



BALANCED PRACTICE

ADVANCED

75 HOUR

YOGA

TEACHER

TRAINING

BALI 2023

A D V A N C E D  
7 5 H O U R  
Y O G A  
T E A C H E R  
T R A I N I N G

FOR ALL YOGA TEACHERS AND DEDICATED YOGA PRACTITIONERS

WITH  
LIZ BENNETT AND AMELIA DISSPAIN  
BALI  
NOVEMBER 1ST - 10TH 2023

[WWW.BALANCEDPRACTICEYOGA.COM](http://WWW.BALANCEDPRACTICEYOGA.COM)

BALANCED PRACTICE





**THE PRACTICE OF YOGA BRINGS AWARENESS TO THE SELF AND AWAKENS THE HEART AND SOUL OF THE INDIVIDUAL.**

This immersion at beautiful Jeda Villas in northern Bali offers you a deep exploration of personal practice and advanced skill-building sessions to impel your development as a practitioner and professional yoga teacher.



# ARE YOU READY TO HAVE YOUR TEACHING PASSION IGNITED?

## DURING THIS 10 DAY IMMERSION WE WILL EXPLORE

- \* Introduction to Samkhya philosophy
- \* Foundations of Yoga and Ayurveda
- \* Understanding the qualities of the 5 elements
- \* Using Ayurvedic tools for self care
- \* Meditation history and techniques
- \* Mindfulness
- \* How to teach meditation
- \* Energetic maps
- \* Teaching methodology
- \* Assisting and adjusting - supporting your students with touch
- \* Pranayama - Breath work techniques, how to develop your own practice and teach others
- \* Skilful class planning and sequencing
- \* Theming and building relevance into your class plans
- \* Practice teaching

You'll be able to apply tools gathered from the rich traditions of Yoga and Ayurveda to address imbalances and cultivate harmony in your own life and your yoga practice.

By combining subtle inner work and practicing your technical craft over these ten days, you will be empowered to skilfully conduct the many layers of your yoga classes with confidence and authenticity.

This Immersion in Bali is open to all yoga teachers and inspired students of yoga. If you choose to join us as a yoga student/participant only, practice teaching is optional/will not be required of you. To receive a graduation certificate you will need to complete all of the practice teaching tasks during the Immersion.





# 75 HOUR ADVANCED YOGA TEACHER TRAINING IN LUXURY BALI RETREAT

NOVEMBER 1ST - 10TH 2023

## RETREAT PACKAGE INCLUDES

- \* Accommodation
- \* Welcome drink & snacks on the afternoon of check in day
- \* Welcome ceremony by Balinese priest
- \* One Balinese massage
- \* Daily cleaning service
- \* Use of the swimming pool. Pool towels supplied daily.
- \* Local transport in Pemuteran - to and from the beach and restaurants.
- \* Breakfast , lunch & Dinner
- \* Coffee, tea & mineral water
- \* Use of Yoga studio & all props
- \* Transportation to & from Jeda from Seminyak or Ubud

## PRICING

**TWIN SHARE**

AUD **\$2350**

**SINGLE**

AUD **\$2950**

## BOOKINGS AND ENQUIRIES

Reach out to secure your place with a \$500 deposit and find out about payment plans and more details.

[Liz@balancedpracticeyoga.com](mailto:Liz@balancedpracticeyoga.com)

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## ABOUT JEDA VILLA

Jeda Villa is located in beautiful, authentic North – West Bali in the village of Pemuteran. In this part of Bali you will experience a serene, slower pace of life in the tropics, far from the overdeveloped cities. Jeda Villa spreads out over two hectares of inspiring tropical gardens with luxurious private villas and an onsite yoga studio exclusively for guests.

Jeda features gorgeous traditional pavilions scattered around in the beautiful gardens. The pavilions are characterised by open living spaces and high-pitched, triangle-shaped thatched rooftops, blending the traditional with modern elements. Jeda Villas is also an eco-friendly luxury retreat. Seventy-five percent of the power it uses is solar energy. The interior designs are rustic and sophisticated, featuring tribal artwork and custom-made furniture.

Jeda Villas houses a total of eleven air-conditioned bedrooms suites.

Every bedroom is equipped with a private en-suite bathroom and hot showers.

