



500hr Yoga Teacher Training Course 2025

Become a registered yoga teacher and learn specialised skills that transform lives



500hr Yoga Teacher Training Prospectus

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500hr Yoga Teacher Training

Is this for me?

Embarking on a yoga teacher training is a big step. Are you:

- Passionate about yoga and inspired to share it with others?
- Keen to understand the deeper layers of yoga, not just asana (postures)?
- Ready to move forward in your personal development to explore your full potential?

As a teacher trainee at The Yoga Institute you are valued as an individual. Our experienced faculty of teachers and mentors nurture and support you every step of the way to becoming a confident and skilled yoga teacher.

Course Outcomes & Highlights

This part-time 1 year (500 hours) diploma level Yoga Teacher Training course gives you:

- Eligibility for full (Level 1) membership with Yoga Australia – become a registered yoga teacher
- The skills, knowledge, practice and confidence to go out and teach integrated yoga to groups and individuals
- A wonderful community of like-minded fellow students and yoga teachers
- The foundations for further studies in Yoga Therapy
- Ongoing personal practice development, teaching guidance and study support from an experienced mentor-teacher





Course Structure Includes...

Experiential In-Classroom Learning:

- In-person classroom-based training days

Online and Self-Directed Learning:

- Online learning - mix of live webinars and self-paced material
- Yoga Anatomy training by bestselling author Leslie Kaminoff and Amy Matthews: yogainstitute.com.au/yoga-anatomy/
- Guided home study

Individual Mentoring Sessions:

- 8 sessions throughout the course (average 1 per month)
- Includes development and guidance of your personal yoga practice, study supervision, mentoring as a trainee teacher, and supervision of assisting & teaching practicum

General yoga classes*:

- Average of one class per week, throughout the course
- At Cammeray Yoga or other suitable Yoga centres

Guided Personalised Yoga Practice (at home):

- In addition to attendance at general Yoga classes, students will have a personalised home yoga practice developed and guided in one-on-one mentoring sessions
- This may include asana, pranayama and meditation
- Plus a written journal for guided self-reflection

Teaching Practicum:

- Assisting, supervised and independent teaching experience through practicum program
- One-on-one personal practice case studies

Graduation Ceremony:

- Presentation of graduation certificates at a special ceremony

* **Please note:** Teaching residential accommodation and meals and general yoga classes are not included in course fees





What Will I Learn?

You will learn so much more than just how to teach postures.

By the end of the course you will have the knowledge, skills and confidence to develop and teach fully integrated Yoga practices for different groups and individuals. You will also have the foundational knowledge and skills, and pre-requisites for further studies in Yoga Therapy.

The course curriculum covers:

Yoga History, Philosophy, Ethics and Lifestyle, including:

- Overview of the history and evolution of Yoga through the ages, including the development of modern yoga
- Study of Patanjali's *Yoga Sutras* – the ancient teachings considered to be the “Heart of Yoga”
- The application of these ancient teachings for modern living
- Introduction to other classical texts and teachings of Yoga

Yoga Anatomy, Physiology and Subtle Energy Systems, including:

- Applied western anatomy and physiology
- Subtle yogic physiology and energy systems of *prana*, *nadis*, *kundalini*, *chakras* and *maya-kośas*

Yoga Techniques and Integrated Yoga Practice, including classical and modern techniques of:

- Asana (yoga postures)
- Pranayama (breathing techniques)
- Meditation
- Relaxation and Yoga Nidra
- Mantra, sound and visualisation
- Principles of yoga practice

Teaching Methodologies & Integrated Teaching Practice, including:

- Yoga practice planning and development
- Teaching group and private one-on-one classes
- Assisting teaching and supervised teaching practicum
- Communication skills for yoga teachers
- Supervised teaching

Foundations of Yoga Therapy:

- This course provides the pre-requisites and foundation necessary for further studies in Yoga Therapy





Pre-requisites & Prior Learning

As Yoga is designed for the needs of each unique individual, there is no requirement for particular levels of fitness or ability to do Yoga postures.

- It is desirable (but not essential) to have been practicing Yoga regularly for two years or more, and have a commitment to the study and practice of Yoga in the tradition of T Krishnamacharya.
- This program includes intensive periods of study and Yoga practice, and requires dedication and commitment to self-discovery through Yoga.
- If you have undertaken related studies, recognition of prior learning (RPL) can be explored with the course director.

Teaching Faculty

This course is led by The Yoga Institute's Founding Director Dr Michael de Manincor.

