



BALANCED PRACTICE



YOGA  
TEACHER  
TRAINING

200 HOUR ONLINE COURSE PROSPECTUS

2 0 0   H O U R

Y O G A

T E A C H E R

T R A I N I N G

WITH

LIZ BENNETT AND AMELIA DISSPAIN

JULY 2023 - OCTOBER 2023

BALANCED PRACTICE





## WELCOME TO THE BALANCED PRACTICE 200HR ONLINE YOGA TEACHER TRAINING COURSE

OUR TEACHING TEAM ARE READY TO GUIDE AND SUPPORT YOU TO DEEPEN YOUR OWN YOGA PRACTICE AND TO SHARE THIS LIFE ENHANCING ART AND SCIENCE WITH YOUR STUDENTS.

### COURSE OVERVIEW

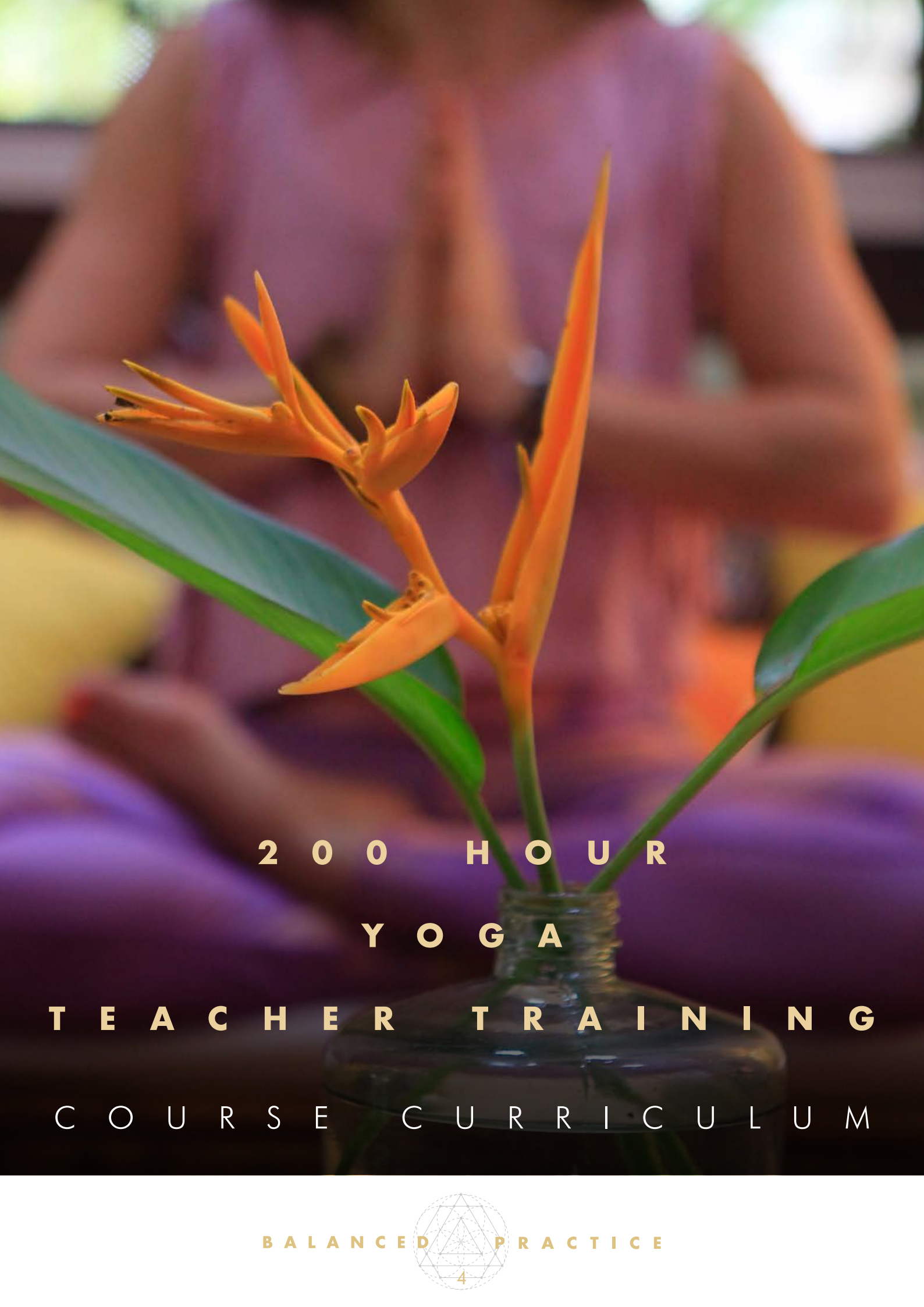
There are 13 weeks of progressive course content available for you to work through at your own pace.

