



The Yoga Pilates Training Academy Australia

presents the award winning fusion method known as Yogalates and its
teacher training program

Level 1 Certificate in teaching the Solomon Yogalates™ Method

Graduates of this training obtain

- **200 hr Yoga Alliance Certificate**
- **400 hr Yogalates Certificate**
- **1 year free Yogalates Teachers Association membership**
- **qualifications in teaching both Yoga and Pilates and therefore opportunities for working in both fields**

Course Dates

Essentially enrolment for the training can take place at any time, however a minimum of 8 weeks is recommended prior to each **compulsory** face to face practicum to complete the correspondence component of the training. Some students chose to take longer with the home study to suit their needs.

NEXT 4 WEEK PRACTICUM IN BYRON BAY

Saturday 24th April – Friday 21st May 2010
(Enrolments close February 2010)

NEXT PRACTICUM IN HARVEY (near Perth), WEST AUSTRALIA

8 x 3 day weekends Practical & teacher training
Friday 22nd October – Sunday 12th December 2010
(Enrolments close August 2010)

2011 PRACTICUM IN BYRON BAY

Saturday 23rd April – Friday 20th May 2011

The Level 2 training will also be available in 2010 with dates yet to be confirmed. For more information see: <http://yogalates.com.au/home/yogalatesteachertraining/facetoface.html>

Course Fees

All course fees are to be paid in Australian dollars. Fees include all tuition, training manuals, yoga mat, yoga strap, resistance band, block, eye pillow and the Solomon Yogalates DVD box set & book. There are additional text books which cost approx. \$250.00 (see lists below).

Course fee: \$4,250.00

N.B. When paying by credit card (via the internet/phone) a 1.8% levy is charged.

Deposits are due upon acceptance into the course and secure your placement. The balance of fees (or a minimum of \$1800) is payable prior to shipment of the course materials to the student.

Payment by instalments can be arranged with the director or the administrator of Yoga Pilates Training Academy Australia and will attract an additional administration fee of **\$150.00** which will be taken up in the first instalment. If you wish to begin paying by instalments for the course prior to commencement, please contact us for a payment plan.

Course Entry Requirements

The Yoga Pilates Training Academy Australia fully supports access to its courses by people from disadvantaged groups. This includes those disadvantaged socially, geographically, educationally, physically and intellectually, racially or by gender.

However to ensure that participants derive maximum benefit from the teaching program, applicants will be selected on the basis of their ability to fulfil the following course entry requirements:

- Completion of a registration form
- A minimum of 1 year of regular Yoga practice (Pilates or Yogalates DVD practice will be considered toward this)
- Completion of a 300 – 500 word essay expressing your intention for undertaking this training, including whether it is for personal development, a deepening of your practice and/or your desire to teach others.
- A personal interview (face to face, telephone or email) to ascertain your level of commitment to applying yourself to the training, your ability to cope with the physical, emotional and intellectual demands of the course.
- English language requirements - This course is delivered in English and due to the nature of its content we require you to demonstrate a minimum level of English language proficiency. There are websites listed below that will help with ensuring your English is at an adequate level for the training.
 - <http://www.ielts.gov>
 - <http://www.gu.edu.au>
 - <http://aei.dest.gov.au>

Applicants requiring assistance with language development will be advised of available bridging programs through ACE, TAFE or English language schools.

Upon enrolment we advise students to become familiar with recommended course texts as well as reading extensively on Yoga, Pilates and Anatomy. Students are encouraged to maintain a high level of personal Yoga and/or Pilates practice, attendance at classes or use of the Yogalates DVDs prior to course commencement.

Course Registration and Enrolment Procedure

Yoga Pilates Training Academy Australia processes applications based on the entry requirements detailed below.

1. Send us your completed registration form and a **current resume** (where possible) with references or letters from previous Yoga and/or Pilates teachers to support your application
2. On acceptance into the course you will be sent an acceptance letter

3. You will then need to send payment to secure your placement in the course, for which a receipt will be issued along with your student ID number
4. Full course fees or an initial down payment when on a payment plan (contact the administrator) is due prior to shipment of the course material to you.

