



KARINA SMITH

Yin Yoga & Chinese Medicine

15 Hour Creativity, sequencing and language

professional development

Teacher Training

May 2021 Australian Yoga Academy Prahran

Information Pack

Thank you for your interest in this 15 Hour creativity, sequencing and language development teacher training.

This professional development training is available for already qualified yoga teachers of any style of yoga with a recommended 6 months minimum teaching experience.

The intention of this training is to spark your creativity and inspiration for sequencing your yoga classes and developing your language. Sometimes as teachers we can feel weighed down with the nuts and bolts of anatomy and alignment, and find it hard to access our creativity, or even worry that if we are too colourful or creative with our language that we may trigger our students.

How do you create a theme for your class? And how do you develop this concept so that it can stay subtle and yet still have layers and depth? Are you unintentionally excluding some of your students with your language and ideas? Do you find yourself believing you are “not creative?”

This training offers a wide variety of exploratory practices to help you get in touch with your own physical senses, as well as develop some skills in drawing out your creativity and giving it structure.

Together we will explore creative writing, finding the narratives of the body, creative partner exchange, meditative exploration, musical immersion, and group workshopping of “how to” develop themes in an inclusive way for our students. The first two days of the training will be completed with very special musical guest appearances, facilitating a deep sensory/workshop experience.

The second weekend is dedicated entirely to presentation and feedback. Each participant can use the time in between the two weekends to craft a 30 minute practice of their choice and present this to a small group of course participants in order to receive valuable feedback and development.



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Course Delivery and Dates.

The course will be held over 1 x Friday night and 2 x weekends in March 2021 at The Australian Yoga Academy Prahran.

- 1 online zoom room meet and greet on **Friday 7th May** 6:30 – 7:30pm
- 2 x weekends.
- Saturday and Sunday: May **8th, 9th, 10am – 5pm**
- **Saturday and Sunday: May 22nd, 23rd 10am – 5pm.**
- All participants are required for the first weekend.
- The second weekend is for presentations and feedback in small scheduled groups. Each participant is required to attend either a 2 hour teaching session in the morning: 10am – 1pm or the afternoon 2pm – 5pm on the Saturday or the Sunday. This will be organised and confirmed on the first weekend.

Doors will be open 30 minutes before the start time for each day.

Daily structure of the first weekend.

Each day will start with a guided yoga practice.

Discussion sessions will follow where common cues and anatomical ideas will be workshopped.

Each day will include an anatomy presentation of major synovial joint complexes, and the actions/roles of the muscular tissues around that complex. Practical teaching exercises will be spliced into this session in order to help integrate the content.

Key yoga asanas will be workshopped from a functional perspective.

Later in the day we will have a “cue lab” where students can bring forward cues that they do not understand and the group will explore the cue together.

The days will finish with group teaching practice and feedback.

Location and Parking.

We will be training together at The Australian Yoga Academy in Prahran in their 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!).



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The best car parking plan is to utilise 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.
- A minimum of **three full days** of attendance in order to receive a certificate.

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:

Early bird Price \$390 ends Friday 2nd April 2021

Full Price \$460

Bookings:

This training has been capped at limited numbers.

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 email: karinasmithyoga@gmail.com

About your special guests

Mona Mock - South Bath

Close your eyes and open your ears as we journey into sound and the senses. Mona will facilitate a sound immersive experience with gongs, quartz crystal bowls, singing bowls and various other sound tools that are designed to induce states of profound physical relaxation, meditation and altered states of awareness. Lying down on mats you will be saturated and cocooned in the live sounds as you enter inside the wonderful world of the sound bath. The



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joy of a sound bath is the opportunity for you to lay, listen deeply with your whole body and go inwards, as you may access a consciousness that lies between sleeping and waking. Here you may be transported to states of stillness, meditation, bliss, altered states of consciousness, and self-healing. Sound bath participants variously report powerful bodily sensations and brain states often accompanied by creative thought, rich imagery, insights, and feelings of rest and timelessness. This unique composition of frequencies and harmonics produces a soundscape that washes over you, with the intention to release bodily tension and produce a relaxation response lowering stress, cortisol and adrenaline levels. We invite you to explore new ways of listening and responding, as the ear hears, the brain listens and the body senses vibrations.

About Mona

Mona is a gong practitioner trained by The College of Sound Healing in Devon, UK. Inviting participants to close their eyes and open their ears, she curates a unique experience into sound and the senses, and an exploration of 'the listening body'. Mona spent 12 years abroad in Berlin and London where she developed her craft, and facilitated sound baths, gong concerts and deep listening events. After completing her dissertation 'Resonating Gongs: The Integration of Gongs into Sound Therapy' with the Music faculty at the London Metropolitan University, she studied with Grand Gong Master Don Conreaux. Mona went on to train student sound practitioners at The Northern School of Soundsmiths in Manchester. In 2018 she is delighted to have returned to her hometown Melbourne to share her sound practice, where she has presented her work at Melbourne Music Week, National Gallery of Victoria, Melbourne University Mental Health Week and ABC National Radio. She has released various meditative soundscapes on the applications 'Insight' and 'Bloom'. Mona is continually exploring how the ear hears, the brain listens and the body senses vibrations.

Lucy Price - From Bach to Breath

Lucy believes in the connection and awareness that can be cultivated through the practice of music and yoga, and aims to share this with people as a performer and educator.

As a cellist, she can be spotted on the stage performing with various ensembles in Melbourne, and is a Lead Teaching Artist at the Melbourne Symphony Orchestra's education program, The Pizzicato Effect.

Her project, 'Bach to Breath', combines her two interests of music and yoga, inviting audience participation through gentle movement, pranayama, and meditation, while listening to live performance of Bach's cello suites. 'Bach to Breath' encourages people to embody their listening experience, and to become more in tune with themselves.



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About Lucy

Lucy developed a regular yoga practice while studying at the Australian National Academy of Music, and became addicted to the improvements that it had on the body and mind. Keen to share these benefits with other people, Lucy completed her Advanced Diploma of Yoga Teaching at the Australian Yoga Academy, and Yin Training under the mentorship of Karina Smith.