Week 14 will provide you an opportunity to teach a one hour assessment class to your teacher training colleagues and receive constructive feedback.

You have six months access to the course content during which you can advance and return to review previous sessions and ask questions to your teachers at any time.

In each week you will find a “weekly overview” which contains all of the requirements, including your recorded lectures and practice videos, readings and practical exercises for each topic.

We encourage you to work through week by week so you can take advantage of the added support of working alongside your fellow teacher training students. If you are able to keep up with the pace of the videos and homework, you will be able to make the most of our live Saturday sessions and the practical exercises. We understand that life can get in the way sometimes and if you miss a week we will do our best to guide your learning and help you adjust your pace.



2 0 0 H O U R

Y O G A

T E A C H E R T R A I N I N G

C O U R S E C U R R I C U L U M

B A L A N C E D P R A C T I C E



# YOUR 2023 PROGRAM

## WEEK ONE

Defining Yoga and the role of the modern Yoga Teacher

## WEEK TWO

Teaching Methodology, vinyasa krama and an introduction to the Yoga Sutra of Patanjali.

## WEEK THREE

An Introduction to historical Yoga Texts and the many paths of yoga

## WEEK FOUR

Fundamentals of Applied Anatomy and Physiology of Yoga – Connective tissues, joints, tension and compression, age related practice and the spine

## WEEK FIVE

The Fundamentals of Yoga Physiology– Prana and the subtle body

## WEEK SIX

An introduction to Ayurveda - the wisdom of living

## WEEK SEVEN

Pranayama and the Applied Anatomy and Physiology of the breath and nervous system

## WEEK EIGHT

Asana - Fundamentals of standing postures

## WEEK NINE

Asana - Fundamentals of seated and floor based postures

## WEEK TEN

Meditation, Interoception, Savasana and Yoga Nidra

## WEEK ELEVEN

What is trauma and how to teach trauma aware yoga classes

## WEEK TWELVE

Teaching methodology - sequencing masterful classes and teaching beginners

## WEEK THIRTEEN

Asana - Inversions and back bending postures. Deeper energetic practices of yoga -including Bandha , Mudra and Kriya



## **COURSE MANUAL**

THROUGHOUT YOUR COURSE YOU WILL BE ABLE TO ACCESS PDF COPIES OF THE BALANCED PRACTICE 200HR TEACHER TRAINING MANUAL.

All of these notes are available to download and keep as a digital copy or print and store in a A4 folder.

## **WEDNESDAY LIVE SESSIONS**

EACH WEDNESDAY 6.30PM - 7.45PM WE WILL RUN A LIVE SESSION VIA ZOOM.

The classes will alternate between practical, interactive workshops and practice teaching with us and your fellow students, so you'll gain feedback and guidance to develop your unique teaching skills.

If you miss a live workshop, the class will always be recorded for you to watch at a later date. You can ask any questions and chat with us and your colleagues via the online discussion forum.

If you miss one of your teaching practice sessions, you will need to arrange an alternate catch- up time with Amelia or Liz. The rate for Zoom catch- up sessions is \$90/hour.



## WORKSHOP TIMETABLE

WEDNESDAYS 6:30 - 7:45PM ZOOM WORKSHOP CLASSES

|                |   |  |
|----------------|---|--|
| 19th July      | <b>A Balanced Practice</b>                  | Group Introduction. Discussion of the yogic principles, the Yamas and Niyamas. |
| 26th July      | Practice Teaching and Feedback              |  |
| 2nd August     | Present Spinal Condition assignment         |  |
| 9th August     | Practice Teaching and Feedback              | Chakras  |
| 16th August    | No Zoom session                             | History of Yoga assignment   |
| 23rd August    | Ayurveda Discussion                         |  |
| 30th August    | Teaching practice and feedback              | Pranayama  |
| 6th September  | <b>BREAK</b>                                | no zoom class or new content   |
| 13th September | Teaching practice and feedback              | Standing postures  |
| 20th September | Teaching practice and feedback              | Seated and floor-based postures  |
| 27th September | Teaching practice and Feedback              | Savasana & relaxation  |
| 4th October    | <b>Workshop</b> Trauma Awareness            | with Jane Macnaught  |
| 11th October   | Presentation of 6 week beginner course plan |  |
| 18th October   | No Zoom session                             |  |
| 25th October   | <b>Assessment week</b>                      |  |

## PARTNER WORK

SOME OF THE PRACTICAL EXERCISES WILL INVOLVE YOU BEING ALLOCATED TO WORK WITH ANOTHER YOGA TEACHER TRAINING STUDENT.

