



# Wild Self Yoga

200 HOUR  
HATHA & VINYASA  
YOGA TEACHER TRAINING

# Course Overview

Our 200 hour trainings are based around a practical curriculum that approaches yoga systematically, creating strong foundations for teaching safely and authentically.

Drawing from traditions of Hatha & Vinyasa yoga, we will be exploring yoga as a holistic approach - combining traditional teachings with modern science.



Moving beyond Asana into the further realms of Philosophy, Pranayama, Meditation, Ayurveda and more - students will be held in a supportive learning environment in the comfort of our own secluded retreat space.

With special emphasis on functional movement anatomy, and practice teaching from day one. Our three passionate and experienced teachers will share decades of teaching and training experience across multiple styles and disciplines. Students will learn safe, anatomical alignment in all practices.

Styles covered include: Hatha and Vinyasa. Touching on Ashtanga, Yin, Restorative, Pre-Natal & Kids Yoga.

# Course Structure

Our syllabus has been specifically designed, refined and highly curated by us to create the best possible journey of learning for each student. We effectively start at the beginning, forming solid foundations of understanding and build knowledge in a sequential way.

All content is taught 100% face to face by us. There are some research assignments to complete prior to the course, bringing everyone to a similar level of understanding.

There are a number of required texts that we use throughout the training, as well as our own training manual and asana manual. These are -

- Asana, Pranayama, Mudra, Bandha - S. Satyananda
- Yoga Anatomy (2nd edition) - Leslie Kaminoff
- The Yoga Sutras Of Patanjali - Sri Swami Satchidananda

Over three weeks, each day is divided into 6 sessions, with a mixture of practical, theory & workshop style.

After our morning asana session, we have an hour for breakfast, before getting into applied anatomy and philosophy study. Balancing the technical with the esoteric.

Afternoons are workshop style - Teaching methodology, where we discuss and practice various teaching techniques. Often breaking into groups and plenty of practice teaching!

Before dinner we might have an asana class, or workshop different pose mechanics.

Evenings we have alternating meditations, self care practices, kirtans, ecstatic dance and free time.

The days are interjected with breaks for meals, snacks and tea in between classes. Our private chef keeping us delighted at every turn.

Each week there will be some time off for self study and reflection.

Throughout the course there are a number of small assignments, presentations and opportunities for self directed learning.

Whilst this is an intensive course with a lot to cover, we make sure to find a balance with enough space in the schedule for downtime and reflection.





# SAMPLE SCHEDULE

7am - 9am: Asana, pranayama,  
meditation

9am - 10am: Breakfast

10am - 11:15am: Anatomy

11:30am - 12:30pm: Philosophy

12:30pm - 2:00pm: Lunch

2:00pm - 3.15pm: Teaching  
Methodology

3:30pm - 5:00pm: Workshop / Posture  
Mechanics/Class

5.00pm - 6.30pm: Dinner

6.30-7.30pm: Evening Session (every  
second evening)

# Daily Structure

## Morning Asana practice

Every morning one of the lead teachers will lead an asana class, alternating between Hatha and Vinyasa styles.

We might focus on a specific group of asanas or theme according to the day, incorporating a variety of techniques like mudra, pranayama and meditation.

## Anatomy

A daily study of the anatomical body, covering a practical approach to human movement and understanding the body both physically and energetically.

We discuss the systems of the body - how they function, and how they relate to yoga.

We take a detailed look at functional movement anatomy related to yoga, and how to work with injuries.

We cover an in depth look at the Nervous System; how it is affected by Yoga and what that means for yoga practitioners.

Our study of the energetic body or 'subtle body' covers topics like the Kosha's, Chakras, Nadi's and more.



"The training at Wild Self Yoga exceeded my expectations. It's a once and a lifetime experience."

- Laura, Germany

## Philosophy

A chance to learn and discuss the more subtle foundational principles of Yoga as a whole, and how to bring our practice off the mat and into everyday life.

We interpret the Yoga Sutras, break down the 8 limbs of yoga and take a detailed look at the Yamas and Niyamas - providing guidelines for us to delve deep into self inquiry and live in greater harmony with the world around us.

