



# Awaken In

Awaken your true self and transform your life



**Transformational Yoga Life Skills Development Course**

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**LEVEL ONE 200 HOUR YOGA TEACHER TRAINING PROGRAM**



## Which person are you?

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- [1] Are you struggling to maintain a healthy mind and body in a hectic and stressful world?
- [2] Are you seeking a deeper meaning to life or simply want to live a better life?
- [3] Are you wanting a major life or career change to set you on a new path in life?
- [4] Are you wanting to teach yoga or take your yoga practice to the next level?

We invite you to transform your life, through awakening your true self by **joining us any time to study part time** our 200 hour Y.A Certified Transformational Yoga Teacher Training Life Skills & Training Course.

A unique Yoga Teacher course with private individual coaching.

**Awaken In Private studio – Chirn Park.**

## What is Transformational Yoga?

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Put simply, it's a path to the person you long to be. The transformation can be subtle, or it can be more significant, depending on your experience. Either way, you'll experience the joy of being more self-aware and living each moment.

Teachings are based upon traditional yoga philosophies blending transpersonal psychology and personal development energy, body and mind connection.

# Course Overview

The course is comprised of TEN modules as detailed below to start anytime and study part time with a schedule that works for you, (arranged with the teacher), plus assignments and yoga practice. Study part time and complete within a 12 month period from course start date. Each module takes you deeper into your personal journey of transformation. The course is designed specifically for the following people:

- [1] Anyone wanting to develop life skills and personal growth in order to be more self-aware and enjoy the benefits of a healthy mind and body.**
- [2] New and existing yoga students and teachers wanting to expand their yoga practice.**
- [3] Those wanting to qualify to teach yoga part time and learn the tools for life transformation.**
- [4] For students who want training in a small group environment with private individual yoga coaching.**

Module	Topic
Module 1	Yoga in the body, mind & spirit – history of yoga, lineage, styles and philosophy.
Module 2	Yoga in the body & breath – anatomy & physiology. Anatomy with the physical postures and introduction to breath awareness.
Module 3	Yoga in the body, mind & breath – a natural progression from Module 2.
Module 4	Yoga & Energy – working with Chakras and other energy systems.
Module 5	Teaching Yoga – designing your personal practice & exploring the role of teacher. Teaching techniques and sequencing.
Module 6	Teaching Yoga – integration of practical teaching techniques using the mind, body and energy.
Module 7	Yoga Specialised – Injuries, modifications, use of props for alignment.
Module 8	Yoga whole of life – using the tools and applying them to your life at home and at work.
Module 9	Yoga traditional techniques – including chanting & mantras.
Module 10	Yoga integration, purpose, teaching, be-ing – bringing it all together summarising the previous modules, how to run a business, aligning your purpose with teaching in your life.



## Schedule

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The training is **conducted part time with a schedule that works for you for completion within a 12 month period from your course start date. Some sessions will be one on one, others delivered in a small group limited to up to four people.** In between there will be reading assignments, home practices and reflection exercises to complete.

The Transformational Yoga program has an emphasis on experiential learning with the material covered. The program will emphasise practical teaching skills and be supported with personal self development tools.

You will learn yoga philosophy, yoga anatomy, the energy systems of yoga, personal awareness skills and techniques for how to develop yourself and encourage others in the process.

Venue for meetings will be held at **Awaken In Private Studio Chirn Park & Healing Cottage Nerang, QLD**

### Classes & meetings scheduled with the teacher

Timetable and times may be subject to minor changes upon course commencement.





## Our Teacher

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### KEL GREEN

*"I have been a devoted distance runner my whole life and had never considered yoga as part of my life until I was travelling and participated in one of Kelly-Anne's yoga classes. That was seven years ago. Kel's teaching and lived example of yoga as a pathway toward embodied awareness has become a mainstay of my own life. Yoga and my chance encounter of participating in one of Kelly-Anne's classes in America was transformational."*

**Testimonial – Mel Manton**

**K**el Green is passionate about supporting others in self understanding and realising their personal truth. Kel has been practicing yoga since 1999 and teaching since 2008. For ten years she studied yoga in the United States, receiving training in several styles of yoga with renowned and respected teachers.

In 2010, Kel enrolled in the Yoga of

Excellence program with Para Yoga, "a practical and profound system rooted in the Tantric tradition". Kel continues study in Para Yoga which guides her personal yoga practice."

Kel also received guidance from Mary Keizer who has been a student of T.K.V Desikachar since 1974. T.K.V teaches in the tradition of his father T. Krishnamacharya. This tradition works according to the individual

requirements and emphasis is on re-intergrating all aspects of the individual, bringing them closer to a state of inner clarity.

### KEL'S QUALIFICATIONS INCLUDE:

- Masters Transp. Psychology
- B.A Intl. Bus/Mktg & Cert IV Bus
- Cert IV Training & Assessment
- RYT500; ERYT200, CACEP YA
- Registered Yoga Australia, L2

## What makes the course outstanding...

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- [1] Accesses ancient teachings and techniques of yoga.
- [2] Incorporates modern personal development skills for practical life.
- [3] Practical experience 'teaching' leading, having presence and expressing authenticity of self
- [4] Explore a number of styles, techniques and tools of yoga including Power, Vinyasa, hot yoga and Yin.
- [5] Training occurs a private environment with student spaces are limited up to four people.
- [6] Personal mentoring and guidance in learning the skill of teaching yoga
- [7] Graduates will be eligible to apply for registration with Yoga Alliance and Yoga Australia.

## Course payment options

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- [1] **Weekly installments of \$66 per week** investment via direct debit or credit card using Visa or Mastercard after initial \$500 deposit paid.
- [2] **Installment plan of \$290 per month** investment via direct debit or credit card using Visa or Master card after initial \$500 deposit paid.
- [3] **\$3499 in total investment** via direct debit or credit card using Visa or Mastercard after initial \$500 deposit paid.  
Pay in full 14 days prior to course commencement date to receive one month of complimentary yoga classes for you or a friend.
  - Begin payment plan anytime from date of enrollment.
  - If on installment plan, payment of \$66 or \$290 due prior to the week or month of training.

**For more information** please refer to fb:: **Awaken In Yoga** or visit **[www.transformationalyoga.com.au](http://www.transformationalyoga.com.au)**

Above fees also cover course manual, books and teaching materials.. Above fees do not include accommodation.  
Awaken In reserves the right to cancel any contract with any person who does not honour the course terms and conditions.  
For all cancellations after commencement Awaken In must receive a written request for a refund consideration emailed to **[info@awakenin.com.au](mailto:info@awakenin.com.au)**

## Like to know more?

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If you would like to know more about the course and course prerequisites please contact us today;  
**Kel Green– 0439 007 999 or [info@awakenin.com.au](mailto:info@awakenin.com.au) or [www.transformationalyoga.com.au](http://www.transformationalyoga.com.au) ; [www.awakenin.com.au](http://www.awakenin.com.au) or fb: Awaken In**

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Awaken In; Transform your life  
by awakening your true self.

Integrity, compassion, growth,  
connection, wholeness & truth.

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Contact Kel Green on 0439 007 999 or  
email [info@awakenin.com.au](mailto:info@awakenin.com.au) or visit  
[www.awakenin.com.au](http://www.awakenin.com.au)  
[www.transformationalyoga.com.au](http://www.transformationalyoga.com.au)

fb: Awaken In Yoga PO Box 436, Chim  
Park QLD 4215

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Transform your life by awakening your true self