This can be done be Zoom / Skype and arranged at a time to suit you both - or if you are local you can arrange to meet in person. We'll do our best to connect you with a learning partner who lives close to your home town.

## YOUR YOGA PRACTICE

YOUR PRACTICE IS THE FOUNDATION FROM WHICH YOU WILL DEEPEN YOUR OWN UNDERSTANDING OF YOGA AND DRAW INSPIRATION TO BECOME A MORE EFFECTIVE TEACHER.

We recommend that get onto your mat more days in a week than you don't- and if you do practice daily, we believe it's important to listen and respond to your body needs and take a rest day or do a gentle practice sometimes.

During your 14 weeks of training, you will have unlimited access to both YogaBellingden and Balanced Practice Yoga's livestream timetables.

You can view the YogaBellingden timetable and book your classes [here](#)

You can view the Balanced Practice Yoga timetable and book your classes [here](#)

## PRACTICE JOURNAL

A GOOD YOGA TEACHER EMBODIES THE PRACTICE AND TEACHES FROM EXPERIENCE.

To learn, we need to observe and reflect upon the classes of the teachers who come before us.

The process of integration through journalling can truly fast track your knowledge as a teacher. We're not encouraging you to simply replicate the teachers' practice yourself, but to be informed and inspired by a variety of experienced and skilful teachers.

Over the course of your Yoga Teacher Training please keep a Practice Journal - you should use this to record the classes you attend, the home practice that you do, and write notes on each practice.

You can use any notebook for your practice journal or purchase one specifically for that purpose such as the Daily Greatness Journal or Practice You.

## YOUR NOTES MIGHT INCLUDE

inspiring or intelligent sequencing,

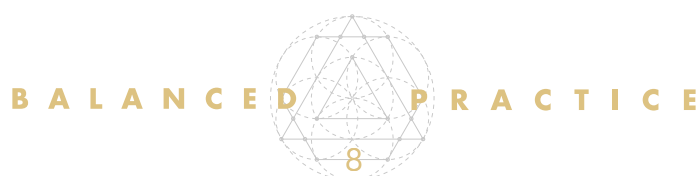
instructions you found helpful,

things you did not like about the class/ practice,

anything new you learnt or felt curious about,

how the practice effected you physically,

mentally and emotionally.





## DISCUSSION FORUMS

EACH TOPIC HAS AN ONLINE DISCUSSION FORUM.

You can use this to ask us questions and share your learnings and inspiration with us and the group.

We ask that you please keep your discussion relevant to that particular topic.

Please feel supported to share any challenges you might have of a personal nature in a private conversation with Amelia or Liz.

## COURSE ASSESSMENT

YOUR COURSE INCLUDES ASSIGNMENTS AND QUIZZES WHICH FORM PART OF YOUR 13 WEEK CURRICULUM.

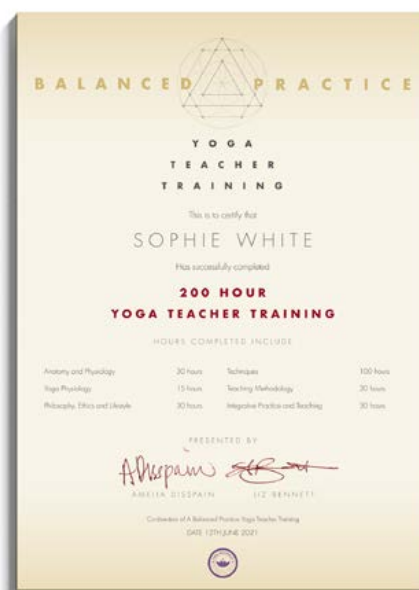
They are competency based- what this means is, if it seems like you need to do a bit more practice or research, we will ask you to repeat sections and provide you with further reading until you're able to demonstrate the knowledge and skills required for any part of that content.

At the end of the course - this is week 14 if you're on track to graduate- you will teach an assessed one hour class via Zoom to your fellow teacher trainees. We will provide you with the assessment criteria for your class in week 1 so you can start to reflect upon and build your yoga teaching skills. You could also use the form to help you reflect upon and review other teachers' classes as part of your Journaling Diary.