## Teaching Methodology

All students begin practice teaching from day one!

These classes are designed to build confidence step by step, learning the basics like cueing, instruction, sequencing etc.

We ensure every student gets extensive time practice teaching, starting off in small class segments like introductions & warm ups. Building up to teaching your own 60 minute class!

While this might seem daunting, students always surprise themselves by how confident and prepared they are to teach a full class by the end of the course.

These classes are a great way to build confidence and find your own unique style.





"The course gave me a perfect overview about the essence of yoga from a holistic point of view! All important topics were covered." - Janna, Germany

## Evening Sessions

We alternate evening sessions with free time each day, to ensure students get enough time for rest, reflection and study.

We cover specific topics like -

- Dynamic meditations
- Mindfulness techniques
- Ayurveda self care
- Trauma related meditations
- Candle gazing
- Mantra
- Kirtan
- Havan (fire ceremony)

## Afternoon Workshop/Class

Afternoons will alternate between workshop style sessions and asana classes.

In the workshops we deep dive into specific topics like pose mechanics and asana groups. eg -

- Forward folding mechanics
- Back bending mechanics
- Balancing asanas
- Inversions
- Arm balances etc..

The afternoon classes alternate between hatha & vinyasa, but we will have sessions covering -

- Partner yoga
- Yin
- Restorative
- Prenatal

### Week 1

Opening Ceremony  
What is Yoga  
History of Yoga  
Cueing  
Sequencing  
Teaching warm ups  
Anatomy of the Breath  
Forward folding mechanics  
8 limbs of Yoga  
Evening meditations

### Week 2

Anatomy of the spine  
Chakras  
Twisting mechanics  
Inversions  
Philosophy of self inquiry  
Pranayama  
Practice teaching beginners  
Havan (fire ceremony)  
Yoga Nidra  
Adjustments

### Week 3

Nervous System  
Ayurveda  
Back bending mechanics  
The Yoga Sutras  
Arm Balances  
Kids Yoga  
Prenatal Yoga  
Teaching 60 min classes  
Ecstatic dance  
Sanskrit

A woman with dark curly hair, eyes closed, in a meditative pose. She is wearing a black tank top with a white pattern. The background is a soft-focus outdoor setting with green foliage.

Some of the topics we  
cover each week

# Subjects & Descriptions



## Techniques

### Asana

- Foundations
- Asana groups
- Alignment
- Purpose
- Workshop pose mechanics

### Pranayama

- Proper breathing techniques
- How to practice safely
- Techniques

### Mudra

- Purpose
- Types of mudra

### Bandha (body lock)

- Techniques
- Purpose
- Integration with asana

### Drishti (gaze)

- Purpose
- Asana + Drishti

### Mantra (chanting)

- Purpose
- Chanting and the vagus nerve

### Meditation

- Active & passive
- Meditation and the 8 limbs
- Techniques

### Shatkarma (cleansing)

- How to practice and teach safely
- Techniques

### Sadhana (self practice)



## Anatomy & Physiology

Movement & directional terminology

Anatomy of the breath

- Respiratory system
- How we breathe
- Science of the breath
- Yogic breathing
- Physiological effects

Musculoskeletal system

- Muscle groups
- Connective tissue & fascia
- Muscle movement
- Muscle pairs

Spinal movement & function

- Spinal regions & vertebrae
- Posture

Nervous system

- The Vagus nerve
- Stimulation & relaxation response

Joint movements

- SI joint

Endocrine system

- Yoga + hormones
- Relation to chakras

Digestive system

- Yoga + digestion
- How foods digest

Injuries

- Identifying injuries/Safety
- Understanding and modifying

Energetic anatomy

- Chakras
- Nadis

"From the first point of contact at enquiry stage all the way through the course I felt supported and encouraged to ask any questions and this enabled me to feel confident in my understanding."- Amanda, UK

