



CHAIR YOGA TEACHER TRAINING COURSE OUTLINE (25 hours)

Thank you for enquiring about studying with the Australian Yoga Academy! We are delighted to offer this extraordinary opportunity to participate in AYA's 25 hours of Chair Yoga Teacher Training.

AYA is a leader in providing ongoing opportunity for continuing professional development in the areas of advanced yoga and meditation practices. Our Chair Yoga training is recognised in Australia and internationally by Yoga Alliance, meaning you can bring your qualification with you anywhere in the world. We have been training extraordinary teachers since 2005, so you can trust that you will receive the highest standard of training available. Upon completion of this training, you will be extremely well placed to create an amazing career anywhere in the world and in a variety of settings.

AYA's Chair Yoga training is another example of how we can assist you to take your teaching to a deeper level as we explore unique and special needs areas throughout this course. This course is borne from my experience in working with NDIS clients and oncology outpatients at one of Melbourne's highly regarded cancer treatment hospitals. There is much crossover between the issues faced by older people with a cancer diagnosis, the onset of menopause and osteoporosis and those with limited mobility. The use of chairs in the yoga practice, therefore, is a natural next step for these groups to make the practice of yoga as accessible as possible.

This course aims to provide you with a thorough overview of the three areas that we will cover: cancer, menopause, osteoporosis/limited mobility. The focus will be on developing an applied understanding of how yoga and meditation may improve the wellbeing of those living with these conditions. This course is not designed to fix or treat these conditions, but aims to arm the yoga teacher with a variety of tools to employ during classes so all students may feel that their yoga experience positively contributes to their health.

Again, I am thrilled that you are considering this training. Please contact me if you'd like to discuss the program in more detail.

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Chair Yoga Teacher Training Modules

Cancer

There are many, many types of cancer as we all know, but we will focus on the most common types of cancers diagnosed. Prostate cancer is the most commonly diagnosed cancer in Australia, followed by breast cancer. It is expected that the majority of people who may take up chair yoga will be women, therefore, a significant emphasis will be placed upon understanding this condition. We will, however, look at the common types of cancer diagnosed and the demographics of these people.

This is not a medical-grade course, but we will look at the normal, expected treatment protocols and some of the common issues experienced by those undergoing treatment in terms of how this might relate to their yoga practice.

Throughout the course, we will talk about how and where you might engage with those under-going cancer treatment. It will be very important to develop a solid understanding around how yoga and meditation can help.

We will practise chair yoga sequences together and you will have a chance to develop your own class plans as well. We will have the chance to practise these with each other.

Menopause

Menopause is normally a stage of the female reproductive cycle that occurs naturally; where the ovaries stop releasing eggs and menstruation ceases, resulting in a dramatic fluctuation of hormone levels. Menopause may, however, also be brought about through surgical removal of the ovaries or as a result of treatment for cancer.

Just as every woman is unique, the symptoms of menopause may vary enormously. Again, though this is not a medical-grade course, we will look at both the common issues experienced by women during menopause and the treatment protocols that are available, both via the Western medical and traditional medical models.

How can chair yoga and meditation assist women at this stage of their life? We will practise chair yoga sequences together and you will have a chance to develop your own class plans and share these with the group.

Osteoporosis & Limited Mobility

Osteoporosis does not just affect women, though some of the risk factors are particular to women, such as menopause. Osteoporosis, osteopenia and anyone with poor bone density or limited mobility may greatly benefit from a low impact form of yoga, such as chair based programs.

We will look at the characteristics of osteoporosis including a summary of who is most at risk and the demographics of those affected by this condition. Limited mobility is potentially a separate condition, though osteoporosis may exacerbate mobility concerns. As such, we will touch on other common reasons for limited mobility, such as arthritis and injuries.



Though this is not a medical-grade course, we will look at the normal, expected treatment protocols and some of the common issues experienced by those undergoing treatment and managing osteoporosis and limited mobility in terms of how this might relate to the yoga practice.

In relation to osteoporosis, how in particular, may low impact and supported chair yoga help people experiencing this issue? We will practise chair yoga sequences together and you will have a chance to develop your own class plans and share these with the group.

Teaching Skills

Throughout this course, you will have the opportunity to participate in chair yoga classes led by me. We will use these classes as conversation starters and as a foundation to build other classes. You will have the opportunity to lead the group in classes, or portions of classes.

A hallmark of this training will be using the chairs safely and how we can best place the chairs in the room for optimal class experience. There will be a strong focus on how to use the chairs in a seated capacity as well as standing. We will cover off options for students requiring a seated practice when a standing sequence has been offered.

Entry Requirements

Anyone can participate in this training, however, please note that in completing this training only, you will not satisfy the minimum requirements for accreditation to teach yoga to others and to be insured. In order to be fully qualified, you will need to complete at least 200 hours of foundation level yoga teacher training.

This training is completely suitable for people who want to apply it to their own practice and for qualified yoga teachers or teacher trainees who wish to upskill in this niche area.

Course Dates & Fees

Please refer to the AYA website for the latest course dates, training fees and booking information. <https://australianyogaacademy.com/training/training-aya/>

Pework

Prior to attending this course there will be some prework to complete. You will be advised about what this is when you book into the course.

AYA's Chair Yoga Teacher Training Lecturers

AYA's Chair Yoga Teacher Training program is facilitated by Melanie Mackintosh. You can read her bio here: <https://australianyogaacademy.com/lecturers/>