

*Give us your body
& gain a tranquil mind*

Vitality Yoga
Est. 1993



Proudly, 21 successful years

Teacher Training Course

“Ancient Yogis became teachers under careful guidance of a Guru, handing down ancient knowledge, teacher to student”

The number of students in our courses is kept to a minimum in order for us to provide a nurturing environment where personal attention is given to each student.



*Give us your body
& gain a tranquil mind*

Teacher Training Course 7 months part-time
plus 2 certified courses

Two 3 day individually certified courses;
Meditation Teacher's course and
Yoga Teacher's Assistant course.



Vitality Yoga - Yoga for Today

Yoga is thousands of years old, developed in a time when man lived simply; worked and lived off the land, slept and squatted on the ground and ate simple, unprocessed foods. Our lifestyle has changed dramatically, and so too have our bodies. Yoga in its classical form is often unsuitable and unattainable for the average body today.

Deriving from classical Hatha yoga, Vitality Yoga was developed with the aim to address the needs of contemporary lifestyles. Vitality Yoga incorporates additional healing techniques from ancient and modern therapies to create a soothing style that aims to heal the ailments of modern life. This allows the current day practitioner to fully experience the purity of yoga as the ancient yogis did.

Vitality Yoga offers a style that can be practiced by people of all ages and stages of life. Its unique approach ensures its suitability for both the experienced and first time yoga practitioners. Our contemporary, intelligent approach to movement is endorsed by chiropractors and osteopaths alike. Vitality Yoga postures are firmly rooted in the classical yoga system, but it's the way we move into postures and emphasis breath awareness that sets Vitality Yoga apart from other styles.

Vitality Yoga encourages students to take control of their personal self-healing by enhancing their awareness and providing a deep understanding of the therapeutic outcomes of each yoga posture. Its unique approach ensures its suitability for both the experienced and first time yoga practitioners.

Mission Statement

"To develop a deep understanding of a style of yoga that is relevant to the modern world and the opportunity to bring

its values into life, enriching every day. To inform and impart knowledge to our student teachers so they develop the ability to teach tools of self healing with intelligence, awareness and integrity."

Vitality Yoga Teacher Training Course

Description

The teacher training program we facilitate is comprehensive and thorough. Graduates of the Vitality Yoga teacher training course will be equipped with the confidence, knowledge and skills to cater for a broad market base. Graduates will be able to offer a style of yoga that will not only address the physical but also the emotional and energetic needs of modern lifestyles that can be practiced by most people.

Throughout the course, students will experience online and face to face lectures, complete online quizzes and activities, have one to one sessions with yoga teacher mentors, and develop their own personal practice. Students will also have the opportunity to attend yoga retreats set in a tranquil setting which focus on living the 'yogic way'.

Vitality Yoga Teacher Training graduates will obtain accreditation with Yoga Alliance, the largest international yoga body. This will entitle graduates to quality Yoga teacher insurance coverage that is internationally recognised.

Why this course?

Whether you are looking to set up your own yoga business or simply desire tools to enhance the quality of your life, this





course provides a supported journey of personal development. By deepening awareness and understanding of the self, this course helps the individual to move towards fitness, balance, peace and flexibility through the practice of yoga.

Why become a Vitality Yoga Teacher?

Yoga in its classical form can be extremely challenging for the average Westerner's busy mind, body and unconditioned spine.

Vitality Yoga provides a capacity for individuals to challenge and extend at their own pace under careful instruction from teachers. The classes are structured in a way where students build on postures, offering extensions for advanced students and intelligent modifications for beginner and intermediate levels. Thus our contemporary approach provides realistic options for all students, regardless of age or flexibility. Vitality Yoga increases health and flexibility in the body and develops calm and peaceful minds. Vitality Yoga encourages a deep awareness within all levels of the body, this enhances the endless benefits of yoga and empowers the student.



9am - 12.30pm:	Lecture
12.30pm - 3pm:	Lunch
2.30pm - 5.30pm:	Lecture
5.30pm - 7pm:	Break
7pm - 8pm:	Lecture
8pm - 9pm:	Meditation / Relaxation practice

Living the Yogic Way

Residential retreats provide students with the unique opportunity to live the yogic way: to embrace and embody traditional yoga practices in a stunning retreat environment where they can draw upon the knowledge and tools they have gathered throughout the course and bring it into their everyday life. It is an opportunity to put theory into practice, solidify your learning experience and truly tap into the magic of Yoga!

During intensives and retreats on the Saturday course (2 x weekends & 1 x week retreat) students will be encouraged to spend extended periods observing the code of silence and participate in practices to focus and train the mind and refine their energetic body. Rising with the sun, students will immerse themselves in the practices of meditation, pranayama, relaxation, asana (yoga postures), walking meditation and healing chants, as well as the option to participate in some Kriya-cleansing practices.

