



## BALI INTENSIVE 2016

# YOGA TEACHER TRAINING DIPLOMA

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## FOUNDATIONS FOR LONGEVITY IN PRACTICE AND TEACHING

Immerse yourself in the study and practise of Yoga with our **Yoga Teacher Training Diploma - Foundations for Longevity in Practice and Teaching** which takes place over two residential modules (fifteen days each) held in the quiet and replenishing surroundings of Ananda Cottages, Bali. Our well-paced and comprehensive 200-hour (Level 1) programme offers an opportunity to progressively deepen your knowledge, understanding, practice and teaching skills in a systematic way, combining two on-site intensive study periods that will straddle an interval at home for self-study and integration of the material.

We believe that becoming a great yoga teacher begins with a strong personal desire to deepen one's understanding of Yoga through an exploration of contemporary and traditional knowledge, while being assisted by teachers who are specialists in their fields. A period of intensive learning can lead to exponential growth in one's practice and personal development, which will provide the necessary experience to become a confident and respected teacher in the community.

YOGA TEACHER TRAINING DIPLOMA  
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This course is registered with *Yoga Alliance* at a 200-hour teacher training level allowing graduates to benefit from an internationally recognised accreditation. It is designed to offer a solid underpinning for further study towards the **Yoga Teacher Training Diploma** Level 2 (300-hour) teacher training and also specialist trainings in areas such as Yoga Therapy, Mindfulness Meditation or Yin Yoga.

Our skilled panel of teachers are internationally recognised experts in their fields and bring a wealth of experience and specialist knowledge to the training.

## DATES

Residential Dates:        *Module A*        100hrs (15 days / 14 nights)\*  
**27th August - 10th September, 2016**

*Module B*        100hrs (15 days / 14 nights)\*  
**24th November - 8th December, 2016**

\* inclusive of one rest day on each retreat

Graduation Date:        **7th December 2016**

Application Deadline:    **1st July 2016**

## OTHER INFORMATION

Maximum participants:    **25**

Number of hours:        **200 hours contact** (Module A and B on retreat)  
**50 hours non-contact** (at home for practice, study and reflection)

*"The training is deep, well organised and comprehensive. Yes, it was intense. However, they were always there as support and inspiration. You will leave the training secure that you are ready to teach yoga."*

Sonyan White  
Singapore Graduate TT 2008

*"I learned how to teach the essentials of Hatha Yoga poses in an efficient and effective manner, which deepened my own practice significantly, in fact, my whole practice has changed after attending this TT. I strongly recommend it to anyone considering attending."*

Akiko Takahashi  
Yoga Teacher, COMO Shambhala Urban Escape  
Singapore Graduate TT 2010

## TEACHING PANEL

### Principal Teachers

Vivienne Spanopoulos, BA, E-RYT 500

*Asana, Teaching Methodology and Teaching Practicum*

**Vivienne Spanopoulos** has 20 year's experience teaching Yoga and was Principal Teacher at COMO Shambhala Urban Escape and also the Director of their 500-hour Yoga Teacher Training Programs from 2003-2011. Vivienne is passionate about delivering the highest quality teacher training classes she can and is excited to be working alongside Jacqui for this course!

Vivienne is known for her clear, specific instructing, thoughtful & smooth sequencing, her sensitive and precise touch and a lived sense of what the practice of Yoga offers. She has the capacity to equip students with the technical fundamentals for teaching and to stimulate, awaken & inspire the budding teacher.

Vivienne also resided in Boston, USA from 2011-2014 and was certified as a Resistance Stretching Body Therapist (a meridian-based therapy), has a Diploma in Remedial Massage, studied NLP at the practitioner and master practitioner level, has obtained a Bachelor of Arts from the University of Sydney and is also an experienced meditation teacher.

