

Susan Wanmer Yoga Training. Start Modules at any time. Yoga Teacher Training. Personal Interest.

SW YOGA Workshops	2010 Dates	Title of Module	Topics covered	Earlybird Prices per Module Held until 1 September 2010
Workshop A Deepen your personal interest in Yoga/ Self-Mastery and Intro to Teacher Training.	5 hours. Attend this as soon as possible to the start of your Yoga teacher Training, or modules of interest. Schedule depends on numbers.	Yoga Teaching Training is a LIFE choice. “The Path of the Yoga Teacher”	Tangibilising the intangible....YOGA. How is yoga recognisable from other forms of exercise? <i>Discover how to think like a yogi.</i> Most of the module topics below will be touched on during your workshop, so that you are drawn into the amazing and never-ending complexity of this ancient art, science, medical and religious system. Gain insight into <i>many</i> areas to significantly ground you in safe yoga practice and deepen your understanding. Your body follows your mind, so the more you educate your mind, the more your body ‘progresses’ towards self-mastery. Climb the tree of the ‘eight limbs’ of yoga at Susan Wanmer’s Yoga Studio – poses and theory. <i>“A” also provides 5 hours training towards Modules for potential yoga teacher trainees.</i>	\$175 This workshop entitles you to attend a complimentary yoga class. Yes, you can start with the other modules, and do this workshop after beginning!
YStress	21 –22 Aug	Yoga as Stress Management	Principles of Self-Mastery in Yoga. Meditation, relaxation, contemplation. Stress Management using yoga. Includes 10 hours of breathing, Pranayama.	\$280
YogaCore	4--5 Sept	Yoga builds Power, Strength and Core	Toolkit of Asanas/ Postures/ Poses with a Musculo-skeletal focus to build Power, Strength and Core. Standing poses, strength work. How yoga works on Core Stability. Includes 5 hours of bandhas.	\$320
YogaPro	18 –19 Sept	Professional Yoga Training	Your <i>pre-business*</i> module. Tying in occupational health and safety considerations for yoga teaching with legal issues and trends in natural therapies and bodymind therapies in Australia and overseas. Risk management and special considerations in students according to age, gender, health, pregnancy and stress. A sample of Yoga Therapy and Yoga Personal Training. Ethics in yoga. <i>*A business module for natural therapists will be available in 2011</i>	\$295
YogaTeach	2—3 Oct	How to Give the Whole World Yoga	‘Give your clients what they want!’ Pedagogy, communication, congruency as a teacher, group dynamics, setting the mood, handling individual’s needs, class as a community, sequencing your class/ timing. Creating the flow of a vinyassa. Boundaries. Handling complaints, grievances, neediness – useful in life even if you don’t teach!	\$310

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YogaTools	16—17 Oct	Yoga Teacher's Toolbox	Nuts and bolts of putting a class/ workshop/ course/ retreat together. Techniques for dissecting postures down to find the original purpose. Creating a theme. Creating a sequence. Using a repetitive part. Building up a posture starting with a body part, season, time of day. Setting outcomes. Gain from Susan's 30 years teaching and training experience plus a weekend of extra tips she has gleaned from her colleagues.	\$310
Yoga A&P	30—31 Oct	Yoga Anatomy & Physiology	Kinesiologically based A & P for yoga, movement, and martial arts. Introduction for some, revision for others. In yoga, the Physiology is actually more important than the Anatomy. This is not cadaver anatomy – investigate current vs old western understandings with eastern traditions of energy centres and states. Chakras, Nadis, Meridians.	\$340 [discount applies of you are attending Simon Borg-Olivier's A & P weekends]
Recommended (your hours count towards 300 or 350 level).	12—14 Nov <i>Supplementary*</i>	<i>Simon Borg-Olivier's Applied A & P Immersion Weekend A</i>	Applied Anatomy and Physiology Immersion Event for all interested in Yoga. Learn the essence of traditional yoga integrated with Australian cutting-edge research.	36 hour Immersion \$850.
Recommended (your hours count towards 300 or 350 level).	19—21 Nov <i>Supplementary*</i>	<i>Simon Borg-Olivier's Applied A & P Immersion Weekend B</i>	All students of SW Yoga benefit from Simon's mentoring of this Yoga Teacher Training program, and receive a discount when attending his event here in Brisbane. *Simon's events are supplementary meaning they are recommended, but not included in the price of the full Yoga Teacher Training. The hours do count as training hours though. Ask about your SW exclusive discount if you are doing the full training with her.	One weekend available also. Certificates included from Yoga Synergy and Susan Wanmer
Recommended (your hours count towards 300 or 350 level).	15 – 21 Nov <i>Supplementary*</i>	<i>Simon Borg-Olivier's Intensive Byron Bay</i>	Work the personal practice of this master over 5 sessions. Simon will take you through his "Yoga Synergy 5 Elements' vinyassas with instruction, then into his meditative world of the silent practice. 3.5 hour practice daily for 5 days!	17.5 hour Intensive Byron Bay \$300. Certificates included from Yoga Synergy and Susan Wanmer
YogaBreath	27—28 Nov	Yoga Breathing for Detox and Abs/ Core	Yoga as your Task Master. Yoga is a gentle, but inevitable reference point in your self-mastery. Breathing, Pranayama leads into Core Stability. Breathing as the core of health. Mudras. Sound in yoga.	\$270

