



Australian Yoga Academy
50 Hour Advanced Yoga Teacher Training
Skills & Mentoring
August / September 2022

Thank you for your interest in our 50 Hour Advanced Yoga Teaching Skills & Mentoring Training, facilitated by Dominique Salerno.

This new training is a valuable deep dive into all the art of teaching Asana through the lens of Tristhana, (breath bandha and dristhi). Equipping you with the knowledge and practical experience necessary to gain the skills and confidence you need to work with all levels of students to assist them towards their own best possible alignment and a deeper connection to their practice.

This training offers participants more than 20 hours of real time teaching practice and feedback ensuring that you grow your competency in a range of areas to better guide students both in person and via digital formats. It encompasses the following areas of yoga teaching:

- **DESIGNING & SEQUENCING**
- **VERBAL CUING**
- **ALIGNMENT & ADJUSTING**
- **WORKING WITH BANDHA**
- **PRACTICAL TEACHING FEEDBACK & MENTORING**

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

As a special bonus, students enrolling for the full training package will receive access to AYAs Studio classes as well as our online platform AYA Online.

Dominique is a veteran of 25 years practice and is a passionate and inspired student, teacher, and facilitator. She has spent the last 2 decades practicing, studying, and teaching in the complimentary fields of Yoga, Pranayama and Ayurveda.

This training is the culmination of her 2 decades teaching and guiding yoga teachers and is delivered with her trademark warmth, humour, and passion. There is no safer environment for you to explore your individual teaching style and grow your practice and teaching.

All questions relating to AYA's 50 hr Pranayama training may be directed to Dominique at dominiquesalernoyoga@gmail.com or by calling 0402 298 199



50 HOUR ADVANCED YOGA TEACHER TRAINING COURSE OUTLINE

The four units of study are:

UNIT 1. DESIGNING & SEQUENCING

- Designing & Sequencing LAB1: Warm-Ups
- Designing & Sequencing LAB 2: Vinyasa 1 (Sequencing for the medial plane)
- Designing & Sequencing LAB 3: Vinyasa 2 (Sequencing for the transverse plane)
- Designing & Sequencing LAB 4: Planning Around Peak Postures

UNIT 2. LANGUAGE & CUEING

- Mechanical Cues
- Alignment Cues
- Activation Cues
- Bandha Cues
- Developing Movement Vocabulary

UNIT 3. ALIGNMENT & ADJUSTING

- What is Alignment?
- Understanding Tristhana, (Breath, Bandha & Dristhi)
- Understanding Variations of Asanas
- Propping Asanas
- Physical hands-on adjusting of Asanas
 - Alignment & Adjusting LAB 1: Standing & Balancing Asanas
 - Alignment & Adjusting LAB 2: Binding & Twisting Asanas
 - Alignment & Adjusting LAB 3: Lateral Flexion & Forward Bending Asanas
 - Alignment & Adjusting LAB 4: Back bending & Seated Asanas
 - Alignment & Adjusting LAB 5: Arm Balances & Inverted Asanas

UNIT 4. PRACTICAL TEACHING, FEEDBACK & MENTORING

- In person teaching practice, feedback, and mentoring
- Digital teaching practice, feedback, and mentoring

****This Unit can be completed in person at the studio on Thursdays 4pm – 8:30pm OR remotely via Zoom on Wednesdays 6:30pm – 9:00pm**



2022 DATES

Saturday Lectures & Workshops

Saturday 6th AUGUST 10am – 5pm

Saturday 13th AUGUST 10am – 5pm

Saturday 27th AUGUST 10am – 5pm

Saturday 3rd SEPTEMBER 10am – 5pm

Saturday 10th SEPTEMBER 10am – 5pm

Tuesday & Thursday Practical Labs

Practical teaching, feedback & mentoring hours are available During AUGUST & SEPTEMBER 2022

- The Thursday practical labs include group teaching practice, hands on adjusting 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.
- You will need to complete a total of 15 hours of Practical Labs in order to gain the full 50-hour qualification.
- These hours may be made up of 'In person' studio hours, (held each Thursday of August & September 2022, from 4pm – 8:30pm at AYA Prahran) AND / OR 'Digital teaching hours', (held via Zoom each Tuesday of August & September 2022, from 6:30 – 9pm).
- You may choose to combine both 'in person' and 'digital' sessions in any way that suits your schedule. PLEASE contact Dominique upon enrolment to book your sessions and reserve your preferred dates and times. *This component must be completed within Aug-Sept 2022.*



Course Structure

Saturday Lectures & Workshops

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

Thursday In Person Practical Labs

- The Thursday practical labs include group teaching and adjusting practice and feedback.
- This practical component is an invaluable opportunity to work with real students in a studio setting under the watchful gaze of a senior teacher. These sessions will help you to practice and learn hands on adjustments, refine your teaching and delivery skills, and enable you to ask questions and gain insight around your own personal practice.

Tuesday Zoom Practical Labs

- The Tuesday practical labs include group teaching practice and feedback via a digital format.
- Zoom and Livestream yoga classes are here to stay. This practical component is an invaluable opportunity to refine your digital teaching and delivery skills and help to keep your teaching 'lockdown resistant'.

**** You are required to complete 15 hours of 'in person' and 'Zoom' practical teaching. You are welcome to complete this in any combination that suits your schedule and availabilities.**

Contact Dominique upon enrolment to reserve your preferred session days and times.**



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

- You require a 200hr or 350hr Yoga Teaching qualification from a registered Yoga Training provider.

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

SPECIAL FULL 50 HOUR PROGRAM PACKAGE PRICE:

\$1,450 FULL PRICE / \$1,250 EARLY BIRD, (Available till 30th APRIL 2022)

\$1,250, AYA TTs and Alumni

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

TRAINING PROVISIONS IN THE EVENT OF A LOCKDOWN:

Should this training be affected by a lockdown, all contact hours will revert to Zoom Livestream and the hands-on practical component will be re-scheduled to a separate Saturday once lockdown is lifted.

To register your place in the training please book online: 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 dominiquesalernoyoga@gmail.com or on 0402298199