Originally trained as a Vinyasa teacher in Sydney, Vivienne has since studied extensively with Glenn Ceresoli (Senior Iyengar Yoga teacher). Her Haṭha Yoga teaching now is grounded in the alignment principals of Iyengar, informed by an understanding of the meridian system of the body and infused with a sense of flow, movement and grace.

Jacqueline Hargreaves, BE (Hons), E-RYT 500

*Asana, Pranayama, Meditation, Teaching Methodology and Teaching Practicum*

**Jacqueline Hargreaves** has been dedicated to the practice of Yoga and Meditation since 1998 and has a special interest in the Medieval Yoga traditions of India and Japanese Zen. Jacqueline has traveled throughout India for research fieldwork and studied meditation intensively for a year in a remote part of Japan.

Jacqueline's teaching uniquely combines the physical practices of Haṭha Yoga with the therapeutic application of meditation techniques such as Yin Yoga, Yoga Nidrā, Mindfulness Based Stress Reduction (MBSR) and Mindfulness Based Cognitive Therapy (MBCT). She has been a teacher of Mindfulness Meditation for over 16 years and Yin Yoga/Yoga Nidrā for the past 11 years with an emphasis on assisting those with chronic health issues, stress, anxiety and depression.

Since 2005, Jacqueline has been invited to conduct workshops, teacher trainings and retreats as a guest teacher in Singapore (COMO Shambhala), Australia (Dancing Warrior Yoga), India (Still Dawn Yoga), United Kingdom (Oxford University - Balliol and Merton Colleges, Yoga Junction and British Wheel of Yoga), USA and Japan (Yogajaya).



Jacqueline co-teaches on the Mindfulness Based Stress Reduction Program (MBSR) directed by Kate Carne in Oxford and completed the Mindfulness Based Cognitive Therapy (MBCT) Teacher Training with the Oxford Mindfulness Centre (2013) under the supervision of Christina Surawy and the Intensive Practice Program with UCLA Mindful Awareness Research Centre (2014) under the supervision of Diana Winston.

Jacqueline holds a Bachelor of Engineering (with Honours) from the University of NSW and worked for 8 years as an IT Consultant in Australia, Canada, USA, China and India.

Jacqueline writes about the history and research of Yoga and Meditation for [theluminescent.blogspot.com](http://theluminescent.blogspot.com).

## Guest Teachers

Dr Jason Birch, DPhil (Oxon)

*History and Philosophy of Yoga; Meditation and Pranayama*

**Jason Birch** completed a Doctorate of Philosophy in Oriental Studies (Sanskrit) at Oxford University under the Supervision of Professor Alexis Sanderson (2013). He has been dedicated to the study of Sanskrit and the practice of yoga since 1996. As a scholar of yoga, his special interest is in the medieval yoga traditions of India, particularly those known as Haṭha and the Rājayoga.

In September 2015, Jason was awarded a post-doctoral research fellowship at SOAS of London University funded by a 5 year European Research Council project entitled The Hatha Yoga Project. Led by James Mallinson (the principal investigator) and team members Mark Singleton and Daniela Bevilacqua, this project aims to critically edit and translate ten Haṭhayoga texts and reappraise the history of Haṭhayoga in light of these unpublished texts.

Jason is a lecturer at SOAS of London University for the Master of Arts in Traditions of Yoga and Meditation. He conducts courses on the history, theory and practice of Yoga on various Yoga Teacher Training programmes in London, Los Angeles, Sydney, Singapore, Japan and Bali.

Jason's published articles are available on [theluminescent.blogspot.com](http://theluminescent.blogspot.com) and [academia.edu](http://academia.edu).

Lisa Nicholas, Dip. Herb. Medicine, Reflexology, Shiatsu, Sports Massage

*Basic and Applied Anatomy and Physiology*

**Lisa Nicholas** originally studied anatomy and physiology to improve her performance as a member of the Australian freestyle ski team. The many years of physical and mental work needed to achieve international recognition in skiing and over 25 years of experience teaching private clients gives Lisa a deep insight into the processes involved in both teaching and learning. Over 15 years of experience as a therapist lends confidence to dealing with imbalances in the body. Lisa combines these experiences, blending her knowledge of performance, teaching and bodywork seamlessly when sharing different aspects of yoga, anatomy and physiology.