A fully catered menu of organic food will enhance the healing experience, making this a retreat you will never forget and one your soul will thank you for!

Registration

Our yoga teacher training course is registered with Yoga Alliance, the international yoga body. All graduates will be registered with Yoga Alliance and will therefore be eligible for Yoga Teachers Insurance which is nationally and internationally recognised.

Venue and Accommodation

All our courses are held in picturesque, tranquil environments that have been specifically designed with your spiritual development and learning in mind.

Our Victorian retreat is located approximately 20 minutes from Bendigo and is the location for both weekend retreats.

Here you will learn in a bright, open yoga space surrounded by picturesque bush and European style vineyard.

You'll relax and study in front of a large open fire (weekend retreats are held in the winter months) inside our cozy mud brick library and enjoy ayurvedic and organic cooking tips from our provincial kitchen. Accommodation is clean and simple, choosing from bunk dorms, or floor furniture on style.

Karma yoga

A reduced rate is available for students who exhibit genuine interest in the course, and who the Academy believes to be a highly appropriate candidate, but is financially unable to pay the full rate.

Karma Yoga students can earn part of their course through assisting in the running of training courses. These positions are subject to interviews. Applicants should thoroughly read the 'Karma Yoga Expectations' document, ensuring the position is suitable for them. A Karma Yoga application can be acquired through contacting Vitality Yoga Teachers Academy.

Refund Policy

After course commencement you will not be entitled to a refund. In extreme circumstances where medical conditions or hardship arise then a deferral may be considered by the academy on presentation of applicable documentation. The academy reserves the right to refuse any refunds.

Vitality Yoga Teacher Training:

Subject Outline

Yogic Philosophy

1. Introduction to Subtle Energy and Thought
2. Importance of Breath
3. Branches of Yoga
4. Yamas & Niyamas
5. Laws of Attraction & Karma
6. Bhagavad Gita
7. Patanjali Yoga Sutras
8. The 3 Gunas
9. Yogic Physiology
10. The Nadi and Meridian systems: an introduction and comparison
11. The Chakra system
12. Meridians in Yoga
13. The 5 Koshas

Asana, Pranayama, Mudra & Bandha

1. Asana
2. Pranayama practices
3. Mudra & Bandha practices
4. Kriyas & cleansing practices

Meditation & Relaxation

1. Meditation: philosophy and practice
2. Relaxation: philosophy and practice



Teaching Techniques

1. Teaching Beginners
2. Class and Course Planning
3. Teaching Asanas: teaching techniques, adjustments, variations and contraindications
 - Preparatory postures
 - Standing poses
 - Twists
 - Balances
 - Shoulder stand and variations
 - Headstand and variations
 - Back bends
- Hip openers
- Salute to the Sun
4. Teaching Mudra:
 - teaching techniques, variations and contraindications
5. Teaching Bandha:
 - teaching techniques, variations and contraindications
6. Teaching Pranayama:
 - teaching techniques, variations and contraindications
7. Teaching Relaxation techniques
 - teaching techniques, variations and contraindications
8. Teaching Meditation techniques
 - teaching techniques, variations and contraindications

General and Applied Anatomy

1. Introduction to anatomy and the muscular skeletal system
2. The hip joint
3. The shoulder region
4. The neck region
5. Thoracic, lumbar and pelvic region

General and Applied Physiology

1. Introduction to Physiology and Body Tissues
2. Cardiovascular system
3. Eliminary, respiratory and urinary systems
4. Lymphatic, immune and stress response
5. Endocrine and Reproductive systems
6. Digestive and metabolic systems
7. Nervous system and Integumentary system

Yogic Lifestyle

Living the yogic way

Professional Practice

1. Setting up a yoga business
2. Occupational health and safety
3. Qualities of a good yoga teacher

Yoga History and Culture

Ancient Yogic History and Culture



Prerequisites

The Vitality Yoga Teachers Academy does not require potential students to be necessarily fit or flexible but ideally have some yoga experience. Aspiring applicants are expected to display a mature, open and caring nature and demonstrate a sense of respect and commitment to yogic philosophy and teachings.

Applicants will be required to complete an application form and may be required to attend an interview before acceptance. A registration deposit will be required upon successful application.

Though students may find aspects of the course personally challenging, by undertaking this course they will undoubtedly improve their overall physical and emotional wellbeing and will receive strong support throughout this process.

This course is therefore suitable for committed yoga students with a strong yoga practice as well as individuals who wish to use it for self healing, transformation and spiritual development. Support and consideration will be provided if difficulties arise.

Course components

Lectures

Lectures cover the subject outline and involve theoretical information, group discussion and a large degree of in-lecture practical training in the physical techniques of Vitality Yoga.

Assessment: Minimum 80% attendance and student class participation.

