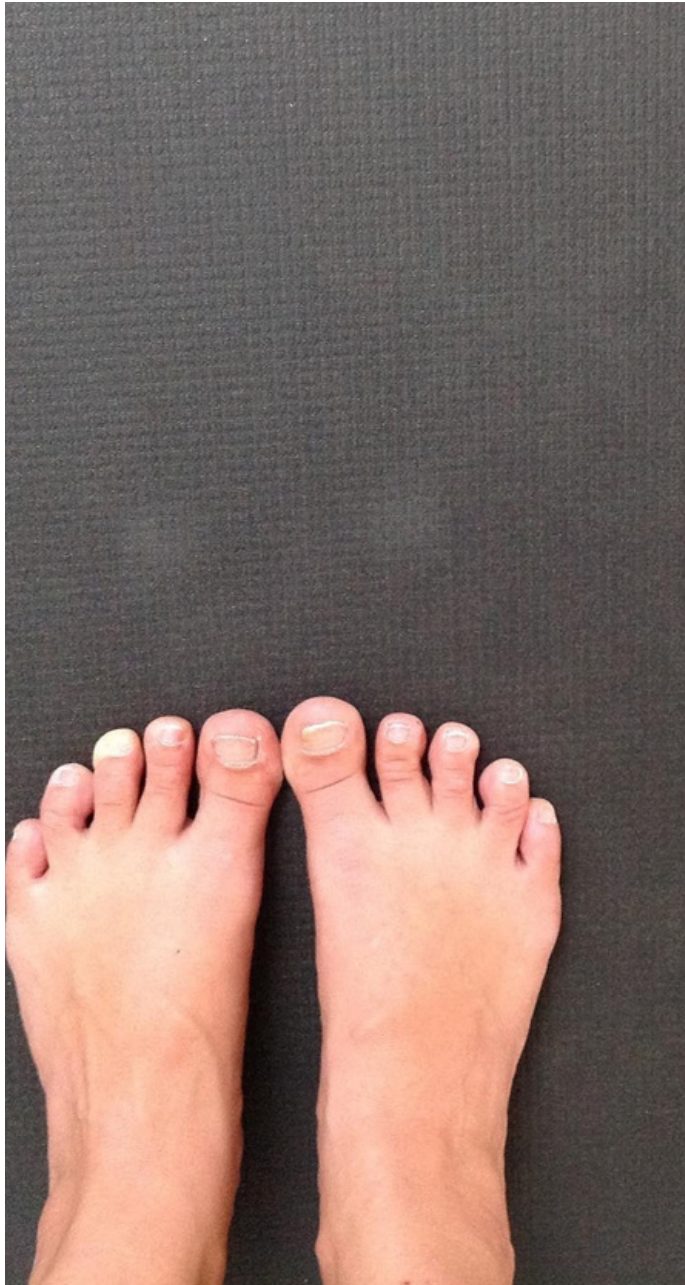
A close-up photograph of two hands holding a string of prayer beads. The hands are positioned in a way that the beads are held between the fingers. The person holding the beads is wearing a purple long-sleeved top and a gold-toned metal mesh bracelet on their left wrist. The background is softly blurred, showing a patterned fabric and a white object.

**BLOOM YOGA
TEACHER
EDUCATION
PROGRAM
2023**

HELLO! AND WELCOME.

“ As an established yoga studio since 2011, I have a strong vision for the kind of yoga teachers I want to graduate from our training - teachers that are passionate about their practice AND excited to share it - these are the kinds of yoga teachers I want to practice with AND these are the same ones I want to share their yoga. ”

Sara Evans - Bloom's Principal Teacher + Lead Trainer



CONTENT

This booklet provides a detailed overview on what to expect from Bloom Yoga's comprehensive Yoga Teacher Education Program. Traditionally yoga was passed down from Guru (teacher) to student, there were no text books or written words – it was a close relationship which involved dedicated time and most importantly: a personal practice (sadhana). This training has been developed in such a way as to honour some of the traditional elements of learning, studying + practicing yoga but within a modern context.

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WHY BLOOM?

Learn from passionate, highly experienced teachers, imparting their wisdom not just from their many years of practicing and teaching yoga, but the application and evolution of these teachings into their lifestyle.

We deliver a comprehensive, empowering program, equipping students with the confidence and know-how to start their teaching journey with a sense of joy and authenticity. Both our 200 Hour and 350 Hour Curriculum EXCEED the minimum requirements; students are provided the opportunity to teach not-for-profit classes to gain first hand experience in a studio setting.

Our teacher training program is a powerful catalyst for personal growth and transformation, with a sense of curiosity and wisdom, you'll soon be transforming your own life and the lives of others as well.

Discover the discipline of personal sadhana, confront beliefs that hold you back, and discover your authentic self.

Training with Bloom will open you up to greater insight and wisdom about who you are; equipping you with all you need to be the best possible student and teacher.



WHY VINYASA YOGA?

VINYASA of Sanskrit origin, meaning 'to place in a certain way'; it is the arrangement of one asana after another with the purpose to awaken our mind and energise the body.