The faculty of the Yoga Pilates Training Academy are dedicated to training its participants with the aim of fostering skilled, knowledgeable and competent teachers. This is however an intensive teacher training course and you will need 100% commitment to gain maximum results. You will need to apply yourself to a substantial amount of work in the form of theory learning assignments and tasks, practical skills development, teaching experience and rigorous assessment tasks to gain the Level 1 qualification. **Please consider this carefully before applying. Applicants who have concerns about their physical ability to complete this course are advised to check with their health practitioner.**

Resources and Facilities

For many years the teacher training ran from the Suffolk Park Community Hall and some of the public classes during the practicum are still held there. In 2005 a purpose built Yogalates studio was completed at 72 Byron St, Bangalow and the majority of the training from lectures to public classes takes place there. The facility has been custom designed and built to accommodate both public classes and the teacher training. It features polished timber floors, a pitched ceiling and bi-fold doors that capture the beautiful view and serenity of the adjacent rainforest reserve. The building also has reverse cycle air-conditioning, undercover parking facilities, an administrative office and staff, toilet and kitchen amenities, a comprehensive library of relevant resource material, first aid facilities, modern teaching equipment and specialised Yogalates equipment. The studio is only a short walking distance to the CBD of Bangalow and the only one of its kind in the Northern Rivers region. Those relocating to Byron Shire for the training would be best advised to seek accommodation in the following areas: Bangalow/ Suffolk Park/ Byron Hills/ Baywood Chase (or Byron town itself with a 10-15 minute drive to the Bangalow venue).

Text books and manuals included in course fees

Included in course fees are the following training manuals:

- Yogalates – the best elements of Yoga & Pilates by Louise Solomon
- Yogalates Teacher Training Manual by Louise Solomon
- Anatomy Manual [sent as a PDF file](#) by Carmel Horner
- DVD Personal practice & Special needs Manual [sent as a PDF file](#) by YPTAA
- Instructional DVD on core foundation & asana modifications for client special needs by YPTAA

Text books NOT included in course fees that need to be purchased prior to course commencement

1. **Anatomy of Movement** by *Blandine Calais-Germain* ISBN 0 -939616-17-3 Published by Eastland Press – Order Local bookstores
2. **Anatomy Colouring Book 3rd Edition** by *Kapit L Elsen* ISBN 0-8053-5086-1 Published by Benjamin Cummings – Order Local bookstores
3. **Yoga Anatomy** by *Leslie Kaminoff* Published by Human Kinetics
<http://www.humankinetics.com/hksearch?parentCode=1030&letter=Yoga+anatomy>
4. **Science of breath - A practical guide** by *Swami Rama, Rudolph Ballentine M.D, and Alan Hymes* ISBN 0-89389-151-7
http://www.amazon.com/s/ref=nb_sb_ss_i_4_17?url=search-alias%3Daps&field-keywords=science+of+breath+swami+rama&srefix=science+of+breath
5. **The Heart of Yoga - Developing a personal practice** by *TKV Desikachar*
Publisher: Inner Traditions (March 1, 1999) ISBN: 089281764X - Order local Bookstore

Books are also available through Abraxas Bookstore in Byron Bay email: abraxas@nor.com.au or phone: +61 2 6685 5778 (a 10% discount is available to all YPTAA students). All Anatomy books required need to be pre ordered (6-8 weeks prior to course commencement) as they are shipped in from the USA. **We carry a small amount of stock for late enrolments; please contact the office if you are having any difficulty making your orders. Please note: It is recommended you do not purchase any of the above texts through Amazon.com due to their long shipping times (up to 3 mnths). Recommended texts will be utilised and used during the practicum.**

Course Structure

The level 1 teacher training is comprised of two parts, each containing both theoretical and practical components. Part 1 consists of self-paced correspondence study which is augmented by various teaching tools included in the course fees. These include the 6 Yoyalates DVDs that guide your personal home practice and provide a framework for the initial teaching practicals, an instructional DVD which focuses on the finer detail of instruction giving and a comprehensive Yoyalates training manual which includes the breakdown of the Yoyalates principles plus many of the poses and exercises used in this method. The other subjects from Anatomy through to Yoga Philosophy are guided by the prescribed texts and various assessment items.

Part 2 of the training is a compulsory practicum which has both theory and practice with the emphasis placed on first hand experience with teaching, assisting and working with clients. Attendance at the practicum is not only compulsory but critical to becoming a fully qualified and competent teacher/instructor in the Yoyalates method. The practicum is the culmination of the theoretical learning and practical study that you have been exploring in the previous 8 weeks of home study. It is an intensive period with a further focus on the practical application of the material and often students comment that they learn as much in these 4 weeks as they do in the preceding weeks.

Included in the practicum is teaching methodology and client care (including referral protocol), session planning and class formatting, on the floor training, adjusting skills, working with the special needs client, plus lots of teaching experience (including small groups). This face to face time provides the opportunity to hone your teaching and delivery skills with the benefit of specialised training sessions. During this period practical assessment will also take place.