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YogaBliss	11—12 Dec	Yoga of Relationships	Yoga in your Life. Yoga as a love affair! Practical applied philosophy of yoga. The Yoga of Relationships. De-mystifying tantra – the physical and the philosophy. Partner yoga for classes and couples. Communication. Hu-man/ Ha-tha links. Microcosm and Maccocosms. Yoga ethics in all relationships – as a yoga teacher, socially.	\$290
YogaMed	2011	Yoga as Medicine	Asanas/ Poses/ Postures are the names given to yoga ‘exercises’. Familiarise yourself with the concepts of how yoga and yoga therapy are used <i>prescriptively</i> . Discover the pumps that yoga stimulates and balances <i>other</i> than heart . Assessing the student (or yourself). Writing a ‘prescription’[program]. A comparison between Chinese and Indian wholistic health assessments. Defining the term ‘energy’ in Eastern and Western understandings.	\$320
YogaFit	2011	Yoga as a Workout	Developmental Emotional and Somatic Anatomy. Mind-body connections, movement patterns, mouthing, breathing, head-righting, grounding, somatising, static vs dynamic poses, fitness training (intensity in yoga). Uses of stimulating and calming poses.	\$270
YogaPhil	2011	Pure Essence of Yoga	Essential adaptations of Yoga for the western mind and the western body. Contextualising the yoga you do within its origins and where you are at (geographically, culturally and socially). Lineages of yoga – pass it forward with clarity and be conscious of its origins. Discover why Yoga Philosophy is integral to the <i>physical</i> practice of yoga. Yoga sutras.	\$270
YogaRecup	2011	Yoga Postures – Digestion, Pain, Energy	Toolkit of Asanas/ Postures/ Poses for Digestion, Pain, Energy: organs, floor, restorative. Includes 5 hours of yogic physiology.	\$320
YogaHealth	2011	Yoga for Health and Vitality	Toolkit of Asanas/ Postures/ Poses for Health and Vitality: sitting, twists, standing, balancing, forward bending, backbending, inversions.	\$320
YogaCom Comprises 5 hours intro plus...	Ongoing training according to your desired number of hours. Competency assessment is only	205 hours trainees	Attend all modules and extra 5 hours assisting/ or Yoga BootCamp/ YPT session/ class	Non-compulsory assessment [\$150]
		300 hours trainees	Complete all 14 modules to minimal levels plus 95 supplementary hours through a combination of mentoring, 2 Toolbox weekends, other study, + assessment	p.o.a + \$150 for assessment
		350 hours trainees	Complete all 14 modules to minimal levels plus 145 supplementary hours +	

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	necessary for those who intend teaching.		assessment	
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Susan Wanmer's *Circular Training by Modules* is perfect way to deepen your understanding of yoga, and you can start *any time* during the two years.

Modules are in order for ease of recording only – you do not have to do them in order, and can start at any time. However - if you prepay the 205 hours of yoga, there is a generous discount given, bringing the total price of the 14 modules down to \$2765. Payment is due before *your* first weekend module. Payment plans are available by request. This price remains fixed until 1 September 2010. Modules and course price may change after that date.

If you haven't yet received other information about the workshops, competency and how you would fit into that, please contact **Susan** on

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