

# BE A YOGA TEACHER

## *Learn To Teach, Teach To Learn*

International Yoga Teacher Training (200 hours)



Simon  
Borg-Olivier



Sherry  
Brouman



Nicki  
Doane



Swami  
Kriyatmananda



Ashley  
McGibeny



Jo  
Phee



Matthew  
Sweeney

### WHAT

- A high quality, comprehensive and uniquely designed program
- Renowned international faculty at the top of their lineage
- Flexible/part-time schedule (every weekend)
- Eligible for Yoga Alliance's certification

### WHO

- Current teachers seeking to upgrade their teaching skills
- Those planning to become a yoga teacher
- Those seeking to deepen/advance their yoga practice

### WHY

- Make a profession out of your passion!
- Inspire and make a difference for others through yoga teaching!
- Practice teaching from Day 1 of training!
- Practice adjusting/observing/demonstrating in an actual class at True Yoga!

### WHEN

- 3 April – 18 June 2011

### WHERE

- True Yoga Ocean Financial Centre (Raffles Place)

## **Training Syllabus**

### **Techniques Training/Practice**

- Developing a solid personal practice – guided practice of asana, pranayama, meditation, mudras, bandhas, kriyas and mantra
- Deconstruction of Asanas
- Analysis of yoga bodies
- Principles of movement
- Physical and energetic alignments in Asanas
- Creative Sequencing
- Props usage, modifications
- Teaching pranayama and meditation

### **Teaching Methodology**

- Principles of demonstration
- Observing, assisting and correcting a class
- Art of touching/adjusting
- Art of instructing / teaching methods
- Cultivating teaching voice – languaging, timing, eloquence
- Developing a teacher's eye - asana/body assessment & energetic observation
- Teaching styles – Hatha, Vinyasa, Alignment-based Yoga
- Safety in Asanas
- Teaching to special needs
- Injuries and Pain (Yoga Therapy)
- Pre-natal Yoga
- Qualities of a teacher
- The business of Yoga

### **Anatomy and Physiology**

- Physical A & P (bodily systems, physiological functions, organs)
- Energetic A & P (chakras, nadis, pancha vayus, koshas, bandhas)
- Applied A & P as related to Asana and Pranayama
- Anatomy of Adjustments

### **Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers**

- Yoga History and Origins
- The Eight-Limbs (Ashtanga) of Yoga
- Patanjali's Yoga Sutras
- The Gunas (cosmology) and the Tattwas
- Basic Sanskrit Terms
- Yogic nutrition
- Karma Yoga
- Intro to Ayurveda / Doshas
- Ethics of a Yoga Teacher

### **Practicum**

- Observing, assisting and adjusting (within own group & actual public class)
- Receiving and giving feedback
- Presentation/Teaching Skills
- Assessment – theory and practical

## **Certification**

The True Yoga International Teacher Training complies with the guideline for Yoga Alliance's 200-Hour Standards. Upon completion of the training, graduates may apply directly with Yoga Alliance for their 200-Hour accreditation, which is recognized world-wide.

## **Assessment**

Students must fulfill 100% attendance and complete all reading and written assignments in order to be awarded the 200hr certificate. In the event that some hours are missed, students are to re-arrange with their trainer to makeup for those hours. In certain cases, there may be a fee involved for makeup lessons. Students must competently pass both the theory and the practical exams. There will be opportunity for a re-take should student fail in these exams. However, Yoga is a way of life, not an academic subject. Our aim is for all students to graduate with a complete grasp of teaching yoga safely and responsibly to the community, beyond just obtaining a piece of teaching certificate.

## **Pre-requisites**

- Minimum 2 years of consistent, dedicated yoga practice under qualified yoga teachers
- A committed and sincere passion for learning/teaching yoga
- Candidates may be asked to attend an assigned evaluation class at True Yoga for assessment

The training aims to attract individuals who are considering to be a teacher, current teachers wanting to hone their teaching skills, or individuals who simply want to deepen their study of Yoga. The quality and regularity of your personal practice will show your commitment to Yoga. We are not asking for applicants to be super flexible, but a sincere motivation of learning Yoga. Teaching yoga takes passion, dedication, persistence and consistency in your own practice. Due to the heavy time and financial commitment of this training, it is vital that before one applies, we ask that you assess your authentic motivation for wanting to do this course.