Lisa runs specialised anatomy workshops at her yoga studio in Switzerland (Zaza Yoga) and bases her asana teaching on a broad base of anatomical knowledge. Lisa is continuing her studies with the Anatomy Trains program specialising in myofascial tissue. She teaches regularly on Yoga Teacher Trainings in China, Europe and India.



## CURRICULUM

This **Yoga Teacher Training Diploma** has been thoughtfully prepared to provide a broad based knowledge of theory, philosophy and practice of Yoga from a multi-disciplinary perspective. You will undergo a transformation in how you experience Yoga both as a practice and a philosophy, through your body and mind, and develop a solid appreciation for the art of teaching and a rich understanding of the historical development of Yoga.

This learning experience will systematically unfold and you will be guided to grow into the role of the Teacher. In addition, the personal attention and feedback received will enable you to identify your own shortcomings, confront challenges while feeling well-supported and develop strategies to continue to blossom.

We have structured this 200-hour curriculum to equip every participant with:

- the foundations of a self-practice
- a competent set of teaching skills that offer quality, versatility and safety while leading
- the ability to design a class that includes āsana, prāṇāyāma and meditation in your own individual way with awareness, sensitivity, clarity and confidence
- an appreciation for the richness of Yoga Philosophy and History

The curriculum enables you to leverage your personal experience and knowledge to formulate safe and inspiring classes, along with the ability to establish long lasting relationships with students. The non-dogmatic programme combines knowledge that is sympathetic to the early roots of Indian traditions while at the same time embraces innovative techniques that are supported by scientific research.

We taught our first teacher training course together in 2008 and have enjoyed watching our graduates flourish into successful Yoga Teachers, including in some cases, establishing their own yoga studios. You can read testimonials from past graduates below and elsewhere in this document.

*"Vivienne, Jacqui and Jason are not just eminently qualified to teach and train, they do so with the utmost of commitment, dedication and generosity! It is not possible to come away from their training without gaining depth of perspective and growth in horizon. I have personally benefited tremendously."*

Sanne Tay  
Singapore Graduate TT 2008

*"Brilliant teachers that have a wealth of knowledge any practitioner or existing teacher will benefit immensely from. Vivienne's expansive experience in the yoga practice coupled with her passion, dedication, and nurturing ways places her in a class of her own as a teacher. Together with Jacqui's yin and Jason's pranayama classes, I count myself amongst the lucky few who had one of the best of Asia's teaching panel!"*

Cynthia Cheang  
Singapore Graduate TT 2010

*"If I was going to go through a yoga teacher training course again, I wouldn't trust other people than Vivienne, Jason, Jacqui and the rest of the team who taught me what I know about yoga, how to teach and to help others through yoga and how to introduce yoga in my life for a better quality of life."*

Lia Pirillou  
Yoga Teacher, Cyprus  
Singapore Graduate TT 2008

The curriculum includes the following components:

### **Asana**

Fundamental to this curriculum is a solid foundation in the principles and practice of basic postures, variations and the use of props. There will also be an introduction to therapeutics including reading body posture, alignment and injury prevention.

### **Pranayama**

An effective way of building and directing one's vital energy, we will undertake a methodical exploration of the classical prānāyāma including Kriyas & Mudrās and how to practice and teach them safely.

### **Meditation**

Traditional Meditation and embodied Mindfulness techniques (such as guided body scans) will form an integral part of this training to ensure one leaves with a home practice. Modern scientific research will be presented to emphasise the importance of these practices.

### **Yoga History and Philosophy**

We will study the history of yoga in detail, from its earliest sources via classical to modern yoga, as well as the major philosophical foundations and personalities involved in the development of yoga.

