience to ensure you get real and lasting value from your training.

2. Self-paced home study

2.

These digital modules prepare for you to get the most out of every live tutorial. Each home study kit contains a wealth of hand-picked content. You'll get rich insight into each subject area with engaging videos, easy-to-follow notes and practical tasks.

3. Small group activities

3.

You'll be working collaboratively with a small group of like minded study buddies. This makes it more fun, keeps you accountable and optimises your learning.



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Course Curriculum

There are six modules in the program. Each module includes a digital home study module, a live online tutorial and a small group activity.

Module 1



INTRODUCTION TO THE PRINCIPLES AND PRACTICE OF YOGA THERAPY

You'll be starting with a solid foundational knowledge that will guide you on your yoga therapy journey. You'll discover the ancient principles that underpin the art and science of yoga therapy, exploring the philosophical foundations of yoga therapy, traditional yogic approaches to healing, the practical application of classical texts and the principles of yogic psychology.

Module 2



UNDERSTANDING THE ENERGETIC BODY

In this exciting session you will explore the subtle yogic body. Yoga therapy doesn't just work with the body and mind. According to tradition, there are multiple energetic layers and forces that impact health. Through the art of yoga therapy, these subtle energies can be used to empower clients to heal. You'll learn key techniques so you can start working with the subtle energetic body to support your clients right away.

Module 3



WORKING WITH PRANA AND PRANAYAMA

This session takes a deep dive into how yoga therapy works with prana - the universal life force. We'll explore how to use the power of prana to increase vitality, reduce symptoms and create optimum conditions for healing. You'll learn practical skills to assess clients through the lens of prana and develop breath based practices to support holistic health.



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Course Curriculum Cont.

Module 4



INTRODUCTION TO AYURVEDA IN YOGA THERAPY

Ayurveda, India's ancient system of healing, is at the very heart of Yoga Therapy. In this module you will immerse yourself in the wisdom of Ayurveda and discover how Ayurvedic principles infuse the practice of Yoga Therapy. You'll gain practical skills in Ayurvedic assessment and learn how to apply Ayurvedic techniques to support students manage their health.

Module 5



VARIATION IN HUMAN ANATOMY

Take a fresh look at anatomy as we explore the human body through the yoga lens. No two bodies are the same and this session introduces you to the skills you need to understand how individual anatomical features impact the way your clients move, their postural habits and the health issues this can cause. You'll also learn hands-on techniques to support clients to move in ways that improve musculoskeletal issues.

Module 6



THE YOGA THERAPY FRAMEWORK

This is where it all comes together. You'll learn the framework that professional yoga therapists use to assess clients and develop personalised practices that really work. This framework will use all the concepts you've already learned during the course and show you how to put it in to action right away to make a real and lasting difference to your clients lives.



Yoga Therapy Fundamentals 2023 Program Dates

Live online tutorials run
9.30am - 5.30pm on Sundays (Sydney/Melbourne time)

Module 1: Sunday 22 January 2023 9.30am - 5.30pm

Module 2: Sunday 5 February 2023 9.30am - 5.30pm

Module 3: Sunday 19 February 2023 9.30am - 5.30pm

Module 4: Sunday 5 March 2023 9.30am - 5.30pm

Module 5: Sunday 19 March 2023 9.30am - 5.30pm

Module 6: Sunday 2 April 2023 9.30am - 5.30pm

You will attend a total of 48hrs live online tutorials plus
22hrs home study. Min 80% attendance at live online
tutorials is required to receive your certificate of
completion.



FAQs

Where does this course take place?

This course is 100% online. But don't think you'll be sitting back watching boring PowerPoint slides. This course is highly interactive! You'll be interacting with fellow students, working in pairs and small groups to put in to practice everything you learn. You'll be moving around and working collaboratively throughout the course - it's completely different to other online courses you've experienced!

Do I need any special technology or tech skills?

No! Our online program is easy to use and all you need is a laptop or PC with a camera, microphone and internet connection.

What happens if I miss some of the live training sessions?

You must participate in a minimum of 80% of the live online tutorials to receive your certificate of completion.

How much home-study will I have to do?

You'll receive a weekly self-paced digital module which includes fascinating readings, teaching practice, short assignments and videos. The home study component of the course includes at least 22hrs study.

Do I have to buy books or other materials?

You will receive a recommended reading list to enhance your learning. However, you are not obliged to buy the texts and there are no other materials you need to purchase in order to take the course.

What are the course entry requirements?

You will need to be a regular yoga practitioner who is familiar with the practices of asana, pranayama (breathing techniques) and meditation. You do not have to be a yoga teacher to join the course. Many of our students are health professionals, complementary therapy practitioners and keen yoga students. You also don't need to be flexible! This course is accessible to students of all ages and abilities.

What accreditation will I receive?

You will receive a certificate of completion. If you are a yoga teacher, you can use this to register 50 CPD points with Yoga Australia. Completion of this course does not accredit you as a Yoga Therapist. Certified Yoga Therapists must successfully complete a recognised program (minimum 650hrs over 2 years). You will also receive a credit for Module 1 of the Graduate Diploma in Yoga Therapy if you decide to train as a certified Yoga Therapist with Adore Yoga.

Meet Your Teachers

You will be working with some of the most experienced and talented yoga therapy experts in the world:



NIKOLA ELLIS
MCAP, C-IAYT

Founder of Adore Yoga, Nikola has been immersed in yoga for over 30 years, studying with leading international teachers including TKV Desikachar, Judith Lasater, Donna Farhi and the Mohans. Nikola has developed specialist yoga therapy programs for organisations including A Sound Life, The Butterfly Foundation, Cancer Council NSW and Sydney Children's Hospital Network. She holds a Master's degree in Counselling and Psychotherapy and Post Grad Dip. in Public Health. She is a certified Yoga Therapist.



SUNITA PATIL

Sunita has over 30 years' experience of yoga and has taught thousands of students in Australia, USA and India. She is renowned for her depth of understanding of Sanskrit and yogic philosophy, teaching the sophisticated aspects of yoga that are often lost in today's yoga practices. Sunita has studied Ayurveda, Sanskrit, Yoga and Yoga Philosophy to advanced levels, including studies with BKS Iyengar and at Oxford University.



TRACY GERZA

Tracy completed her Yoga Teaching Training with Qi Yoga in Manly followed by post-graduate training in Yoga Therapy with Adore Yoga and Yin Yoga Training with Mysan Sidbo. She's also completed her Cert IV in Polestar Pilates Matwork instruction and her Polestar Studio Diploma. With over 1750 hours of training in Pilates, Hatha Yoga, Vinyasa Yoga, Yin Yoga, Restorative Yoga, Hanna Somatics, Meditation and Reiki – Tracy has a unique, broad perspective and a wealth of information to share with her clients.



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COURSE FEES AND PAYMENT OPTIONS

"It's the best online course I've ever done"
Sandra Matliss, QLD

PRICE INCLUDES

- 6 x Live Online Tutorials (48hrs)
- 7 x Digital Modules (22hrs)
- Certificate of completion
- Lifetime access to the course
- 8 detailed workbooks

AUD\$890

PAYMENT OPTIONS

OPTION 1

One time payment
of \$890

OPTION 2

4 payments of
\$225

Book online www.adoreyoga.com
or call 1300 844 693



Booking Terms and Conditions

Deposit and fees are non refundable. Should you cancel a booking more than 4 weeks prior to start date, 50% of the balance after non-refundable deposit will be given. No refunds will be made for cancellations made within 4 weeks of course start date.



We can't wait to
welcome you to
Adore Yoga.