## **Application for Enrollment**

Interested applicants are to obtain the enrollment form either from True Yoga or to email : **teachertraining@trueyoga.com.sg** to request for a form. Once an application is received, you will be informed within a week regarding the success of your application. In certain cases, applicants may be asked to attend an assigned evaluation class at True Yoga for further assessment. **Entry to the training is not automatic.** Students must fulfill the pre-requisites stated above and be able to commit to the entire training schedule. Selection of successful candidates is by the sole discretion of True Yoga. All decisions made are final and no dispute will be entertained. As there are limited slots available in the training, admission into the training will be on a first-come-first-served basis.

## **Tuition**

- S\$4,900 (early bird ending 28th Feb)
- S\$5,500 (1st March onwards)
- Interest-free credit card installment plans available.
- Includes training manual (Textbooks sold separately)

## **Venue**

True Yoga (Raffles Place)  
Ocean Financial Centre

## **Enquiries**

(phone) : +(65) 6733 9555

(email) : teachertraining@trueyoga.com.sg

## SIMON BORG-OLIVIER



Simon Borg-Olivier MSc BAppSc (Physiotherapy) is a director of YogaSynergy, one of Australia's oldest and most respected yoga schools with a style based on a deep understanding of yoga anatomy, yoga physiology and traditional Hatha Yoga. Simon has been teaching since 1982. He is a registered physiotherapist, a research scientist and a University lecturer.

Simon was introduced to yoga at age six, learning breath retentions from his father and the main bandhas (internal locks) by Basil Brown, (an Olympic athletic). At age 17, Simon studied for one year with a Tibetan Lama who introduced Simon to the philosophy and practice of tantric yoga. In 1980, Simon started the postures and movements of Hatha Yoga, eventually learning with BKS Iyengar, K. Pattabhi Jois and TKV Desikachar.

Simon met his main teacher Natanaga Zhander (Shandor Remete) in 1985 and had the privilege of studying intensively with him for almost two decades. Simon credits Zhander as being the most important person in his pursuit, passion and understanding of hatha yoga. To this day, Zhander remains as Simon's foremost yoga inspiration and mentor.

Simon studied and taught at Sydney University over a period of 20 years. In that time he completed a Bachelor of Science in Human Biology, a research based Master of Science in Molecular Biology and a Bachelor of Applied Science in Physiotherapy. In 1988, Simon met physiotherapist and yoga teacher Bianca Machliss. Together, over the last 20 years, Simon and Bianca have developed the unique YogaSynergy system.

Simon is regularly invited to speak on radio and has had numerous television appearances. He is featured in the recently released film 'Yoga and Me' (2009) produced by Robbie Baldwin. He has also been invited to be a guest lecturer/presenter at many conventions and annual conferences.

Since 1995 Simon has been teaching courses in the Applied Anatomy and Physiology of Yoga internationally. Apart from training many teachers in YogaSynergy System with Bianca Machliss, Simon has also been an invited guest lecturer at many major yoga teacher training courses throughout the world.

In the last few years Simon has continued to develop his understanding of yoga by studying intensively with the Taoist Master Zhen Hua Yang.

## SHERRY BROURMAN



Sherry Brouman, PT, E-RYT 500

Sherry Brouman is inspired and impassioned by yoga. She is the director of Sherry Brouman Physical Therapy, The Tensegrity Yoga Therapy Center and The Tensegrity Yoga Therapy Internship Program. She began her work as a movement educator as a child, working at a school for handicapped children from 12-17 years old. Now, a practicing physical therapist for thirty-seven years, she has focused on the softness of movement, and it's healing effects, for all of these years.

The movement that Sherry had studied most deeply was walking, inspiring her book, Walk Yourself Well, (Hyperion 1998) which defines how to remodel simple pieces of walking to balance and heal the structural body. Her book has been translated to five languages.

In the last decade, as a yoga therapist and teacher, Sherry has explored ways that yoga and physical therapy collaborate, now working much more deeply in the field of yoga therapeutics. Using her understanding of walking as the frame, Sherry has developed the system now used in her school, internship program and taught throughout all of her courses, Interbody message System Yoga™ which intertwines body, mind and spirit. Sherry believes that the musculoskeletal system is an enlightening road in to the interplay between all of the layers of our being. She also believes that we can experience yoga as the ability to meet ourselves exactly where we are.

Sherry teaches Functional Anatomy for The Loyola Marymount Yoga Therapy Certification Program, anatomy portions of teacher trainings, and Using Yoga Therapeutically for medical professionals.

Sherry also continues her private practice, gait and physical therapy, has gait and yoga therapy mentorship programs currently underway, teaches yoga therapeutics and several workshops at Exhale, Venice (California) and at her yoga therapy clinic, and she teaches physical therapy, gait therapy and yoga therapy seminars nationally and internationally.