### **Sanskrit**

A brief introduction to pronunciation, chanting and the Sanskrit language will be covered.

### **Anatomy and Physiology**

A basic and applied anatomy component will be offered that has been specifically designed to support your understanding of āsana, physiology of breath, body mechanics and movement. You will become fluent with the language of the anatomical body and be equipped with a working knowledge of dealing with injuries, therapeutics and promoting good health in general.

### **Teaching Methodology & Teaching Practicum**

In this component you will learn creative sequencing, effective adjustments, clear and informed instructing, demonstrating, timing, and how to put it all together! The teaching practicum will range from group classes to one-to-one teaching with expert feedback and strategies for improving your skills.





## COURSE STRUCTURE

### **Module A**

100hrs (15 days / 14 nights)

Dates:

*27th August - 10th September, 2016*

Contents:

Foundations of Āsana (35hrs)  
Preparations for Prāṇāyāma (10hrs)  
Foundations of Meditation (10hrs)  
Establishing a Self Practice (5hrs)  
Basic and Applied Anatomy and Physiology (20hrs)  
Sequencing and Teaching Skills - Āsana (10hrs)  
History and Practice of Meditation, Prāṇāyāma and Mudrā (10hrs)

### **Module B**

100hrs (15 days / 14 nights)

Dates:

*24th November - 8th December, 2016*

Contents:

History and Philosophy of Yoga (20hrs)  
History and Practice of Meditation, Prāṇāyāma and Mudrā (10hrs)  
Embodied Principles of Āsana (40hrs)  
Teaching Methodology: Instructing, Sequencing, Adjusting, Demonstrating - Āsana (10hrs)  
Teaching Techniques - Meditation and Prāṇāyāma (10hrs)  
Teaching Practicum and Assessment - Āsana, Meditation and Prāṇāyāma (10hrs)

## VENUE

### **Ananda Cottages Ubud**

Ananda Cottages is located in the cool tranquil hills 25 minutes walk from the village of Ubud. It offers picturesque rural views surrounded by lush, green, fertile rice paddies. Bali's natural beauty forms a part of Ananda's spacious grounds.

Built in keeping with traditional Balinese architecture, each cottage houses a number of rooms and offers access to the lush tropical gardens, beautiful swimming pools and Yoga spaces set in idyllic peaceful surroundings.

All rooms are air-conditioned and have garden bathrooms, conveying the essence of the tropics. Ananda Cottages have been operating since 1978 and are considered budget accommodation.

Ubud is the artistic and cultural heart of Bali. There are many painters, dancers, musicians and sculptors living in the village. Three art museums have both traditional and modern paintings and sculpture on display. The Ubud market is a favourite with a vast array of locally produced souvenirs. The nearby forest has a temple in the midst of a jungle with mischievous monkeys.

### **Example Daily Schedule**

7-8.30am	Meditation and Prāṇāyāma
8.30-8.45am	Fruit & Refreshments
8.45-11.00am	Āsana and Mudrā
11.30-12.30pm	Lunch
2.30-5.30pm	Teaching Methodology/History/Philosophy/Anatomy
5.30-6pm	Afternoon Tea
6-7.00pm	Discussion Topic, Q&A, Assignment Time
7.30pm	Dinner



## CERTIFICATION

Successful completion of all assessments will qualify you for the **Yoga Teacher Training Diploma - Foundations for Longevity in Practice and Teaching** and enable you to register as a *200-Hour Registered Yoga Teacher* with Yoga Alliance.

Each module of the training will have an assessment component as outlined below.

Āsana:	Group Assessment
Meditation/Prāṇāyāma/Mudrā:	Personal Diary (journal used to answer specific questions)
Anatomy & Physiology:	Formal Written Exam
Yoga History & Philosophy:	Formal Written Exam
Teaching Practicum:	Individual Assessment (teaching the group)

In the event that a participant does not fulfil the requirements of a given module, a participant may be allowed to retake an exam, or re-submit an assessment, at a time convenient to the Principal Teacher and/or assessors.

