

50-HR CHAIR YOGA & YOGA NIDRA
TEACHER CERTIFICATION



SHAKES YOGA

STUDENT SYLLABUS &
PROGRAM INFORMATION

atha yoga anushasanam

"Now, the practice of yoga begins."

First Sutra of Patanjali

Mission Statement

Atha means now, one of the most in-depth insights into spiritual practice: To bring us deeply into the present moment. Atha is this kind of call of action for us to wake up now. It can be a mantra for daily living that moves off the mat and into our lives, returning us to what's happening now.

This Teacher Training course aims to provide a detailed foundation for Chair Yoga, taking from Hatha Yoga & senior's ancient teachings and adapting it to suit our modern lives. The training also includes Yoga Nidra, a meditation and mindfulness technique to calm the nervous system. Whether you choose to teach or not, the course will deepen your knowledge of Chair Yoga and Yoga Nidra and allow for a journey to understand yourself further.

Our highest intention is to offer a yoga teacher training program that allows our students to reach their fullest potential in both the study and practice of Yoga and self.

We pledge to consistently deliver superior training and service to the students and graduates.

We feel it is our responsibility to share our knowledge through teacher role modelling, adherence to ethical standards, curriculum objectives, and standards of the International Yoga Alliance for registered yoga schools.

We are a diverse faculty committed to building an ethical and supportive culture in which everyone is treated with warmth, dignity, and respect.

Where:

FLOWST8, Maroochydore QLD & Online. The last 20 hours will be taught online and will be on a retreat in the Sunshine Coast Hinterland – Retreat cost is an additional \$450 (bearing in mind the retreat will start midweek, Wednesday – Friday, 21st – 23rd June 2023)

When:

It consists of four days (two weekends), Saturday & Sunday.

Saturday 3rd – Sunday 4th June 2023 and Saturday 10th – Sunday 11th June 2023

Training Times:

Sat: 9:30 am – 4:00 pm

Sun: 9:30 am – 4:00 pm

Sat: 9:30 am – 4:00 pm

Sun: 9:30 am – 4:00 pm

Course hours total 50 contact hours in person with the trainer, including Twenty non-contact hours. The non-contact hours will be made up of Online practice and home study. Please note that total attendance is required to receive your completion certificate.

Example of daily schedule:

1.5hrs – Chair Asana practice, meditation and mindfulness techniques, pranayama, silence

15min – Tea Break

1hr – Lecture

1.5hrs – Chair Asana practice, Techniques and Methodology

1hr – Lunch Break

1.5hrs – Lecture

2.5hrs – Chair Asana practice, meditation and mindfulness techniques, Nidra practice, pranayama, silence

Times vary slightly according to the day.

Overview:

This 50-hour training course is a Continuing Education Program (YACEP) aimed at teachers who have completed their 200-hour training and wish to build on their unique strengths and styles of teaching, enhancing confidence in speaking and asana practice, as well as furthering their knowledge of meditation techniques. Students will gain a deeper understanding of their practice and purpose.

Donald Shakes, founder of Shakes Yoga, with over eighteen years of yoga teaching experience and long-standing background in meditation practice, will teach this course personally. The teachings are based on his personally developed style and collaboration with his extensive training in Meditation, Anusara Immersion, Yin-Restorative, Hatha, Vinyasa & Power Yoga.

Shakes Yoga School is founded on equality, integrity, and dignity. Driven by the highest intention for encouraging authenticity and taking responsibility for the present moment, Donald is dedicated to sharing his knowledge and experience with others to build stronger communities through the transformational power of Yoga.

This course offers an opportunity to develop your innate skills and honour your wisdom through sharing with others.

Why Chair Yoga:

In Chair Yoga, the traditional yoga poses are adapted to the chair with modifications to suit all body types. This means there is no getting up and down from the floor, so you can always participate wherever you are in mobility, strength, or fitness.

Perhaps you are experiencing age, weight, balance, mobility, or flexibility challenges. Those who may be experiencing and recovering from injury or are living with disability, stroke, cancer, osteoporosis, scoliosis, arthritis, Parkinson's, fibromyalgia, multiple sclerosis, or diabetes will benefit profoundly. Chair yoga is wheelchair accessible. It can also be applied to work environments, where sitting for long periods is common. Chair yoga provides a platform for strength, flexibility, mental clarity, and peace of mind. Breathing and meditation techniques are also taught to support well-being and promote deep relaxation.