*Senior Yoga Teacher, with over 35 years experience
Yoga Therapist, Registered Psychologist, PhD Graduate, Academic Researcher*



Michael founded the The Yoga Institute in 2000 and has been practicing and teaching yoga for over 35 years, including extensive studies in India at the Krishnamacharya Yoga Mandiram (KYM) and with TKV Desikachar. He is a Senior Yoga Teacher, honorary life member and former national President of Yoga Australia.

Michael is joined by an incredible faculty of senior yoga teachers.

Learn more about our faculty: yogainstitute.com.au/faculty/.



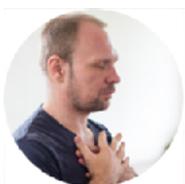


What Our Graduates Say



Renee

"I LOVED this course! One of the best years of my life. I feel I have so much to learn still as I go through my yoga teaching journey, but I feel so stable and confident with the knowledge I have gained through The Yoga Institute this year. I am looking forward to sharing this in New Zealand and keeping you updated. Thank you so much!"



Billy

"The Yoga Institute is making a wonderfully positive impact on the yoga world here in Sydney and actually nationwide. I really can't praise the school highly enough and don't have the superlatives in my vocabulary to do it justice. I just wanted to acknowledge that and hopefully the others are too. They're definitely feeling it.."



Yasmin

"This course was an invaluable experience. I feel thoroughly confident to go out and teach with the knowledge I have learned from T.Y.I. It has opened a doorway of new experiences and skills."

"The mentoring program is fantastic, I always felt supported throughout the course. The reason why I chose this course was because of the high standards that were evident in the course structure which has been translated throughout my experience this year and I believe that's why I feel so confident as a yoga teacher. Thank you to all The Yoga Institute faculty."

Read more from our graduates online:
yogainstitute.com.au/testimonials/





2025 Course Start Dates

Friday Course

Commences Feb 28, 2025

Weekend Course

Starts Saturday March 9

Hybrid-Immersion Course

Dates - TBC

Full course dates available at: yogainstitute.com.au/yoga-teacher-training

Course Fees and Payment Options

Initial \$500 deposit is required for all payment options

UPFRONT PAYMENT OPTIONS - PAY FEES IN ADVANCE AND SAVE

ALL COURSES	Early Bird - Upfront	\$500 deposit	+ balance via EFT	\$8,150	Total = \$8,650
	Save \$500 off balance payment (limited to first 10 only)		OR + balance via card	\$8,300	Total = \$8,800
	Standard - Upfront	\$500 deposit	+ balance via EFT	\$8,650	Total = \$9,150
			or + balance via card	\$8,800	Total = \$9,300

Payable in full by Friday 6th December, 2024

Payable in full by Friday 7th February, 2025 (TBC for Hybrid-Immersion Course)

PAYMENT PLAN OPTIONS - PAY FEES IN MONTHLY INSTALLMENTS

ALL COURSES	Early Bird Payment Plan	\$500 deposit	+ upfront payment of \$1,500		
			and + 10 monthly payments of \$730		Total = \$9,300
	Save \$500 off standard payment plan				Sign up by Friday 6th December, 2024
Standard Payment Plan	\$500 deposit	+ upfront payment of \$1,700			
			and + 8 monthly payments of \$950		Total = \$9,800
					Sign up by Friday 7th February, 2025 (TBC for Hybrid-Immersion Course)

Notes: Deposits are non-refundable except in the case that your application is unsuccessful or the course does not proceed. Balance payments via card include a fee of approx. 1.9%. Payment plans are available via credit card only (not EFT).





Are You Ready?

We're so excited you're contemplating becoming a yoga teacher.

Since 2001 we've trained and mentored hundreds of students who've gone on to become amazing yoga teachers and yoga therapists. We've grown a beautiful community of people who have changed their own lives and the lives of others through exceptional yoga teaching.

We are humbled to have been part of so much positive change, and we hope you'll join us for the next step on your yoga journey.

Apply here: yogainstitute.com.au/application-form-diploma/

APPLY NOW

Get More Information

We're here to help if you want to know more about the Yoga Teacher Training course. We're available Tuesday to Friday to answer any questions.

Check website for more details

For further detail including full dates, assessments and other frequently asked questions, view the online program page:
yogainstitute.com.au/yoga-teacher-training/

Our Invitation to You

Join our next information session - in person or online:
yogainstitute.com.au/teacher-training-information-sessions/

It's a great way to meet the team and find out if The Yoga Institute is right for you.

E: teachertraining@yogainstitute.com.au

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We believe people create their own health, healing and transformation through the power and practice of yoga.

We know extraordinary education leads to healthier people, and in every sense, creates a better world.