## GRADUATION

YOUR GRADUATION CERTIFICATE WILL SET YOU UP FOR AN ONGOING LIFE JOURNEY AS A YOGA TEACHER.

You will be able to register with Yoga Australia and provide your certificate when applying for insurance as a yoga teacher.





YOUR  
TEACHERS

LIZ BENNETT • AMELIA DISSPAIN

BALANCED PRACTICE





**A M E L I A**  
**D I S S P A I N**

**DIRECTOR AND SENIOR YOGA TEACHER**  
**YOGABELLINGEN**

Co-founder of Balanced Practice Yoga Teacher Training and Retreats

Yoga Australia Senior Member, Yoga Alliance International Expert Registered Teacher 1500+

Amelia brings with her a genuine love of yoga in all forms and a desire to share this passion with others. Amelia teaches the ancient art of Yoga in a safe, fun and intelligent way, based on a deep understanding of anatomy and physiology, modern medical science and traditional Hatha Yoga .

Amelia was first introduced to yoga 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 (now Katie Rose) at Samadhi Bliss Yoga, Sydney in 2002.

Amelia taught Yoga full time at Samadhi Bliss 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 Bellingin, there she opened her own studio, Yoga Bellingin. Amelia built the studio from a bucket of mats in a school hall to a thriving full time business now training and employing local teachers, creating a special supportive place in the Bellingin community for people to experience and grow in the practices of yoga.

Amelia's classes are informed by her many years of yoga practice, teaching and study, her classes are inclusive and always incorporate the deeper teachings of Yoga. Amelia has continued to study different aspects of the yoga tradition including Traditional Yoga Studies 800hr History and Philosophy of Yoga course by Georg Feuerstein and The Art of Teaching with Donna Farhi. Amelia loves to support other yoga teachers in their practice, teaching and the business of yoga through her role as a senior teacher and mentor with Yoga Australia

In 2015 Amelia co-founded Balanced Practice Yoga and co-teaches Yoga Teacher Training Courses and international retreats with her sister in Yoga, Liz Bennett a physiotherapist and yoga therapist and director of Balanced Practice Yoga in Warriewood.

# L I Z B E N N E T T

## YOGA THERAPIST, PHYSIOTHERAPIST AND SENIOR YOGA TEACHER **BALANCED PRACTICE YOGA**

**Bachelor of Applied Science in Physiotherapy, APAM and Yoga Australia Senior Member.**

Liz Bennett is the founder of Balanced Practice Yoga 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. At Therapyworks Newport, Liz integrates physiotherapy, assessment and treatment with education and lifestyle changes, applying the principles of yoga, pilates, 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. In 2007, Liz undertook 500 hours of yoga teacher training with Yoga Sanga ( now Yoga Institute) with Michael De Manincor, and has since completed the professional Svastha Yoga Therapy Training with Ganesh Mohan. 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 is a qualified Pain Aware Yoga teacher, supporting people who are living with persisting pain and chronic conditions. She is mentoring with Neil Pearson, renowned Canadian pain educator and Physiotherapist.

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. Liz combines many years of experience as a yoga teacher and physiotherapist through personal yoga therapy and group classes.

## YOUR COURSE FEES INCLUDE

Twelve 75 minute workshops and practice teaching sessions held on Thursday evenings from 6.30pm - 7.45pm

6 months access to over 30 hours of video lectures

A beautifully formatted course manual that you can print and bind

Step by step video instructions on how to teach foundational yoga poses and sequences, modifications for different bodies, functional anatomy and safety considerations

Unlimited access to online classes with Amelia and Liz at Yoga Bellingham and Balanced Practice Yoga including practice library access

An online discussion forum to guide and support you through the course content.

Partner work during the course in person or via zoom, dependent on location and CV-19 measures

One private mentoring session via Zoom with Amelia and Liz

The opportunity to teach your fellow students a one hour class via Zoom to complete your 200hour training

## PRE-REQUISITES

A minimum of one year's yoga experience.

A dedication to the path of yoga.

## COST

\$2500

Or 4 x \$650 payments

[CLICK HERE TO SIGN UP TO THE 200 HOUR ONLINE COURSE](#)

# BALANCED PRACTICE



Do not hesitate to contact us if you have any questions.

We look forward to supporting your journey toward teaching a balanced practice.

## CONTACT

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