## NICKI DOANE



Devotion to yoga and the desire to share with and give back to the world are what motivate the teaching of Maya Yoga with Nicki Doane. Yoga is spirit in action, and as Nicki teaches, she inspires people to find a place of spirit inside, recognizing the profound connection between the self and spirit.

Nicki has been studying yoga in India for years and has been deeply influenced by the teachings of Sri K. Pattabhi Jois and B.K.S. Iyengar. Her unique approach to vinyasa yoga strengthens all aspects of your being through dynamic structural alignment, conscious breathing, and practical yogic philosophy; helping students find the deeper life of yoga. Nicki strives to teach each student that yoga is about being fully present in the moment and discovering that we are truly all One. One Love. One People. One Heart. One Destination – Our Higher Self.

Nicki Doane had a wanderlust that led her to India in 1991 to study yoga. She went to Mysore to meet Sri K. Pattabhi Jois and immediately realized she had found her teacher. Nicki started teaching in 1992. She cites Pattabhi Jois, along with Eddie Modestini, Gabriella Giubilaro, and Tim Miller among her most influential teachers. She is an authorized teacher of Ashtanga Yoga.

Although rooted in Ashtanga, Nicki's teaching goes beyond the traditional. Her vinyasa classes combine asana, pranayama, philosophy, and poetry. Nicki's emphasis is on awareness: creating integrity within each pose that can be carried beyond the mat into daily life.

Nicki teaches at yoga studios and conferences across the globe and is featured in two Ashtanga Yoga DVD's from Gaiam Inc. and recently produced her own series of Maya Yoga DVD's in collaboration with her husband Eddie Modestini.

Nicki and her husband, Eddie Modestini, live half the year in Sebastopol, CA and the other on Maui. Together, Eddie and Nicki co-direct the Maya Yoga Studio on Maui, HI where they host teacher training programs and asana intensives year round.

## SWAMI KRIYATMANANDA



Swami Kriyatma was first exposed to yoga in the early 1960s by his mother and still remembers well the profound influence that introduction has made on his life. In his youth and early adulthood he was what would be described today as an elite sportsman competing and representing at high levels. The late sixties found him pursuing his first loves of surfing and yoga and the same for much of the 1970s while at university where he majored in education, psychology and research methodologies. In Australia at that time outside of the capital cities there were not a lot of yoga teachers, so for much of that time he was self taught from the books of Swami Sivananda of Rishikesh and BKS Iyengar.

Swami Kriyatma was initiated by Swami Satyananda into the Dasnami Order of Sannyasa in 1983. In 2001 Swami Niranjananda appointed him to the position of Director of Education for Satyananda Yoga Academy Australasia.

His primary responsibility over the last decade has been to raise the mainstream profile, understanding and creditability of yoga in the west. Towards this end he has played a pivotal role in gaining from the Australian Government formal recognition for yoga training as a legitimate educational pathway and qualification. As a consequence students in Australia can now gain significant government financial assistance to support them in their yogic studies.

Currently he is overseeing the development of a higher qualification for experienced yoga teachers in special needs areas and research. Research is an important activity conducted by Satyananda Yoga as for mainstream acceptance of yoga as an efficacious modality, there is much need for scientific validation of its claims. In part due to these projects the ashram where he lives is regarded as one of the most respected centres for yogic training outside of India.

Swami Kriyatma does not pretend to be a great yogi, a master or such; he is simply a faithful disciple of his guru under whose direction he has been practicing and studying now for many years. His teaching has been informed also by the many great teachers that live and have lived at Mangrove Mountain Australia where he resides. His teaching style is most often described as being very clear and down to earth. For these reasons he has been and continues to be invited to teach on many yogic topics in many parts of the world.

## ASHLEY MCGIBENY



After graduating with a Bachelor of Science in Psychology from the University of North Florida in 2000, it was Ashley's intention to continue her studies and pursue a PhD in the field. However, her path led to yoga and since then she's found herself on an incredible journey of self empowerment, transformation, and wellness.

“Each person comes to yoga for a different reason. For me it turned out to be that ‘the mat’ was a place that gave me time just for me, to nourish my spirit, and to explore the strong connection of body and mind.”

In 2003 Ashley traveled to Bali and received her 200RYT in Ashtanga from Yoga Arts. She then returned to Florida and enjoyed teaching at a range of facilities while developing her own style of teaching and continuing to develop her own practice. In 2007 Ashley was invited to teach in Singapore and for the last three years has made Asia her home.