# History of Yoga

## Origins of Yoga

- Early history
- Timeline to present

## Classical texts

- Bhagavad Gita
- Upanishads

## Schools of Yoga

- Raja Yoga
- Jnana Yoga
- Karma Yoga
- Bhakti Yoga

## Important figures

# Yoga Philosophy

## Defining Yoga

## Foundational Principles

## The 8 limbs of Yoga

## The Yoga Sutras

- Context & overview
- Sutra study

## Yama's & Niyamas

## Finding your dharma

## Philosophy of self inquiry

## 5 layers of self (Koshas)

## Deities



"One thing that did surprise me was how much I learnt about myself each day" -Nikki



"It was invaluable to be given the opportunity right from the start to be able to put together sections of a class, teach it to smaller groups or the whole group to build my confidence as well as get useful feedback." - Selena, Abu Dhabi

## Teaching Methodology

### Four tools of teaching

- Instruction
- Observation
- Demonstration
- Adjustment

### Cueing techniques

- Types of cues
- Articulation and tone

### Teaching guidelines

- Introductions
- Preparation
- Holding space

### Class Structures

- Class styles/themes

### Sequencing methodology

- Peak poses
- Safety
- Hatha style
- Vinyasa style

### Teaching beginners

- Modifications
- Using props

### Teaching pranayama

- Breathing techniques
- Pranayama techniques

### Art of touch

- Etiquette
- Adjusting with confidence

### Sanskrit



## Specialty subjects

### Ayurveda

- Overview + context
- Constitutions
- Types of foods
- Integration with yoga practice

### Kids Yoga

### Prenatal

### Yoga Nidra

### Trauma Informed teaching

### Ethics as a yoga teacher

### Business of Yoga

- Opportunities for work
- Promotion
- Insurance/tax
- Yoga Alliance

### Kirtan

### Havan (fire ceremony)

### Ashtanga

### Restorative

### Yin

### Partner yoga

### Self care evening (abhyanga)

### Shavasana lab

# Student Learning Objectives

## Techniques:

1. Demonstrate an ability to perform asanas, pranayamas, meditation and shatkarma techniques as taught.
2. Demonstrate an understanding of the energetic and physical aspects of asanas, pranayamas, meditations and shatkarmas as taught.
3. Demonstrate an understanding of essential contra-indications and benefits of asanas, pranayamas, meditations and shatkarmas as taught.

## Philosophy:

1. Describe each of the eight limbs of yoga.
2. Identify, describe and demonstrate an understanding of key principles of the yoga sutras.
3. Describe each Ayurvedic dosha and demonstrate an understanding of the gunas.

## Anatomy:

1. Demonstrate an understanding of anatomical terminology, and its relevance as a yoga practitioner.
2. Describe the 11 systems of the body and how they interrelate, what a sattvic state means for each system, and the yoga practices that contribute to this.
3. Demonstrate an understanding of structure and function of the body, how this can differ from body to body, and what may contribute to these differences.

## Art of teaching:

1. Demonstrate an understanding of the four tools of teaching yoga.
2. Construct an effective sequence for a specific style to teach a sixty minute yoga class.
3. Be able to use a variety of cues and terminology while teaching.
4. Have a sense of structure, flow, and method while teaching.

## Practicum:

1. Teach various styles of Surya Namaskara (Sun salutations)
2. Teach a sixty minute yoga class.
3. Notate a ninety minute class.



## Teachers

Rose Hill - E-RYT 500

Lead Trainer: Hatha, Meditation, Teaching Methodology

Nick Ziegler - RYT 200

Trainer: Philosophy, Ayurveda

Xinia Alderson - E-RYT 500

Lead Trainer: Vinyasa, Anatomy, Teaching Methodology

With over 37 years combined experience teaching yoga - its safe to say we love what we do!

Rose and Nick are the founders of Wild Self Yoga, and together with Xinia they form the three, full time lead trainers on every course.

**Rose - Over 15 years teaching, studying and practicing.**

Rose began teaching yoga in 2007 at age 17, whilst working and studying at Ashram Yoga in Auckland. Over the years at the ashram she was lucky enough to study a range of yoga forms, including - kids yoga, prenatal, yoga nidra, energetics and philosophy.

She went on to travel and study extensively in India and abroad, completing training in yoga therapy, yin yoga, trauma sensitive yoga, somatics and more.