Classes and personal development

In compliance with Yoga Alliance standards, students are required to attend a minimum of one yoga class per week (school must first be approved by Vitality Yoga).

At some stage throughout the course students are to attend 2 sets of Introductory yoga sessions or make arrangements for alternatives.

Students are required to also record a daily home practice. All students are required to participate in a minimum of two Vitality classes per month (which is factored into the course).

Students are required to record their personal yogic technique and keep a logbook of classes to demonstrate an understanding of the course material and further develop their personal practice and teaching skills.

Assessment: Minimum 80% attendance and Logbook.

Course Notes

Comprehensive, relevant course notes are provided each training period to be referred to throughout lectures. Quiz questions and assignments are drawn from this valuable resource.

Vitality Clinic Library

Resources from the Vitality Clinic's extensive library will be available to students on training weekends and intensives.

Students are asked not able to leave the premises with Vitality texts but are able to read them during their free time.

Course Texts

Our course notes are extensive and thorough. However we do recommend (but do not require) students purchase the following texts to enhance their understanding and development as both student and teacher.

- The Key Muscles Of Hatha Yoga (Volume 1) - Ray Long & Chris Macivor
- Bhagavad Gita As It Is His Divine Grace - A.C Bhaktivevanta & Swami Prabhupada
- Integral Yoga – the Yoga Sutras of Patanjali pocket edition (any version of Patanjali's Sutras will suffice.)

Professional Practice

Students, who undertake the course with the desire to teach, will be given the opportunity to apply their technique and skills in a teaching environment.

Additionally, these students will be required to successfully demonstrate ability to take a yoga class via a practical examination.

Assessment: Teach 1 x .5 preparatory yoga class & 1 x full yoga class under assessment/critique of supervisor.

Ongoing Take Home Theory

Students will be issued homework after each training workshop and intensive in the form of quiz questions or assignments. Students' busy lifestyles have been considered within the homework structure and most students find the quizzes helpful and not too time consuming.

Assessment: Successful submission of all homework and a demonstration of a clear understanding of subject content.



Major Assignment and Examination

Students will be required to complete small examinations throughout the course and 1 a major exam at the conclusion of the course. Mini exams-practical and theoretical, will be held throughout the course to break up assessments.

Assessment: Successful completion and submission by the due date and demonstration of a clear understanding of content.

First Aid

In order to receive accreditation, with Yoga Alliance or Yoga Australia, students must successfully complete a Level 2 First Aid Course. This can be arranged independently, first aid training is not included as part of this course.

*Please note that with all assessment tasks consideration is given to students experiencing difficulty and with certain cases flexibility is given enabling students to complete the course over a longer period.

Staff Profiles



Kehry Frank - Senior Lecturer & Founder of Vitality Yoga. Yogic Philosophy, Yogic Physiology

Kehry completed her yoga teacher training 35 years ago in the Gaya tradition. Kehry is also a qualified nurse, yoga therapist and a highly respected natural therapist of Kinesiology. She is also trained in Feng Shui, Color Therapy, Geomancy,

Bowen and many other modalities. Kehry has also completed full studies in Ayurveda. Kehry possesses a profound understanding of both the physical and energetic body and the connection between the two. Her extremely successful integration of Hatha postures and other healing modalities guides yoga students through a unique yoga experience, empowering them with tools to self-heel in a harmonious and nurturing environment.

Kehry is a true healer and a passionate spokesperson. She has the capacity to broaden people's understanding of subtle energy and the simple techniques we can practice to bring about dramatic changes in our lives. Kehry's

lectures are inspirational and enlightening, and through them we discover the true essence of yoga and its endless possibilities.



Melanie Chapman - Senior Teacher, Teaching Techniques, Meditation and Relaxation philosophy and practice

Melanie is a qualified yoga teacher, fitness instructor, personal trainer and Shiatsu and Thai Massage Therapist.

As Kehry's daughter, Melanie has practiced yoga virtually all her life.

She has studied many styles of yoga and meditation under different schools all over the world, including extensive retreats in India, Thailand, Nepal and California.

Her formal teacher training is in the Sivananda tradition. Since then she has completed training with Vitality Yoga, Donna Farhi and Vinyasa yoga.

Melanie's in-depth study into the anatomical aspects of yoga guides participants towards the discovery of refined technique and alignment within Hatha yoga practices. As the teacher to teacher trainees, Melanie provides concise clear techniques that enhance each individual's yoga experience which can then be applied by the new graduate.



Prue Allan – Course Coordinator and Teacher Patanjali's Sutras, Branches of Yoga, Yogic History and Culture

Prue immediately developed a passion for yoga after her first class with Kehry, twelve years ago. She began her training as a Vitality student teacher in 2000 under Kehry and has further developed

her practice by exploring several styles of yoga including the Sivananda and Satyananda traditions, where she completed teacher training courses for each.

