

2026

This prospectus contains information for

500hr Yoga Teacher Training Course

200hr Heart of Yoga Course

For anyone who loves yoga,
Is interested in training to become a yoga teacher,
or wanting to deepen their knowledge and experience
of this ancient wisdom for modern living



Course Prospectus

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Which course is best for me?



The Yoga Institute offers two main course options:

- **200hr Heart of Yoga course**
- **500hr Teacher Training course**

200hrs or 500hrs? Registration and Insurance?

The most common yoga teacher training courses currently being offered are 200hrs. This may be a good option for those who simply want to learn more and deepen their own experience of yoga for personal benefit. However, not necessarily a good option for those who wish to become yoga teachers.

Few people are aware that if you want to become a registered yoga teacher in Australia, there are limitations with doing a 200hr course.

The minimum number of hours required to become a fully registered yoga teacher with Yoga Australia (the peak professional body for yoga teachers and yoga therapists in Australia) is 350 hrs. Completing a 200hr training course only allows for *provisional* registration in Australia, or registration with an American organisation called Yoga Alliance, which has no connection with Australia.

Like most professions, there is no such thing as international registration. Meeting professional training standards may also have implications for gaining adequate insurance.

Many people who do a 200hr training course say that it was a great experience! However, after completion of the course, they soon discover that if they want to become a fully registered yoga teacher with Yoga Australia, they will have to do another course to meet the minimum training requirements.

Many also say that even though it may have been a great experience, the course was too short, leaving them with a sense of lack of confidence or competence to go out and be a yoga teacher.

The Yoga Institute offers a **500hr teacher training course** which provides students with a more solid and in-depth foundation, providing greater depth of knowledge and skills so that graduates feel confident and competent to become a great yoga teacher, and includes areas that are not found in any other training course. Our course also provides one of the highest training standards in the world, which is also *above the minimum* training requirements to become a fully registered member of Yoga Australia.



We also offer a **200hr Heart of Yoga course** for people who love yoga, want to learn more, and deepen their own experience of yoga for personal benefit. This course is also a good option for those who are unsure if they want to become yoga teacher, or unsure if they want to commit to a more comprehensive training course.

There is also the option to start with the 200hr course, and then go on to complete the additional 300hrs for completion of the 500hr Teacher Training course. Full credit is given for course units completed and course fees already paid.





500hr Teacher Training Course Outcomes & Highlights

This is a part-time 1-year diploma level training course, which gives you:

- Eligibility for full (Level 1) membership with Yoga Australia – and become a fully registered yoga teacher
- Completion of the 500hr study requirement for recognition as a Level 2 member of Yoga Australia, and RYT500 with Yoga Alliance (USA)
- 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



500hr Teacher Training Course



Course 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
- Guided home studies

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:

- In addition to the yoga classes which are included on each day of the training course, learning from participation in additional classes at Cammeray Yoga or other suitable Yoga centres*

Guided Personalised Yoga Practice (at home):

- Students will have a personalised home yoga practice developed and guided in one-on-one mentoring sessions
- This may include asana, pranayama and/or meditation
- Plus written journals for guided self-reflection of pranayama and meditation

Teaching Practicum:

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

Graduation Ceremony:

- Presentation of graduation certificates at a special ceremony

* **Please note:** Cost of additional yoga classes are not included in course fees



500hr Teacher Training Course



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, and čakras*

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
- How to design a safe and effective yoga sequence, class or personalised practice
- 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



200hr Heart of Yoga Course



What is included and what will I learn?

You will learn so much more than just yoga postures.

The 200hr Heart of Yoga Course includes the first parts of the Teacher Training Course, and offers you an in-depth knowledge and experience of yoga, for your own personal benefit and the benefits that yoga brings to your life.

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- Mantra, sound and visualisation
- Principles of yoga practice

Foundations for completion of the 500hr Teacher Training course

- This course provides full credit (course units and cost) for going on to complete the remaining components of the 500hr teacher training course





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 ^{MPsych, PhD}

Senior Yoga Teacher. Yoga Therapist. Registered Psychologist, 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 as his mentor.

He is a Senior Yoga Teacher, former National President, and honorary life member 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/





2026 Course Start Dates

Friday Course

Commences Feb 13, 2026

Weekend Course

Starts Saturday Feb 28

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

Course Fees

REGISTRATION DEPOSIT: \$500 deposit is required for registration in either the 200hr Heart of Yoga course or 500hr Teacher Training course

200hr HEART OF YOGA COURSE
COURSE FEES ~ PAY IN ADVANCE AND SAVE
(Monthly Instalment Payment Plan available on request)

EARLY BIRD DISCOUNT ~ \$250
Applied to Balance Payment, if paid in full by December 12, 2025
(limited to first 5 only)

STANDARD FEES ~ Balance payable in full by January 30, 2026

\$500 deposit (paid) + balance paid via EFT bank transfer **\$3,450**

500hr TEACHER TRAINING COURSE
COURSE FEES ~ PAY IN ADVANCE AND SAVE
(Monthly Instalment Payment Plan available on request)

EARLY BIRD DISCOUNT ~ \$500
Applied to Balance Payment, if paid in full by December 12, 2025
(limited to first 5 only)

STANDARD FEES ~ Balance payable in full by January 30, 2026

\$500 deposit (paid) + balance paid via EFT bank transfer **\$8,950**

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 that you are contemplating a deeper dive into yoga studies, and the possibility of sharing your love of yoga as 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:

APPLY NOW

Get More Information

We're here to help if you want to know more about the Yoga Teacher Training course.

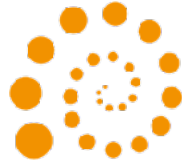
Check website for more details

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

E: teachertraining@yogainstitute.com.au

T: 0477 021 219





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.