**Xinia - Over 15 years teaching, studying and practicing.**

Xinia began practicing yoga in 2006 and never stopped. She is a body nerd with extensive experience in the fields of dance, yoga, pilates, and performance coaching. She holds a Diploma of Yoga and Bachelors in Dance degree.

Xinia regularly visits Mysore, India - to study the Ashtanga method with her teacher Sharat Jois. In 2017 she received level 2 authorisation to teach the Asthanga method (no easy feat!)

**Nick - Over 7 years teaching, studying and practicing.**

Nick found yoga in 2014 and fell instantly in love, so much so that he went straight to India to learn more - studying and practicing at ashrams across the country.

His passion is teaching philosophy, and opening his students eyes to the world of yoga beyond asana.

A close-up photograph of a person in a yoga pose. The person is wearing a black top and dark blue pants. Their right arm is bent, with the hand held open and palm facing up. The background is a wooden floor with a purple yoga mat. The lighting is warm and focused on the hand and arm.

Our mission is to share the traditional teachings of yoga in an authentic and modern way. To create connection in a disconnected world - connection to ourselves, to others, and to the world around us. To inspire others to break free of old beliefs, and to move forward wholeheartedly in the now. We resolve to use the teachings of Yoga as they were intended - to ultimately make the world a better place.

# Venue & Food

Nestled into the mountains high above the clouds lies Altitude 261. Our stunning new retreat venue in the magical Byron Hinterland.

Complete with infinity pool, spa and sweeping ocean & hinterland views - the perfect space to unplug, immerse & reconnect.

Set upon 20 acres of rainforest, surrounded by national park and escarpment - the property plays home to an array of native flora and fauna, revealing the incredible diversity of the Byron region.

A short drive from the Mullumbimby township. We'll enjoy exclusive use of the private and secluded venue - the perfect space to house a transformative journey into yoga.

The area is yours to explore on days off - white sandy beaches, surfing, rainforest walks or a trip to world famous Byron Bay.



# Food

We will enjoy a full menu of beautiful vegetarian whole foods during the course. Catered for by our in house chef -the incredible Georgia Hine (@gssupperclub).

Breakfast, lunch and dinner are provided. As well as teas, coffee, snacks and fruit! Everything you need to get you through a full day of practicing and studying.

All food is local, sustainably sourced and organic where possible. We follow a Yogi style menu, blended with contemporary cuisine. Every meal is light, fresh, wholesome and tasty - feeding our bodies and minds with the energy needed to digest a full training schedule.



The menu is predominately gluten, dairy and refined-sugar free. We happily cater to most dietary requirements, get in touch to find out more.

## Breakfast

A buffet style selection that might include porridges, sourdough toast, spreads, avocado, eggs, greens, pancakes, smoothies or fruit.

## Lunch

The biggest meal of the day - buddha bowls, veg shawarma, fritters, salads, rice paper roles, home made focaccia, roast veggies.

## Dinner

Indian/Thai/Sri Lankan curries, tagine, tacos, ramen, minestrone, dhal. On the final evening we have pizza!



# Rooms

## Private Pod

A free-standing converted gypsy wagon. Queen bed, private deck, private outdoor bathroom & million dollar views.



## Twin Share Pavilion

A free-standing pod with 2 x king single beds. Private deck, private outdoor bathroom & million dollar views.



### Semi Private w/ensuite

Twin share. Large room with 2 x king single beds & private ensuite.



### Triple Share w/ensuite

Large room with 3 x single beds, walk in wardrobe, fireplace, outdoor area & private ensuite with bathtub.



### Semi Private

Twin share. Large room with 2 x king single beds & shared ensuite



## Small Twin

Small room with 2 x single beds & shared ensuite.



\*Bedding configurations will vary from photos

**Offsite Rate: \$4,500**

Organise your own accommodation and daily transport to and from the venue

Includes all meals, tuition, massage & full use of venue facilities.

## Price List

Private Pod: \$6,790

Twin Share Pavilion: \$6,490

Semi Private w/ensuite: \$6,090

Semi Private: \$5,890

Triple Share w/ensuite :\$5,890

Small Twin: \$5,490

Offsite Rate: \$4,500

\*Save \$200 on the above prices if qualified for early bird discount.