Most bathrooms feature tropical open-air designs for outdoor showering and bath experiences beneath the clear blue or starry night sky.

## FOOD

You will be nourished with vibrant vegan meals prepared by our talented vegan chef and her wonderful team of local women.



## DAILY TIMETABLE (SAMPLE)

<b>6.30am - 8.30am</b>	Yoga class - Asana , pranayama and meditation
<b>8.45am</b>	Breakfast
<b>11am - 1pm</b>	Learning through lecture, discussion and experiential practices
<b>1.15pm</b>	Lunch and free time
<b>3pm - 4.30pm</b>	Learning through lecture, discussion and experiential practices
<b>4.30pm - 5.30pm</b>	Yoga class
<b>5.45pm</b>	Dinner
<b>7pm - 7.45pm</b>	Meditation / Yoga Nidra ( on 3 of the evenings )



YOUR  
TEACHERS

LIZ BENNETT • AMELIA DISSPAIN

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**A M E L I A**

**D I S S P A I N**

**DIRECTOR AND SENIOR YOGA TEACHER  
YOGABELLINGEN**

Amelia brings with her a genuine love of yoga in all forms and a desire to share this passion with others. She believes a regular Yoga practice not only improves your physical wellbeing, it enables you to harness emotional vitality, intellectual wisdom, mental clarity and spiritual bliss.

Amelia was first introduced to yoga while studying Fine Arts at the National Art School in Sydney in 1999. Inspired by the joy and serenity it brought her, Amelia began a regular practice before going on to complete her teacher training with Katie Manitsis at Samadhi Bliss Yoga, Sydney in 2002.

Amelia taught Yoga full time at Samadhi Bliss in Newtown until she was selected to undertake a one-on-one apprenticeship in 2006 with Simon Borg Olivier and Bianca Machliss of Yoga Synergy Sydney, one of the few schools left in Australia still instructing teachers in this traditional way.

Amelia taught as a senior level teacher at Yoga Synergy Sydney, instructing group classes from brand new beginners to advanced practitioners as well as private lessons, working with students with injuries and also training yoga instructors, until 2013 when she relocated to Bellingen.

There she opened her own studio, Yoga Bellingen. Here she teaches group classes including gentle yoga, dynamic classes, meditation and pranayama, plus workshops allowing students to explore the deeper teachings of yoga. Amelia also runs regular retreats and immersions to allow students the opportunity to integrate and transform using the tools of yoga.

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# L I Z B E N N E T T



## YOGA THERAPIST, PHYSIOTHERAPIST AND SENIOR YOGA TEACHER **YOGA ESSENTIA**

Bachelor of Applied Science in Physiotherapy, APAM, Member AAYT and Yoga Australia Senior Member, Yoga Alliance International 1500+

Liz Bennett is the founder of Yoga Essentia and A Balanced Practice Physiotherapy. Liz is one of the few physiotherapists in Australia who is also a specialised yoga therapist. Liz is passionate about teaching yoga to help alleviate the symptoms of injuries and chronic illnesses. Bringing together Eastern medicine and modern science, her classes are guided by her ability to apply an anatomical focus to the practice of yoga in an accessible and relevant way. As a physiotherapist Liz integrates assessment and treatment with education and lifestyle changes, applying the principles of individualised yoga, traditional Chinese medicine and Ayurveda.

Having started her yoga practice at the age of 19, Liz began to train with Simon Borg Oliver and Bianca Machliss before she finished her physiotherapy degree in 1999. Passionate about Eastern healing and philosophy, she studied acupuncture and shiatsu, then settled in Sydney where she completed an intense three year yoga teaching apprenticeship with Yoga Synergy in 2006. Liz has worked with thousands of people in a wide variety of settings including hospitals, clinics, schools and yoga centres. Her years of working in hospital wards gave her invaluable insights into the management of orthopaedic and medical conditions and the application of yoga alongside modern treatment.

Liz has presented at the Australian Yoga Therapy Conference and has been a yoga teacher trainer since 2007. For several years, Liz taught Leslie Kaminoff's Yoga Anatomy course at the Yoga Institute of Australia. Liz combines many years of experience as a yoga teacher and physiotherapist through personal yoga therapy and group classes, manual therapy and yoga teacher trainings.

