



## 50 Hour Pranayama Teacher Training July / August 2021 Australian Yoga Academy Prahran

Thank you for your interest in our 50 Hour Pranayama Teacher Training, facilitated by Dominique Salerno.

This comprehensive training is available for already qualified yoga teachers.

AYA's 50-hour Advanced Pranayama Yoga Teacher Training is a practical deep dive into the ancient art and practice of Pranayama, whilst drawing on the very latest research and practices that have been proven to assist in achieving steadiness of body and mind and helping people to achieve the highest levels of health and wellbeing.

A comprehensive exploration of Patanjali's 4<sup>th</sup> Limb of Yoga, AYA's Pranayama Teacher Training also examines key Ayurvedic principles and modern science in a practical framework, making the practice accessible and available for you to begin weaving into your everyday life and Sadhana as well as your yoga classes and workshops.

The course is accredited worldwide with Yoga Alliance and is an outstanding example of our dedication to furthering the development of yoga teachers.

### Course Delivery and Dates.

The course will be held over 4 x Saturdays and 4 x Thursday evenings from 31<sup>st</sup> July – 28<sup>th</sup> August 2021 at The Australian Yoga Academy Prahran.

- 1 online zoom room meet and greet on Friday 30<sup>th</sup> July 6:30 – 7:30pm.
- 4 x Saturdays and Sunday 10am – 5pm: 31<sup>st</sup> July & 7<sup>th</sup>, 14<sup>th</sup>, 28<sup>th</sup> August 2021.
- 4 x Thursday evenings 7pm – 8:30pm: 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup> August 2021.



## Course Structure.

### (Saturday Lectures & Workshops)

- Each day will start with a guided practice.
- Each day will include 2x lectures / workshops which will cover the material specific to that module.

### (Personal Daily Practice, Sadhana)

- You will be given a practice prescription, (Sadhana), to be performed each day for the duration of the training for 30 - 40 minutes per day.
- You will have the opportunity to workshop your technique and receive any relevant feedback and suggestions during our Thursday Prac. Lab.

### (Thursday Practical Labs)

- The Thursday practical labs include group teaching practice and feedback.
- This practical component is an invaluable opportunity to refine your teaching and delivery skills, and to ask questions and gain insight around your own personal practice.



## Location and Parking.

- We will be training together at The Australian Yoga Academy in Prahran in our beautiful and well-equipped teacher training facility.
- Address: 42 Clifton Street Prahran.
- Please allow ample travel time to arrive each day (and find a car park).
- The best car parking plan is to use the King Street Carpark which is a five-minute walk from the studio.
- You are welcome to bring snacks and meals, as the space has a small kitchenette with cutlery, crockery, tea, and a fridge for storage.

## Course Requirements.

- Participants must have a minimum certification of 200-hour foundational yoga teacher training.
- You are required to commit to a daily practice for the duration of the training.
- Required Reading: "Breath" by James Nestor.
- All other supplementary reading material and links to online resources will be supplied upon registration.
- Participants are welcome to register individually for Modules 1-3.
- Module 4 requires the previous completion of Modules 1-3.
- The full 50 Hour accreditation requires successful completion of all 4 Modules.



## Accreditation.

Continued Professional Development points (CPD) are available for this training through both Yoga Alliance and Yoga Australia.

If you are a graduate of AYA, this training can be added towards your 350hour or 500hour training with the Australian Yoga Academy.

## Investment.

### **INDIVIDUAL MODULE PRICING:**

You are welcome to enroll for Units 1 – 3 as individual modules of study. CPD Points (13 hrs each)

INDIVIDUAL UNIT COURSE FEES: \$350 FULL PRICE / \$300 AYA YTTs & ALUMNI

*OR: Enroll in the full training.*

### **SPECIAL FULL 50 HOUR PROGRAM PACKAGE PRICE:**

\$1,250 FULL PRICE / \$990 EARLY BIRD, (Available till 30<sup>th</sup> June)

\$990, AYA TTs and Alumni

*PLEASE NOTE: Once tickets are purchased there will be no refunds / transfers or credit given.*

To register your place in the training please book online: [www.australianyogaacademy.com](http://www.australianyogaacademy.com)

Contact: If you have any further questions regarding the training, or you wish to connect please contact the facilitator Dominique Salerno via email [dominique@australianyogaacademy.com](mailto:dominique@australianyogaacademy.com)