## ATTENDANCE POLICY

Applicants must attend both modules, regardless of whether one is intending to teach or not. This ensures that the group as a whole develops its knowledge base and understanding consistently. Regular and punctual attendance to all lectures/classes is a **mandatory** requirement of each module in order to qualify for certification.

If absence is required due to illness, emergency or misadventure, this needs to be discussed with a Principal Teacher and will be considered on a case-by-case basis. A formal Doctor's Certificate may be requested.

No additional classes will be offered for absence due to illness or misadventure. However, supplementary documentation and handouts will be provided (if available). It will be up to the individual participants to make up the time lost during the course through personal study outside of contact hours.

The teaching panel reserves the right to refuse issue of final certification.

*"I had the most amazing and transformative teacher training with Viv and Jacqui during 2008. They are both very experienced and have their own style and strengths in what they teach, which was very awakening for me. Highly recommended!"*

Angela Teh  
Singapore Graduate TT 2008

*"Although I didn't teach after the completion of the teacher training course, the journey has been personally very enriching and rewarding and has taken my personal practice to a higher level. Vivienne, our principal teacher, brought together a team of excellent teachers who taught us various aspects of the study of yoga both theory and practical. Amongst the team of teachers were Jacqui and Jason who brought with them their vast in-depth knowledge of yin yoga, pranayama and meditation and presented another facet of yoga which is not so widely taught but relevant to the holistic practice of yoga."*

Gracie Tan  
Singapore Graduate TT 2010



## FEE

Diploma (Level 1) Fee is **USD\$5850** (early bird by 15th May 2016) or **USD\$6200** after 16th May 2016.

## Inclusions

- All Yoga Tuition, Assessment and Appraisal for the **Yoga Teacher Training Diploma** which includes thirty-days of structured residential programme and selected cultural activities (200 contact hours)
- Home Reading and Practice (50 non-contact hours)
- Course Manual
- Accommodation (**twin share**) at Ananda Cottages, Ubud on a full board basis, which includes three buffet meals daily (vegetarian and excluding alcoholic beverages) for the duration of both retreats
- Complimentary use of the internet, swimming pool and other facilities

## Exclusions

- Flights to/from Bali
- Airport transfers between Denpasar Airport and Ananda Cottages (to be arranged upon booking)
- Travel Insurance and Visas
- Your Liability Insurance and Yoga Alliance Registration Fee to start Teaching
- A First Aid Certificate Course

## APPLYING FOR THE COURSE

### Pre-requisites

We encourage all committed students of yoga with a **minimum of 2 years** regular practice to apply.

This course is designed for those who would like to become professional yoga teachers. However, we also welcome those wishing to deepen their own exploration for longevity in the practice of yoga.

Existing Yoga Teachers wishing to re-visit the fundamentals of teaching will find the course extremely valuable as continuing education.

You will be required to fill out an *application form* that details your experience, medical history, and an option to provide a reference from a Yoga Teacher who is familiar with your practice in support of your application.

### Application Process

Interested applicants can download an *application form* via our website:

[yogatraining.stretchsolutions.org/application/](http://yogatraining.stretchsolutions.org/application/)

Completed applications should be sent to:

[teachertraining@stretchsolutions.org](mailto:teachertraining@stretchsolutions.org)

Shortlisted candidates will be interviewed (in person or via Skype) by a Principal Teacher. The interview, while not formal, is very much a part of the selection process, however it is also an opportunity to allow prospective participants to ask questions.

### Closing Date

The closing date for applications is **1st July, 2016**.

All students will be notified of their admission by **11th July, 2016**.

Applications, interviews and admissions are conducted on a rolling basis. We therefore encourage interested applicants to submit their forms early as places are limited.