Ashley has had the opportunity to practice, learn, and play with: John Friend, Shiva Rea, Sarah Powers, Aadil Palkhivala, Maya Fiennes, and many others. As her focus, she is trained in Prenatal Yoga (Janice Clarfield) and Yin Yoga (Paul Grilley). Ashley's attention to Prenatal Yoga has led to additional training and she is also currently pursuing her certification as a Doula. Ashley has been teaching Pre Natal for 7 yrs and has been privileged to work with many women before, during, and after the birth of their babies. She has seen the wonderful benefits that practicing yoga while pregnant can have on your body, your birth experience, and your recovery from childbirth. Ashley welcomes her students to salute and celebrate motherhood and childbirth! As a new, first time Mom herself, she feels blessed to have taught throughout her pregnancy and experience first hand the grace and glory of yoga while pregnant.

Ashley teaches with the intention to blend knowledge and experience in a clear, dynamic and generous manner. She practices and teaches with an open heart and an open mind; embracing gratitude everyday and allowing it to bring her joy, then sharing that joy with others.

Ashley is currently living, loving, and teaching in Singapore.

## JO PHEE



Jo is the Director of the Teacher Training Program and has completed 2000+ hours of yoga training. She has been teaching yoga for the past 7 years.

Since the beginning of her journey as a teacher, Jo has devoted herself wholeheartedly to the lifelong process of learning and living yoga. She believes that the best way to serve her students is a combination of a regular, committed personal practice and frequent trainings with teachers from different traditions.

Jo's training as a yoga teacher started at the Australian Ashram of the Satyananda Yoga Academy (Bihar School of Yoga) when she migrated to Sydney in 2001. In the following year, she took up the 3-year teaching diploma with the Academy. Her spiritual mentor, Swami Satyananda Saraswati, continues to be her inspiration throughout her yogic path. Throughout the training at the ashram, Jo had not only the opportunity to immerse herself in the philosophy and history of yoga, but also to experience first-hand a full yogic lifestyle. Whilst training with the ashram in Sydney, in 2003, she took up a 200hrs Yoga Alliance teaching certification with Australia's Yoga Arts School.

Jo believes that being a yoga teacher is also a lifelong commitment to learning. Since she started teaching in 2004, she has completed certified teacher training programs with Sarah Powers (Yin Yoga & Mindfulness in Meditation), Shiva Rea (Vinyasa Flow Yoga), David Swenson (Ashtanga Yoga), Aadil Palkhivala (Purna Yoga), Tias Little (Yoga Anatomy), Paul Grilley (Yin Yoga, Anatomy of Yoga, Chakras & Meridians), Ana Forrest (Advanced Teacher Training) and Erich Schiffmann (Moving Into Stillness).

Jo devotes a large amount of her time every year to travel and learn from some of the most illustrious teachers. In 2007, she trained with Tim Miller in a 2 weeks intensive retreat in India and attended two Anusara full-immersion courses with John Friend in Taipei and Sydney. She went on to practice with Richard Freeman in Santa Fe in 2009, and more recently completed a retreat with Dena Kingsberg in Bali.

Jo is currently focusing a significant part of her teaching to the mindfulness of Yin Yoga under the mentorship of both her Yin teachers; Sarah Powers and Paul Grilley. She also travels every year to train with her two long-time teachers; Matthew Sweeney (Ashtanga/Vinyasa) & Annie Carpenter (Smart Flow). Matthew and Annie have been one of the greatest influences in her yogic path. They continue to inform Jo's yoga style, both as a practitioner and as a Flow Yoga teacher.

## MATTHEW SWEENEY



Matthew began Yoga as a teenager in the late 1980s. Although many of the concepts taught by his Satyananda teacher were somewhat beyond his understanding at that time, in more recent years he has truly begun to appreciate many of those details – at least what he can recall. This includes the therapeutic approach to Asana, progressive Pranayama development and greater emphasis on Meditation and the philosophical side of Yoga than just a physical one.

In 1990 he began a Zen Shiatsu course which took 3 years to complete. At the end of the latter course he completed an Oki-do Yoga Teacher Training that was being offered by the same organization. During this course he learned some anatomy and physiology, Corrective Physical Therapy, Transcendental Meditation and Meridian Theory as applied to Yoga postures. He completed his first teacher training in 1993.