The Level 1 Certificate enables graduates to instruct groups and individuals in the Solomon Yoyalates Method in a safe and effective manner. On successful completion of this qualification you will have developed the knowledge, skills and professional attitude necessary to plan, conduct and review Yoyalates classes. You will be able to cater for the individual needs of clients and recognise when to refer clients to other appropriate professional services, and provide classes to meet special needs. In addition, you will have developed a better understanding of yourself, your body and the way in which the human body functions in movement. You will have the capacity to initiate and manage a Yoyalates studio and provide a quality service as a Yoyalates teacher. The teacher training is fully recognised by the **Yoyalates Teachers Association** and all graduates of the Level 1 teaching programme are eligible to a free one year Level 1 membership with the association. The *Yoyalates™ Teachers' Association* runs an annual update workshop for registered members/teachers to ensure the highest standard of professionalism in teaching the Solomon Yoyalates™ Method is maintained.

The practicum is not a residential and therefore accommodation is not included in the course price however assistance will be given with where to stay in the local area. The 4 week practicum in Byron will commence with an orientation day introductory session on the Saturday with classes commencing on the Monday. Many aspects of the course will be covered in addition to being an excellent opportunity to meet your fellow students before studies commence.

Held at the **Bangalow Studio, 72 Byron St, Bangalow, NSW**

ORIENTATION DAY AGENDA 12.00 – 3.00 PM

- **introduction to fellow students**
- **enrolment completion (bring 2 passport photos)**
- **orientation of facility**
- **becoming familiar with the YPTAA code of practice**
- **overview of the practicum content structure and assessment requirements**
- **the practicum timetable and Q and As**

Assessment requirements

Part 1- All assessments for the correspondence home study are sent and emailed to you prior to commencement of study. You will be required to complete these assessments in accordance with the home study timetable and email your completed work to the head office. Ideally all assessments on the timetable will be completed before the practicum (Part 2). We understand that at times for reasons out of our control circumstances hinder completion of the workload. It is however crucial that 70% of the required assessments be satisfactorily completed prior to the practicum with the remaining work to be completed afterward.

Part 2 – The Practicum. 100% attendance and punctual attendance at classes during the practicum is essential for successful completion of the course. Following an absence, it is the student's responsibility to follow up on class notes, with tutor and/or other students. In the event of extended absence due to ill health or personal reasons, students will need to discuss their position with the Director of Yogalates Teacher Training Australia. Further worksheets, quizzes and exams are included during the practicum.

The Yogalates teacher training is a competency based training. This means that assessments aren't considered to be a pass or fail but rather are marked as either competent (C) or Not Yet Competent (NYC) with the allowance for resubmission of work until deemed competent. To receive the Level 1 qualification you will be required to have successfully and competently completed all assessment tasks for each subject within the qualification.

Upon receipt of your Level 1 you become a registered teacher with Yogalates Teachers Association, you the student will have attained the following

- A thorough understanding of the principles of the Solomon Yogalates Method
- The ability to instruct a class or personal one on one session based on these principles
- The ability to instruct basic beginners Pranayama (breath work) and various relaxation techniques
- The ability to instruct within the framework and safety guidelines outlined in the subjects- Yogalates for Special Needs/Teacher Training and the Pilates Method i.e. Core Stability

You will **not** however be instructed to teach headstands, handstands, backbends or any extreme twisting of the neck, spine or knees e.g. Lotus position.

This certificate will not give you the qualifications to teach others to become teachers in The Solomon Yogalates Method. A trademark document is included in the Code of Practice which outlines the correct use of the Solomon Yogalates™ trademarked name.

Curriculum/Subjects

Anatomy – (For Functional Movement)

We will cover the qualities, functions and structures of the following tissue types: muscle, bone, cartilage and ligament. We will learn to identify which muscles are working and the types of

contractions being activated when in a particular Yoyalates movement. The principles of lengthening, shortening and innervation of muscle fibres will be taught providing the student with a sound knowledge of functional anatomy, so restrictions in functional movement caused by changes in the musculo-skeletal system can be understood. This subject also introduces the student to the systems of the body. Students will also learn anatomy as it relates to the Asanas and Yoyalates mat work postures.

Asana Alignment

This subject focuses on the specific alignment of the most common Yoga poses used in the Yoyalates Method. We will cover all contra indications and cautions applicable to these poses and the use of props to assist and support those with Special Needs. Basic adjustments and the Sanskrit terms for poses will be learnt and applied. Discuss and apply biomechanical/functional movement principles as they relate to exercise and asanas – levers and loadings and their safe application.

Business Management

In this lecture we learn the nuts and bolts of what is required to run Yoyalates classes and/or Centres. You will gain all the necessary information, resources and legal requirements to establish, promote and maintain an effective business.