**CONTACT US.**



*"Undertaking Teacher Training with Viv and Jason was, without a doubt, one of the best decisions of my life. Viv's technical understanding of yoga is outstanding and transformed my own practice. Jason changed my understanding of Pranayama and Meditation and made both an effective part of my life - no mean feat I can assure you! Under their stewardship I felt well equipped to teach yoga after the training however, that was, in the end, only a minor aspect of what was a wonderful life experience. I highly recommend it to anyone wanting to deepen their own yoga practice as well as for those wanting to learn how to be an effective yoga teacher."*

Kate Porter  
Founder of Kate Porter Yoga Studio  
Singapore Graduate TT 2008

*"I was very lucky to have experienced Jason, Jacqui and Vivienne as teachers 10 years ago when I moved to Singapore, after having completed my first teacher training. Vivienne has a way to dissect the asanas that makes it easy to comprehend what the movement is about and what should remain still, or move, in order to be more at ease with the asana, and therefore allow for the change to happen. Always listening and guiding you, but also allowing you to search and find what works best for you, she is, in my view, an excellent teacher."*

*Jacqui guides in a manner that you don't even think you are moving or holding a pose or breathing, but the awareness she inspires in you is quite impossible to describe in words. She has showed me so many ways to go deeper into my practice, and not just the physical part of it, but the intangible part of it. Every time I'm lucky enough to practise with her, I get up from the mat feeling lighter, refreshed and absolutely like a new person."*

*Jason's depth of knowledge is quite indescribable. Jason will tell you the history of yoga, the philosophy of yoga, will share the old manuscripts, in such an easy way to understand, without resorting to fancy words, just directly for you to be able to comprehend what it is all about. He is an inspiration not just as a teacher, but also as a practitioner."*

*They are always ready to listen to you, always ready to guide you, but most of all to encourage you. I recommend them whole heartedly. I wouldn't be half of the teacher I am without their help, support and teaching."*

Paulina Buck  
Yoga Teacher at KPY and various other schools  
Singapore Graduate TT 2010

*"I was privileged enough to have Jacqueline as my first yoga teacher, her guidance and instruction through a wide variety of practices and techniques inspired me to delve deeper into my personal practice at home in between classes. I was so intrigued and amazed at everything I was learning about my body and mind. I felt strong, confident, focused and balanced. Gradually as my understanding and passion for yoga grew, I wanted to become a teacher as well in order to help people the way Jacqueline helped me."*

*Jacqueline offers an unique combination of yoga experience that you won't find anywhere else in the world. She lives and breathes her practice and inspires her students to do the same. The depth of Jacqueline's yoga knowledge and understanding is vast. An opportunity to study with her will enhance your personal practice on all levels."*

Kelly Wiebe  
Yoga Teacher, United Kingdom

*"The yoga teacher training that I attended in 2010 led by Vivienne was the best investment I've made. It brought my understanding of yoga both as a student and as a teacher to the next level. It was my honour to have had the opportunity to have Vivienne as my principal teacher along with the supporting teachers from the curriculum who were equally inspiring."*

Cynthia Heng  
Singapore Graduate TT 2010

*"I was a rookie yoga teacher when I joined my Teacher Training Program with Vivienne and Jacqui. What I learnt during the program helped me deepen my understanding in asana, alignment, making safe adjustments, also pointers in diet and yogic lifestyle with two of the best teachers in this part of the world. I was able to directly share what I gained from this program in my classes as I began to integrate some of finer aspects of teaching, presentation and techniques."*

*I am very grateful to Jacqui for introducing me to the stillness and meditative beauty of Yin practice as well as the grace of following the yogic journey in daily life. If you are lucky, as I have been; to study with Vivienne, then you can be assured of learning not only the technical aspects of practice really well, but share in the wisdom and experience of years of her practice. Both teachers will help you gently to reach within the depths of your own capacity so that by the end of the course you will be able to inspire those around you."*

Sujata Cowlagi  
Yoga Teacher at Pure Yoga  
Singapore Graduate TT 2008