Why Yoga Nidra:

Yoga Nidra is a powerful tool in the field of Yoga. It is a valuable practice to incorporate into our daily life, bringing incredible Calmness, Relaxation, Stillness and Clarity to our life, essential for healing and growth.

Yoga Nidra means "Yogic Sleep," i.e., sleep with a hint of awareness. It is a systematic method of inducing complete physical, mental, and emotional relaxation in the subject.

This mindful relaxation holds miraculous power for healing, rejuvenation, and experiencing deeper integration and oneness. This level of relaxation Yoga Nidra presents to us differs from other forms of relaxation available. Relaxation induced through Yoga Nidra is more vibrant, alive, soothing, peaceful, and graceful.

Yoga Nidra teaches how capably we can move into deep relaxation of the body-mind-heart on the one hand and stay more conscious and alert on the other hand.

Yoga Nidra is one of the practices of Pratyahara where awareness is internalised; its origin is in the ancient tantric practice called Nyasa.

In the practice of Yoga Nidra, the body falls asleep, and the subconscious and unconscious mind remains open and awake to listen to instructions. In psychology, the achieved state in Yoga Nidra has termed the "Hypnogogic State," a state between sleep and wakefulness. In this state between sleep and wakefulness, contact with subconscious and unconscious dimensions occurs naturally.

Yoga Nidra is a deep conscious sleep that relieves both body and mind. It removes fatigue and tension, brings a sense of deep rejuvenation, and restores the elasticity of body-mind. It is also used to purify the Samskaras, the deep impressions that make up our habitual pattern of living and conditioned beliefs. In Meditation, we remain in the waking state of consciousness, of our thoughts, emotions, and sensations in an equanimous feeling. Meditation helps to expand our awareness of the unconscious and sub-conscious states. Yoga Nidra is a systematic method for developing inner understanding. Thus, it is a doorway to the meditative state.

Prerequisites & Certification:

This training is open to yoga teachers who have completed any 200-hour yoga teacher training and wish to begin teaching Chair Yoga. Regular practitioners of Yoga who want to experience this practice and knowledge of Chair yoga are also welcome. Before teaching Chair Yoga, you must hold a 200hr Yoga Teacher Certification.

You will receive a certificate at the end of the course for thirty contact hours of Chair Yoga Teacher Training. We are an Internationally recognised accreditation program with Yoga Alliance.Org Certified Yoga Teachers will be qualified to teach Chair Yoga. Other health and fitness professionals may be eligible to apply for Continuing Education accreditation through their Registered Association.

This course is certified with **Yoga Alliance** and meets the **YACEP® Course criteria of 50 hours towards Continuing Education (CE) Requirements (CEC)**. Every three years, Registered Yoga Teachers (RYT®s) must complete 30 hours of Continuing Education training, ten of which need to be Contact Hours in the presence of a qualified **Continuing Education Provider**.

Teacher Training Program Goals

- To provide a comprehensive 50-hour Chair Yoga Teacher Certification to participants who seek to teach chair yoga to individuals in private or group settings.
- To provide ongoing structured and unstructured support to participants leading to certification.
- To certify participants under the educational standards set forth by Yoga Alliance for approved registered yoga schools.

Approaches to Learning

By exploring the many avenues through which students learn postures in the asana class, teacher training participants will be guided through many lectures. Also, we have discussions, reading assignments, writing tasks, posture exploration, teach-back demonstration exercises, posture sequencing, class development, meditation, and personal reflection. This is an efficient and hands-on approach to learning.

Also, this program will:

- Provide creative educational tools that aid participants in acquiring teaching skills.
- Provide creative educational research projects that aid participants in understanding the many physical and psychological challenges students and clients may bring to the chair class.
- Provide ongoing feedback to help participants build appropriate teaching language.
- Provide ongoing feedback for using "touch during alignment."
- Structural alignment, assisting the posture and proper use of yoga props.
- Provide various class demonstrations by students that will aid in reducing anxiety associated with speaking in front of audiences.