The symbiotic merging of breath and movement creates seamless unity. When these two elements exist as one, the mind is calmed, creating a moving meditation.

Yoga means union, which is unlocked when the breath, body, and mind are weaved together; this is the essence of vinyasa.

- **TRANSFORMATIONAL FOR MIND, BODY + SOUL**
- **BREATH-LED MOVING MEDITATION**
- **ACCESSIBLE + EMPOWERING PRACTICE FOR ALL BODIES**
- **FLUID, FUN + DYNAMIC**
- **ANCIENT WISDOM APPLIED TO MODERN MOVEMENT + ANATOMY**

CIRRICULUM: YOGA PHILOSOPHY, HISTORY + TRADITION

Study yogic history and tradition to discover ancient teachings that are remarkably relevant in today's reality. Develop and deepen your understanding of philosophical texts that underpin the practices of yoga.

- Philosophy Origins & Sources
- Branches of Yoga
- Sanskrit
- Bhagavad Gita
- Yoga Sutras
- Mantra
- Yoga Mythology
- Mudras



CIRRICULUM: ANATOMY + PHYSIOLOGY

Delve into anatomy and become inspired by the human body. Learn how to read students bodies, and how to confidently assist and guide individuals based on their bodies needs and limitations.

- **Core Anatomy & The Psoas**
- **Musculoskeletal System**
- **Nervous System**
- **Breathing; Respiratory System**
- **The Spine**
- **The Pelvis**
- **Nadis, Chakras + Koshas**
- **Vayus + Bandhas**



CIRRICULUM: TEACHING METHODOLOGY

Learn how to put together a mind blowing class for your students! Master sequencing, delivery, providing assists, using props as well as how to bring authentic and inspiring themes to your yoga classes. Receive teaching practice and feedback; this course is designed to equip you to walk out ready to teach.

- Foundational Skill Sets
- Teaching with Themes
- Creating Inclusive Space
- Cultural Appropriation
- Body Positivity, Acceptance
- Teacher Presence + Self-Care
- Ethics & Student Relationships
- Teaching to Student Types
- Asana + Pranayama
- Sequencing Fundamentals



CIRRICULUM: THE BUSINESS OF YOGA

Learn how to establish a professional and ethical framework from which to teach. Learn the basics of how to get started as a yoga teacher.

- Organising Classes
- Creating a Yoga Space
- Using Music
- Hiring a Venue
- Marketing Your Yoga
- Working in a Yoga Studio
- How to encourage diversity + inclusion in your classes
- Continuing Education
- Responsibilities as a Yoga Teacher

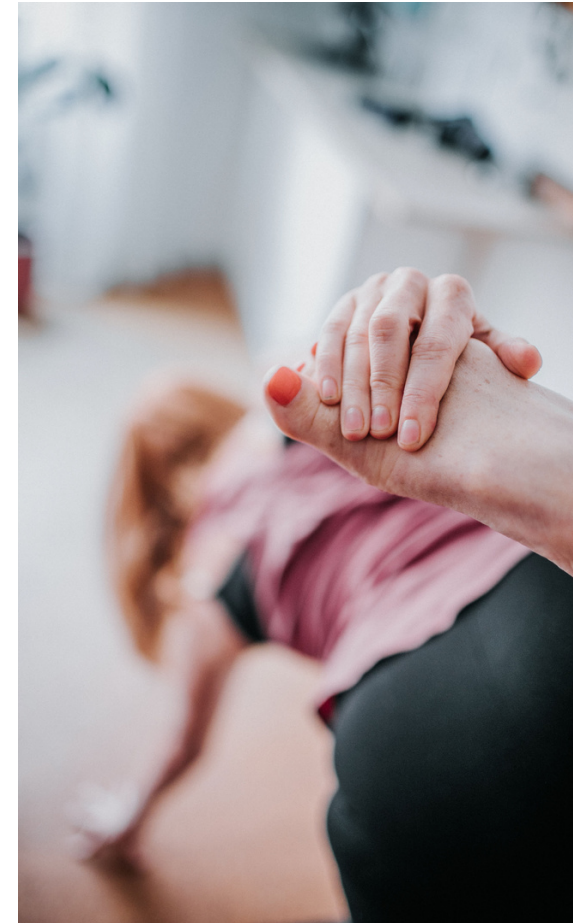


PERSONAL SADHANA

Your yoga practice is the foundation of becoming and sustaining your teaching. It informs how and what you teach, therefore this comprises a large part of your training - ideally with a more experienced Level 2/500 Hour qualified teacher. A minimum three weekly studio practices, two of these at Bloom, classes are discounted to \$12 per class or a discounted unlimited option is \$90 per month (includes free passes for family + friends plus complimentary attendance at monthly masterclasses).

Option to do one practice via Bloom's VIRTUAL studio for those with family commitments - this is by pre-arrangement.

Trainees will do home practice and corresponding journal.



350 HOUR LEVEL 1 TRAINING

WEEKDAY TRAINING

10 Weekday Workshops, run over 3 school terms plus trainees choose from a selection of 2hr masterclasses in addition to 4 Weekend Intensives.

A minimum of 70 hours of classes must be completed before your qualification is received - this can be a combination of studio classes AND online classes.

