

# Empowered 200- hour Yoga Teacher Training

*Alternating Weekend Training*

Empowered Centre Midland

*February 2020 Alternate Weekend Training*

Empowered Centre



## Welcome message

Thank you for your interest in our 200- hour Yoga Teacher Training!

Here at Empowered Centre we are excited to guide you with your yoga practice and training to become a registered yoga teacher accredited with Yoga Alliance International. We pride ourselves in offering a wide diversity of yoga styles, allowing you to find your own teaching voice and a style of yoga that resonates with you. The yoga practice integrates body, mind and soul and our structured yoga teacher training endeavours to nourish all of these aspects.

Whether you are relatively new to yoga and seek to understand more about the practice or an advanced practitioner looking to hone your teaching skills, our yoga teacher training is suited for everyone.

## Training structure

Our yoga teacher training is structured as follows:

§ 7x Non-residential alternating weekends

§ 56 additional hours of assisting, practice teaching and self-practice (included in course fee if carried out at Empowered Centre)

§ 25 hours of self-study

The trainings will be on Saturday 8.30am – 5pm & Sunday 8am – 4.30pm.

The dates are as follows:

**FEBRUARY** – 8<sup>th</sup> & 9<sup>th</sup>, 22<sup>st</sup> & 23<sup>rd</sup>

**MARCH**- 7<sup>th</sup> & 8<sup>th</sup>, 21<sup>st</sup> & 22<sup>nd</sup>

**APRIL**- 4<sup>th</sup> & 5<sup>th</sup>, 18<sup>th</sup> & 19<sup>th</sup>

**MAY**- 1<sup>st</sup> & 2<sup>nd</sup>

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The self-study and practical hours are flexible to suit your schedule but must be completed within 12 months upon the end of training.

Syllabus includes:-

- Yoga history and philosophy
- Understanding different yoga styles: Vinyasa, Ashtanga, Hatha, Yin, Restorative, Prenatal, etc
- Understanding Asanas (postures) and Sanskrit names
- Alignment, benefits and potential risks of yoga postures
- Enhancing your practice
- Understanding your Dosha and diet
- Finding your teaching voice
- Hands on and verbal cues for adjustment
- Class planning and sequencing
- Applied anatomy and physiology to yoga
- Pranayama and meditation
- Kriyas, bandhas and mantras
- Alternative yoga types; aerial yoga, partner yoga and bungee yoga
- Business and ethics of yoga
- Building a yoga community

## About us

Jacqui Joyce



Jacqui Joyce, is the Owner of Empowered Centre. Jacqui is a highly motivated, friendly, energetic and driven person, passionate about all aspects of health and wellness. Always striving to improve her knowledge base, Jacqui initially trained as a Registered Nurse. From here she gained qualifications in Nutritional Medicine, Chinese Herbal Medicine, Counselling, Massage Therapy, Hypnotherapy and Meditation. With her high energy lifestyle and commitments, yoga enables Jacqui to calm her mind, body and soul.

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Stephanie Davis



Stephanie Davis is a 200hr certified Yoga instructor, having completed her studies in 2016 in Rishikesh, India. She trained in both Hatha and Vinyasa Flow, as well as specializing in chakra studies. With a dancing background and more recent training in Aerial Yoga, Barre Fitness and Bungee Fitness, Stephanie combines traditional Yoga asanas with more modern movement practices to create flows that balance and rejuvenate all layers of the self. She currently teaches classes, workshops, courses and retreats around Perth.

Darleen Clausen



Darleen completed her yoga training in Perth 12 years ago, but yoga has been her passion for more than 22 years. Darleen teaches Yoga to allow students to become more accepting and present within themselves. Darleen has been a part of the Empowered Centre family for over 3 years.

Rachael Mercy



Rachael began yoga while living and working in the UK in 1996. At this time, the yoga practice was very traditional with each class including asana, pranayama and dedicated meditation. These studies were continued at the home of her teacher, where Rachael practiced traditional kriyas, pranayama and assisted her teacher in compiling notes and resources that led to the publication of a Yoga Manual. On returning to Perth, Rachael explored various styles of yoga and has practiced with many teachers in the schools of Vinyasa, Ashtanga, Viniyoga, Hatha Flow and Power Yoga. In recent years Rachael has practiced Iyengar yoga regularly enjoying the discipline of an alignment based practice coupled with teaching Yin yoga with the emphasis on a functional quality of the poses.

Rachael has also been engaged in a long-term study of the Yoga Sutras through chanting and continues both regular study online (recently completing an Introduction to Sanskrit) and attending workshops and retreats with a range of experienced teachers. She continues to remain engaged with yoga practice and teaching in Perth and runs several seminars each year.

### Empowered Centre

We opened our doors 11th June 2016 offering yoga, meditation and aerial yoga classes and have since expanded to incorporate other forms of fitness and wellness classes such as Barre fitness, Pole fitness, Kids yoga, Kids aerial, Aerial hoop, Suspension bounce and Bungee fit. With classes running from 5.30am in the morning to 8.30pm at night, we have a class to suit your lifestyle, age, experience and schedule. Our instructors are certified and highly trained, ready to impart their knowledge in the myriad of classes we offer. We believe in the power of levity and laughter and are committed to creating classes where students can defy gravity and find their flow. For the teacher training, our faculty of facilitators will be guiding you in their specialties over the course of the four months.

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### Investment

Price including deposit

- \$3300 EARLY BIRD (*deposit **before** Jan 6<sup>th</sup>*)
- \$3700 REGULAR PRICE (*deposit **after** Jan 6<sup>th</sup>*)

Payment plans available in 4 or 6-months instalments with 10% and 15% interest added on respectively. Amounts less deposit of \$500 are as follows:

*(\$500 deposit to be paid upon confirmation of acceptance and the balance to be paid 2 weeks before training starts.)*

	4 - months	6 - months
Early bird (minus deposit)	\$175.00 per week	\$134.17 per week
Regular (minus deposit)	\$220.00 per week	\$153.33 per week

You will also be required to do 56 hours of attending yoga classes. This is included in package if attended at Empowered Centre Midland.

Classes attended elsewhere simply require signed form by Yoga teacher.

Included in the investment is:

- 200 hours Registered Yoga Teacher certificate
- Yoga teacher training student manual
- Online and in-person support by facilitators.
- The opportunity to train under several teachers and guest practitioners of various modalities.

Payment terms accepted are:

- Cash
- Via our Mind Body website
- Credit card payment over phone
- Direct Debit to our ANZ account Name:  
Empowered Centre  
BSB: 016359  
Account: 405282093
- Once the deposit has been made, it will not be refunded to the trainee unless Empowered Yoga Teacher Training does not proceed.
- Should the Empowered Yoga Teacher Training proceed, the trainee is to pay the balance of fees at least two weeks before the training commencement date, unless on an instalment plan where the payment dates will be as stipulated.
- All fees including deposit are non-refundable upon commencement of the Empowered Yoga Teacher Training

Please contact us if you have any queries or clarifications.

Phone: 0488 058 401

Email: [info@empoweredcentre.com.au](mailto:info@empoweredcentre.com.au)

If you are interested to register, please provide your email address for us to send the registration form.

*Sending love and light*