# Inclusions

- 22 nights accommodation at Altitude Retreat
- All meals, snacks and drinks
- A healing massage
- Tuition & materials
- Two WSY training manuals
- Transfers from Mullumbimby
- Yoga equipment
- Welcome pack
- Yoga Alliance certificate
- Pre course assignments
- Individual mentoring
- Infinity pool + spa
- Guest teachers

# FAQ

## Are there any prerequisites for attending?

We recommend at least 1 year of Yoga practice prior to attending. Once enrolled we ask that students maintain practicing 3 times per week (at home or in class) in the lead up to the course. This can be any form of asana, meditation, mindfulness etc.

There are two research assignments to complete before the training begins.

## Do you offer payment plans?

Yes, we offer interest free payment plans on a flexible schedule.

## What is your cancellation policy?

We require a non-refundable \$500AUD deposit to enrol. The remaining balance is due 60 days prior to the training commencing. 50% refund is available if you need to cancel up to 30 days before the training commences. If you need to cancel at any time, arrangements can be made to transfer onto future trainings.

## Will I have free time?

Some. This is an intensive training format. There will be time during lunch break and every other evening for you to relax and rest. There is at least one full day and two half days off, over the duration of the course.

## What is your Covid policy?

Amounts are 100% transferable if any student is unable to attend due to COVID-19 restrictions.

If a training is cancelled, all amounts are refundable.

We ask all students to show proof of a negative covid test within 48 hours of arrival.

We ask students to be mindful of minimising risk of exposure in the lead up to, and during the training. We will address any updates to the current situation at the start of the course.

## What style of yoga will I be able to teach after I graduate?

You will be able to teach Hatha and Vinyasa adding in your own flavour. With your Yoga Alliance qualification you are able to teach anywhere in the world!

## How do I get to the venue?

The nearest airports are Gold Coast and Ballina, both of which have shuttles to Mullumbimby town. We can provide free transfers to and from the venue and Mullumbimby.

If driving, we can provide directions from Mullumbimby.

## What is the average class size?

We take a maximum of 18 students per course to ensure each student receives individual attention.

## I don't necessarily want to teach, will this course be appropriate?

Yes, many students enrol with the desire only to deepen their practice. However many of these students surprise themselves and go on to begin sharing the teachings.

## Are the trainings physically difficult?

No, it is not an asana intensive course. The program is fun and interactive, focussed on achieving a holistic knowledge of yoga and gaining the skills necessary to teach with awareness and understanding.

It can be physically and mentally tiring (it is an intensive), anyone already interested in attending will likely be in adequate physical condition.

## What kind of support will I have after the training?

The Wild Self Yoga team is always available to answer any questions you may have after the training by email, calls or socials. We also have an online Wild Self Yoga teaching community that you are invited to join after completion of the training, this is a great space to be supported by fellow students and teachers.

## What is Yoga Alliance?

Yoga Alliance is an organisation developed to create globally recognised standards for yoga teachers and yoga teacher trainings. Many yoga studios across the world are requiring their teachers to register with Yoga Alliance. Yoga Alliance registration, however, is not a legal requirement for teaching.

## How will I be assessed?

During the training there will be a number of small assignments and tasks designated to each subject. You will sequence mini classes, gaining feedback and confidence along the way.

During the final week of the course we ask each student to teach a 60 minute class entirely on their own, as well as completing a written theory exam.

## How will I be certified?

100% attendance is required to pass the course. In addition to passing the written and practical exams. Passing is not guaranteed if the lead trainers do not feel you have met the minimum requirements.

Certification allows you to teach at studios, gyms, hotels etc. anywhere in the world. You can run your own private or group classes, retreats or teach online.



# Join the Community

Are you ready to join one of the Wild Self Yoga Trainings?

Please fill out the application form -  
<https://www.wildselfyoga.com/yoga-teacher-training-apply>

If you have any questions please feel free to reach out to us!

Rose - 0468325922

Nick - 0412766266

Email: [info@wildselfyoga.com](mailto:info@wildselfyoga.com)

Social media: [@wildselfyoga](https://www.instagram.com/wildselfyoga)