HOME STUDY

Meditation, Practice, Online Learning, Reading, Essays, written and practical work plus 1 practical exam and 1 theory exam - the 4 weeks provided between each module is to complete the home study, further enhancing and integrating the teachings.

COMMUNITY CLASSES

Teach a minimum of 10 Not-For-Profit classes; gain experience while receiving feedback from peers.

OBSERVE + ASSIST

Learn by looking - trainees observe + assist studio classes as part of their training.

CERTIFICATION

A minimum 12 month commitment is required for certification.

Register with these internationally recognised organisations and quality to be insured:

- 300 HR Yoga Teacher - Yoga Alliance International
- LEVEL 1 Yoga Teacher - Yoga Australia

INVESTMENT

\$6600

A non-refundable \$900 deposit secures your place.

Payment plans available on request. We are more than happy to find a payment plan to suit your individual needs and only ask that you keep paying as we progress with the course and that the whole amount is paid prior to the END of the course.

Investment includes all manuals, in-person tuition, online learning as well as one-on-one mentoring, insurance to teach studio community classes.

FACULTY

SARA EVANS: LEAD TRAINER

Bloom's Director + Principal Teacher, Sara Evans brings an authentic, heart-centred approach to both her practice and her teaching. As a full-time yoga teacher for more than 10 years, Sara brings a wealth of experience as a mother, a long-time yoga practitioner + teacher as well as a Studio Owner and Businesswoman. The depth of her knowledge combined with her down-to-earth and approachable nature is the reason she is so well-regarded in the Perth Yoga community.



COLETTE CORR: ANATOMY + DIVERSITY

Colette has studied more than 800 hours of yoga in Perth, Melbourne & Rishikesh, India. In her time as a teacher so far, she has delighted in sharing yoga & meditation with a diversity of students. Her passion for human health & movement has led her to her current studies in Myotherapy (Bachelor of Health Science).

APPLICATION

Acceptance into our program is via an application and interview process.

Upon acceptance into the training, a \$900 non-refundable deposit is required to secure your spot.

50% of the remaining balance is required two weeks prior to your training start date in March 2024, alternatively, an agreed lump sum payment or scheduled payment plan.

To make the training financially accessible flexible payment plans are available. These fees are for Teacher Training Lectures, workshops, and online learning content. It doesn't include Yoga classes. Yoga classes are heavily discounted for trainees.

DATES 2023

12 + 13 March: Yoga History + Philosophy

23 + 24 April: Asana Fundamentals

21 + 22 May: Anatomy

18 + 19 June: Teaching Methodology + Sequencing

20 + 21 August: Alignment + Assists

17 + 18 September: Nervous System, Restorative + Yoga Nidra

22 + 23 October: Lunar Sadhana

19 + 20 November: The Subtle Body + Ayurveda

17 + 18 December: The Business of Yoga

DAY + TIME

Saturday 11am - 6pm | Sunday 9am - 5pm

LOCATION

Bloom Yoga Room

56 Creaney Drive, Kingsley



Please note that this training is classroom based, however some content may be delivered online or virtually in line with Government restrictions due to COVID-19.

FAQ

Do I need to have an advanced practice to apply?

Absolutely NOT! Yoga is for every body, your ability to master asana does not determine your ability to teach or share yoga. We ask that you have a minimum 12 months of practice, however this is assessed on an individual basis.

Can I do the training just to develop my own practice, rather than to teach yoga?

Certainly! While many trainees go on to teach yoga, there are some for whom they wish to deepen their understanding and knowledge of yoga and their personal practice with no desire to teach.

Will I be expected to carry out additional work aside from the training?

Our training is unique in that the ENTIRE 200 HOURS are CONTACT hours, whereas other trainings may include homework and reading within as NON-CONTACT, our comprehensive training offers additional reading and homework to ensure trainees reach a sufficient level of understanding and are able to retain the knowledge and skills learned.

TESTIMONIALS

"Amazing program, best decision I ever made to embark on this journey. I've recently completed my mentorship with Sara and I highly recommend her expert, intuitive and creative teaching. Thank you, Sara"

- Neska Power, RYT200 August 2020

"Thanks for your ongoing support as a teacher, I am loving the course and learning so much!"

- Amy Ingleton, 200HR Teacher Trainee, August 2020

"Sara is an incredibly knowledgeable teacher as well as teacher trainer. After completing her prenatal training I feel so confident going ahead to teach mums to be! She is authentic and real and is very warm and welcoming. Her classes are just delightful. Highly recommended!"

- Lauren Pyke, RYT200, June 2020

SO WHAT NOW?

If you haven't already been to Bloom - we would love to welcome you to join us for a class in the studio - get a feel for our studio, students and teachers!

If you're ready to dive in and join our training - places are limited to just TEN places so that we can provide individualised learning in small groups - research shows that learning in small groups over a period of time is how we retain knowledge and gain expertise in our chosen field!

MORE QUESTIONS?

Send me an email and I'll be happy to reach out over the phone, chat in person or reply via email: sara@bloomyoga.com.au

READY TO APPLY?

Head over to our website and fill out our [ONLINE application form](#)