Competency Skills

At the end of the training, participants will have learned skills to:

- Plan and write a chair class sequence
 - Teach a 45-60-minute Chair Yoga class
 - Teach an introductory Pranayama class
 - Teach a basic Meditation class.
 - Teach a 20-minute Yoga Nidra class.
 - Describe one model for forming a home meditation group
 - Accommodate Prenatal modifications into their class
 - Use language appropriate for a Chair Yoga and Meditation class
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Curriculum Course Outline

Techniques, Training, & Practice (TTP)

- The practice of circulating and redistributing pranayama.
- Breathing and visualisation practices.
- Exploring Pranayama in Chair Yoga.
- Practice safely.
- Yoga Nidra
- Mindfulness techniques.
- Yin and Yang Postures.

Overview of Pranayama practices:

- Nadi Shodhana (alternate nostril breathing)
- Kapalabhati (breath of fire)

Yoga Philosophy, Lifestyle, & Ethics (YPLE) Yin Theory

- Yin and Yang Philosophy
- Chair Yoga principles
- The Yoga Sutras of Patanjali

Anatomy & Physiology (AP)

- The Energy Body, Prana, Chi, Koshas and Meridians
- The Yin meridians and The Yang Meridians
- The 5 Elements; how they interact and influence the body.
- Basics of Yin and Yang tissues, fascia, stress, and release
- Range of Motion and Skeletal variation of all the major joint complexes:
 - The Spine
 - The Pelvis
 - The Shoulder
 - The Knee and Ankle
 - The Elbow and Wrist

Teaching Methodology (TM) Teaching Skills

- Holding space and use of language.
- Facilitation skills and sensitivity in approaching students.
- We are supporting injuries and how and when to use props.
- Chair adjustments: awareness, touch and developing skills.
- Teaching Practice
- Teaching skills and practice facilitating each other through a chair sequence

General Information and Requirements

- Course fees include a printed student manual and graduation certificate. Further recommended reading will be provided during the first course sessions. Kindles, iPad, and laptops are welcome on the course.
 - Wear comfortable clothes and bring your personal: **yoga mat, 1 or 2 yoga blocks, yoga strap, eye pillow, and Yoga bolster if you have one.** It is also advised to bring a notebook and pen.
 - Eat lightly before class, ideally ensuring you avoid food 2 hours before any Asana practice. Bring water and a light meal for the break.
 - Students must attend every day/session of the course. The program is designed to move you through a significant transformation quickly. Missed classes will cause them to fail the course. We expect punctuality and full attention during class, as disruptions cause disharmony in the group and interfere with your training focus. Absences due to extenuating circumstances will be dealt with on a case-by-case basis with the program director.
 - Please complete the required reading and homework assignments on time.
 - Participants must establish and continue a personal yoga practice outside the classroom. Weekly presentations such as lectures, discussions, demonstrations and reading materials are powerful tools in learning and help the participant grow psychologically and physically. At the end of the course, the participant will reflect upon and appreciate the hard work they exerted toward certification.
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Training Payment, Policies & Guidelines

Investment:

\$ 1199 Full Price

\$999 Early Bird Price – For bookings made by 14th May 2023 with a deposit of \$199.

What is included:

- Course practices and lectures
- Course manual (provided on the first day of training)
- Certificate of completion

What is not included:

- Transport
- Meals
- Textbooks and recommended readings
- Accommodation (if required)

Payments:

All Payments and Bookings made via Shakes Yoga:

ONLINE at www.shakesyoga.com

EFTPOS - *In-person with Donald Shakes*

Full payment must be received before the course commences.

Limited spots:

Our Teacher Training is an authentic offering of our unique and talented instructors. To keep the course as personal as possible, spots are minimal. We offer this teacher training to a maximum of 25 people. Secure your place with a deposit of \$199 or full payment.

Training Resignation:

We understand that life can offer a series of challenges; any participant who wishes to resign from the training program **must write to the Program Director**. You will forfeit any refund amounts if a letter is not received in writing before you leave the program. (Email will also be accepted)

Due to the limited spaces available in our training, if a participant needs to withdraw from the course, the refund policy is as follows:

- Deposits are non-refundable and non-transferable.
- Withdrawal two weeks before the registered course commences: 10% of the course fee is non-refundable, along with the \$199 deposit.
- Withdrawal within one week of course commencement: 50% of the course fee is non-refundable, along with the \$199 deposit. (Transferable to next course)
- Resignation after that will be dealt with on a case-by-case basis with the program director. I appreciate your understanding.

Contact Us:

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www.shakesyoga.com