On The Floor Training/Public classes (part 2 - practicum)

The student gets their first experience of viewing the Yoyalates class from a teaching perspective through assisting the teacher on the floor as part of the public open classes. On a practical level we learn how to prepare for the class i.e. set up procedures, time management, introduction to new clients etc. The training assistant will get the opportunity to apply adjustments in the Yoyalates class where appropriate and applicable once deemed ready by the teacher. The importance of constantly monitoring and supervising the class as a whole is stressed in this module with particular emphasis placed on **safety & injury prevention**. “On the job training” This will be completed in the practicum.

Pranayama, Meditation

An understanding of the breath and its effects on the physiology of the body is a fundamental part of any yoga/yoyalates practice. The Pranayama (breath work) component of this module covers the techniques of full yogic breath, diaphragmatic breathing and a basic understanding of the Bandhas (energy locks) and their application. The module will combine both theory and practice with a focus on precautions and contra-indications. The student will be introduced to varying meditation styles with an emphasis placed on integrating it into their own practice. The level 1 teacher trainee will be required to teach diaphragmatic breathing, full yogic breathing and breath awareness and its application for meditation. The level 2 training explores the various other pranayama techniques.

Pilates Mat work and Basic Postural/Functional Evaluation

During this mat work module we use resistance bands to replicate the work of the Pilates machines (which will not be used in this course). We will also cover the Pilates Method – History & origins. The student will learn the skills on how to assess body types (their own and that of others) and then identify common imbalances in the basic musculo-skeletal structure. They will also learn how to isolate muscles groups in movement, to know which are working and which aren't, how to work their body within its natural structural base creating thoracic & pelvic stability (core stability) and the importance of core stability's role in addressing imbalances in the human body.

Senior First Aid

Senior First aid is an essential skill in the handling of any occupational health and safety situations that may arise as a Yoyalates instructor. This module is a fun blend of theory and practice, the skills the student learns will give them the confidence to deal with emergency situations particularly

those applicable to the yoga room. **It is the responsibility of the student to access this unit in their own time and provide evidence of certification.**

Special Needs for Special Populations

This subject covers learning about the most common physical imbalances that will present themselves in the general running of a Yogalates class and how to adapt or modify to suit the needs of the client. Biomechanical principles will be learnt along with the precautions needed to prevent injury during a session; it will give some perspective of when and how to seek the help of other professionals.

Women and Men's special needs will also be addressed however, **Pre-natal will not be covered.**

Teacher Training – Practical One To One Sessions

During the practicum, aspirant Yogalates instructors will be given the opportunity to apply all they have learnt through their 16 week home study. Each student will work with different clients (one on one), and thus body types, allowing the chance to use a range of skills. Initially the student will have a basic class program to work from which will then be moulded to suit the clients individual needs where applicable and appropriate. Students will also simulate a Yogalates public class then teach a formal class. This subject will hone your communication/instructional, session/class planning skills and increase your self-confidence.

Yoga Philosophy

The philosophy of Yoga is not only a vast topic but also an integral part of Yoga practice. This subject will provide the student with a basic understanding of the history & origins of Yoga and how this incredible discipline came to the West. We learn about the 8 limbs of Yoga or the concept of "The Tree of Yoga" and through deepening our understanding of this knowledge we in turn dive deeper into ourselves.

Yogalates - Cocktail Class

The Cocktail class subject is designed to allow for a blending of the skills learnt; it is a very practical subject with theory components. The Yogalates concept and its principles are very thoroughly and comprehensively covered so that the students grasp how the Pilates mat work (core Stability) and its key safety instructions are fused into Yoga.

Structuring and formatting of an effective class is learnt along with basic adjustments so the student gains the confidence and skills in knowing how to approach and move the client safely and appropriately.

Yogalates – (Personal Practice & DVD)

The Yogalates Flow class is a very personal and self reflective module which is 100% practical and allows the student to delve even further into the Yogalates method. It aims to build stamina, endurance and flexibility through consistent practice over the duration of the course. The student will experience the many changes that are inevitable with regular practice. Through self observation each individual will assess the effects their practice has not only on their bodies but also state of mind. Initially areas of strength & weakness are identified with emphasis then given to ultimately bring about balance. This subject is delivered through the Yogalates DVDs incorporating Yogalates principles and instruction. There is an emphasis on how a flowing sequence can be developed; one pose unfolding and blending into the next always integrating the breath with movement.

The Personal Practice part of the subject will require that the student plan the structure and format of their own class sessions. Through this process you will learn to evaluate and identify changes in your body and its response to the practice, also taking note of how your ability to structure and format a class changes. It is important to build on your own personal practice in order to teach others well "practicing what you preach". The student will then deliver to family/friends as practical assignments before the practicum.

'It (Yogalates™) embraces biomechanical science, supports individual variance and benefits physical health and spiritual well-being...'

Fitness Life, September 2005 Edition

