



Advanced Teaching Skills, Practice and Mentoring 50 Hour Program

Thank you for inquiring about studying with the Australian Yoga Academy (AYA).

AYA's Advanced Teaching Skills, Practice and Mentoring Program is accredited by Yoga Alliance as continued professional development, meaning that this course will contribute toward upgrading your qualification from 200 or 350 hours to the next level ie 500 hours.

AYA is an industry leader in the provision of yoga and meditation teacher training qualifications and in continuing professional development. We have been training and developing extraordinary teachers since 2005, so you can trust that you will receive the highest standard of training available when you train with us.

This program is developed and presented by our Principal, Dominique Salerno. With more than 25 years of practice and experience, Dominique is a seasoned and passionate yoga practitioner, teacher, and industry leader who has the highest accreditation level given by Yoga Alliance as ERYT 1500. She has guided many of Australia's leading studio teachers and is pleased to be able to offer this next step for already qualified teachers to help develop your competence, improve your confidence, and provide you with invaluable in person teaching experience and real time feedback and mentoring to help take your teaching to the next level.

Delivered both in person and via Livestream over 8 weeks, AYA's 50-hour Advanced Yoga Teaching and Mentoring Training is a deep dive into all aspects of yoga teaching, drawing on the latest research and current teaching theory.

You will explore the following essential areas of development for Yoga Teaching in the modern world focussing on teaching skills mentoring and practice, digital teaching skills mentoring and practice, effective cueing, designing and sequences classes, alignment and adjusting and reconnecting with and refining your sadhana.

If you have any questions, please do not hesitate to call, or email us.

Namaste,
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Email: info@australianyogaacademy.com
Website: www.australianyogaacademy.com



MODULE 1: TEACHING PRACTICE AND MENTORING.

Teaching Skills 1 Teaching Practice Labs

Practical in person teaching skills practise and feedback Labs spanning each aspect of teaching a well-rounded class.

(Daily practical component of Saturday Immersions). 9 hours

Teaching Skills 2 Alignment and Adjustments

In person studio practise and mentoring class focused on propping, alignment and adjusting.

(4 x Thursdays 4-6pm @ AYA Prahran Studio). 8 hours

MODULE 2: DIGITAL TEACHING PRACTICE MENTORING.

Teaching Skills 3 Digital Teaching Practice Labs

Digital Teaching skills and feedback Labs via Livestream.

(4 x Tuesdays 7-9pm conducted via Zoom). 8 hours

MODULE 3: TEACHING THEORY

- DESIGNING AND SEQUENCING
- ALIGNMENT AND ADJUSTING
- COMMUNICATION AND CUEING
- YOUR SADHANA

(Daily Workshop component of Saturday immersions).



MODULE 4: PERSONAL PRACTICE MENTORING AND FEEDBACK

Re – connecting to and refining your own personal practice, (Sadhana).
Tailoring a sustainable personal practice.

Your practice observation, feedback and mentoring.

(4 x Thursdays 4-6pm). 8 hours

Investment

Early Bird Special \$1250 (until 31st March 2021)

Full Price \$1450 (from 1st April 2021)

Enrolment

Please visit our website to enrol in the course.

If you have any questions, please email us: info@australianyogaacademy.com

COURSE DATES 2021

SATURDAY WORKSHOP COMPONENTS

(In studio at AYA Prahran)

Saturday 24th April 2021

Saturday 15th May 2021

Saturday 6th June 2021

Saturday 19th June 2021

Time: 10am to 5pm

TUESDAY LIVESTREAM COMPONENTS

(Via Zoom)

Tuesday 4th May 2021

Tuesday 11th May 2021

Tuesday 25th May 2021

Tuesday 1st June 2021

Time: 7pm to 9pm

THURSDAY IN PERSON TEACHING PRACTICE AND MENTORING

(In studio at AYA Prahran)

Thursday 29th April 2021

Thursday 6th May 2021

Thursday 13th May 2021

Thursday 20th May 2021

Thursday 27th May 2021

Thursday 3rd June 2021

Thursday 10th June 2021

Thursday 17th June 2021

Time: 4pm to 6pm