During this course he began to explore both Iyengar Yoga and Ashtanga Yoga and was torn between an Iyengar Teacher Training in Poona, India, or going to Mysore to study with Sri K. P. Jois. He chose the latter. In 1994 he went to Mysore for the first time and for the following three years stayed for 6 months each time. He returned there regularly up until 2006.

Matthew began teaching Ashtanga Yoga in 1996 and have continued to do so for the last 15 years. Over the last decade however his teaching style has shifted somewhat from a standard orthodox approach to something that he believes is a little more holistic. Although his practice has included “Advanced B”, or 4th Series from time to time and he has also explored some of Advanced C on his own, it is his interest in connecting to each individual that is the greater gift.

He has also spent the last 20 years in self enquiry, including a few different styles of Meditation, a number of Vipassana 10 day courses, Tantra workshops, Applied Gestalt Therapy, and Transpersonal Therapy. All of these have added to his understanding of Yoga and the connection between Asana, Meditation and Self.

After many years of Ashtanga practice he has developed his own unique Vinyasa sequences which he promotes and teaches as suitable alternatives to the standard series. These unique Vinyasa classes are conducted to encourage students to apply a therapeutic approach to their personal practice and to encourage a creative and adventurous heart.

Matthew travels and teaches Yoga workshops in Australia, Asia, North America and Europe and conduct 1 Month Programs in Byron Bay and Thailand each year.

**True Yoga Int'l Teacher Training**  
**April - June 2011 (part-time)**  
**200 Yoga Alliance Hours**

Schedule

Week	Dates	Day	Times	Hours	Teacher
1	3-Apr	Sun	9am - 12.30pm - 2pm - 5.30pm	7	Jo
2	8-Apr 9-Apr 10-Apr	Fri Sat Sun	6.30pm - 9pm (public workshop) 8am - 12pm, 1.30pm - 5.30pm 8am - 12pm, 1.30pm - 5.30pm	2.5 8 8	Sherry Sherry Sherry
3	16-Apr 17-Apr	Sat Sun	9am - 12.30pm, 2pm - 5.30pm 9am - 12.30pm, 2pm - 5.30pm	7 7	Jo Jo
4	22-Apr 23-Apr 24-Apr	Fri (public holiday) Sat Sun	9am - 12pm, 1.30pm - 4.30pm 9am - 12pm, 1.30pm - 4.30pm 9am - 12pm, 1.30pm - 4.30pm	6 6 6	Jo Jo Jo
5	29-Apr 30-Apr 1-May 2-May	Fri Sat Sun Mon (public holiday)	6.30pm - 9pm 9am - 12.30pm, 2pm - 5.30pm 9am - 12.30pm, 2pm - 5.30pm 9am - 12.30pm, 2pm - 5.30pm	2.5 7 7 7	Kriya Kriya Kriya Kriya
6	7-May 8-May	Sat Sun	9am - 12.30pm, 2pm - 5.30pm 9am - 12.30pm, 2pm - 5.30pm	7 7	Jo Jo
7	14-May 15-May 16-May 17-May	Sat Sun Mon (*see note below) Tues (public holiday)	8am - 12pm, 1.30pm - 5.30pm (public workshop) 8am - 12pm, 1.30pm - 5.30pm (public workshop) 8am - 12pm, 1.30pm - 5.30pm 8am - 12pm, 1.30pm - 5.30pm	8 8 8 8	Simon Simon Simon Simon
8	21-May 22-May	Sat Sun	9am - 12.30pm, 2pm - 5.30pm 9am - 12.30pm, 2pm - 5.30pm	7 7	Jo Jo
9	26-May 27-May 28-May 29-May	Thurs Fri Sat Sun	6pm - 9pm 6pm - 9pm 9am - 12.30pm 2pm - 6pm 9am - 12.30pm 2pm - 6pm	3 3 3.5 4 3.5 4	Matthew Matthew Ashley Matthew Ashley Matthew
10	4-Jun 5-Jun	Sat Sun	9am - 12.30pm, 2pm - 5pm 9am - 12pm, 1.30pm - 4.30pm	6.5 6	Jo Jo
11	9-Jun 10-Jun 11-Jun 12-Jun	Thurs Fri Sat Sun	7pm - 9pm (public workshop) 6.30pm - 9pm 9am - 1pm, 2.30pm - 6.30pm 8am - 12pm, 1.30pm - 4.30pm	2 2.5 8 7	Nicki Nicki Nicki Nicki
12	18-Jun	Sat	9am - 12pm, 1.30pm - 4.30pm	6	Jo

\* If you are working on this day, please kindly take leave to attend the training.