Prue's enthusiasm for yoga extends to her teaching and a desire to assist others in developing their yoga practice and obtaining a deeper level of self-awareness.



Caroline Stuart – Teacher, General and Applied Anatomy

Caroline is a trained yoga teacher/therapist and clinical massage therapist. With 14 years of experience working therapeutically with the individual. Caroline's passion for Yoga as a form of therapy has lead her to ongoing study of yoga therapy both her and in India within the Krishnamachrya

tradition. Inspiration and influence is also drawn from renowned teacher and physiotherapist Dr Judith Hanson Lasater. Caroline lectures Musculoskeletal Anatomy at other registered training organisations as well as Vitality in Melbourne and country Victoria.



Jose Goosens – Teacher, General and Applied Physiology

Jose has a background in nursing and is an experienced Yoga teacher in the Gita tradition as well as a qualified naturopath.

Her work has included presenting workshops and the healing arts, she also lectures in the health sciences subjects of anatomy,

physiology and disease states for other registered training organisations in Melbourne.

Jose was the founding president of the Yoga Teacher Association of Australia.

Annie Townsend – Teacher

Annie is a vinyasa trained yoga teacher. She completed her diploma of Raja Yoga in India in 2009 and since then has been a student of Being Yoga (Maroochydore) and Trinity Yoga (Canberra).

Annie is also mental health counselor in private practice in Central Victoria. With a Masters of Mental Health, she specialises in the area of anxiety, depression and trauma. Annie teaches Hot Vinyasa at the Vitality Clinic.

Craig Young – Teacher, Professional Practice

Craig is a Certified Financial Planner with over 18 years experience in the financial services industry, working with people to achieve their financial and lifestyle goals. Craig is also an accredited Life Coach and is always undergoing further specialised training and professional development to keep on top of this fast evolving industry.

His passion for helping others is highlighted by his approach which converts the complex world of finance into your language.

Annirudha Das

Aniruddha Das is the President of the Melbourne Hare Krishna community. With thirty years experience as a practitioner of Bhagavad Gita as a way of understanding and solving all problems in life. He is a career devotee with skills in team building, problem solving, teaching and training.

Testimonials

“I have attended Vitality Yoga Classes for many years and feel grateful for the opportunity to gain the expertise that Kehry, Melanie and Prue have demonstrated to me over that time.

The Vitality Yoga Teacher’s Course has highlighted to me the correlation between the physical body, mental awareness and understanding that can lead to our ability to self-heal.

The course content has been informative, encouraging and enriching, with the lectures being held in an idyllic location.

Thanks to Kehry, Melanie and Prue to allow me to further develop and experience the ‘joys of Yoga.’”

Joan Mc Eniry – Vitality Yoga Graduate 2007 & practicing yoga teacher for 6 years

“My experience with the Vitality Yoga Teachers’ Course, which I have done for my own personal development, has been wonderful. I have been taught much about my physical body, but also about the many other factors that make me function as a human being.

Experienced teachers helped me explore subjects such as the power of my own thoughts, the benefits of meditation and what I can gain from regular yoga practice. I found the course to be overflowing with fascinating and factual information which was delivered in an atmosphere of encouragement and support.”

Anne Vale – Vitality Yoga Student 2007

“I had practiced ‘physical’ yoga postures for several years.

Coming to Vitality Yoga to practice and study has given me an understanding that yoga is so much more.

It is all encompassing, bringing the body, mind and spirit into harmony. I am on a wonderful journey of learning, self development and self healing.”

Scott Tuddenham – Vitality Yoga Graduate 2010

Completing the Meditation Certificate Course with Vitality Yoga Academy has given me an understanding of the amazing and very real connection our thoughts have to our physical and emotional health. This course was so interesting that it ignited my desire to deepen my knowledge by undertaking further study into the areas of yoga and meditation. I have completed the Yoga Assistant Certificate and I am currently enrolled in Vitality’s full Teacher Training Course.

Each weekend is filled with different and extremely interesting subject matter delivered by very knowledgeable facilitators. I come away from each retreat tired but with a wonderful feeling of wellbeing and understanding.

Paula Meade – Vitality Yoga Graduate 2008 & practicing yoga teacher for 5 years

“I wanted to share my experience and what it has meant for my journey and my personal challenges.

After attending classes at Vitality Yoga for the past few years, I felt it was time to further my yoga journey.

The Vitality Yoga Teacher’s Course is run beautifully and the knowledge passed on from Kehry, Melanie, Prue and various other lecturers, was not only informative but inspiring.

I can’t wait to begin my yoga teaching career and pass on not only the knowledge, but passion for yoga I have gained from taking this course.

Meg Carter – Vitality Yoga Student 2012

Questions: