




# Wild Self Yoga

200 HOUR  
YOGA ALLIANCE  
TEACHER TRAININGS





A photograph of two women standing outdoors, possibly in a park or garden. The woman on the left has curly hair and is wearing a dark top with a floral pattern. The woman on the right has long dreadlocks, wears glasses, and a white t-shirt. They are both smiling and looking at each other. In the background, there are trees and a building. A semi-transparent orange banner is overlaid across the middle of the image, containing white text.

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.



# 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 the ancient practice of 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.

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 Yin, Restorative, Pre-Natal, Mental Health Aware Yoga & 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.

20 hours of Anatomy is delivered online before you arrive, as well as an assignment on the history and styles of yoga. Leaving us with more time to focus on practical application in the classroom.

There is one required text that we use throughout the training, as well as our own training manual and asana manual. This is -

- 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 the morning lectures - anatomy, philosophy, pranayama, ayurveda etc.

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: Lecture

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 (2-3 per  
week)

\*Part time YTT Schedule 9am-6pm Daily



"The training at Wild Self Yoga exceeded my  
expectations. It's a once in a lifetime experience."  
- Laura, Germany





# 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.

## Morning Lecture

After our morning movement and nourishing breakfast, we settle in for our first lecture of the day. This session alternates between a variety of theory subjects like anatomy, energetics, yoga history, ayurveda etc.

## 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

After a break and some lunch, we are back on our feet in the studio, learning all about the art of teaching yoga.

All students begin practice teaching from day one!

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

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.

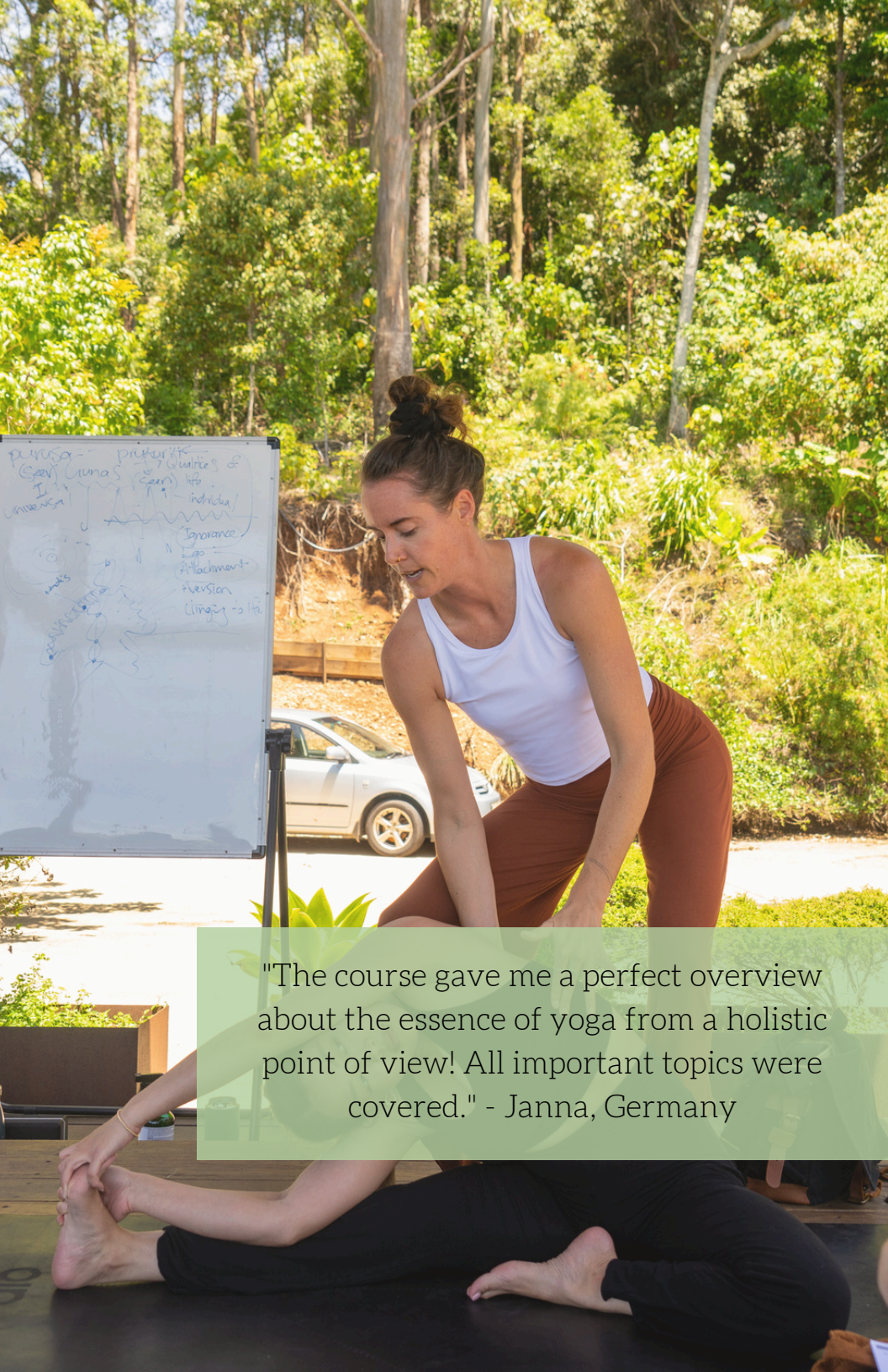
These classes are a great way to build confidence and find your own unique style.

We workshop the four tools of teaching - demonstration, instruction, observation and adjustment. Students learn the art of sequencing, and we look at different ways of developing your own unique voice and style of teaching.

For those not necessarily looking to teach - these classes are a fun way to develop your self practice, deepen your understanding and build confidence.







"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

## 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
- Bandhas

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

- Partner yoga
- Yin
- Restorative
- Prenatal

## 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
- Candle gazing
- Mantra
- Kirtan
- Havan (fire ceremony)



# 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)





"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

## Anatomy & Physiology - Blended Delivery

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



# 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 Methodolgy

## 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

### Mental Health Aware

### Ethics as a yoga teacher

### Business of Yoga

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

### Kirtan

### Havan (fire ceremony)

### Restorative

### Yin

### Partner yoga

### Self care evening (abhyanga)



# 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 contraindications 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, Speciality Modules



Nick Ziegler - E-RYT 200

Trainer: Hatha, Philosophy, Ayurveda, Anatomy

**Rose** - Over 17 years teaching, studying and practicing. Rose started her yoga journey in 2007 at age 17. Instantly falling in love, she decided to become a teacher. With over 15 years of teaching experience, she is an E-RYT 500 and lead trainer on Wild Self Yoga's teacher training programs.

Working and studying with Ashram Yoga in New Zealand gave her the opportunity to spend two years living and breathing the yoga lifestyle. Training in Yoga Nidra, Prenatal Yoga, Kids Yoga, Energetic Anatomy and Yogic Philosophy. She has gone on to continue training throughout India and abroad, across a wide range of subjects including Yoga Therapy, Yin Yoga, Trauma Sensitive Yoga and Yoga Anatomy.

Rose has travelled and taught all over the world, running retreats and teacher trainings in Portugal, Sri Lanka, Thailand and Australia.

Rose's passion is training individuals to find their unique voice and style. Offering a deep connection with each of her students, they become lifelong friends.

**Nick** - Over 7 years teaching, studying and practicing. After many years of fascination and practicing Yoga, Nick's travels eventually took him to Rishikesh where he trained at Vyasa Yoga Peeth Ashram in 2015.

An inspired teacher and student of Philosophy and Ayurveda, his approach to teaching is clear and practical. Often students favourite classes, Nick facilitates a space for students to explore their inner nature, asking the big questions and probing deep self inquiry in a nurtured and open environment.



# Location & Venue

## Wild Retreat

Located in the bush, 30 minutes from Crescent Head -  
our private sanctuary is set on 28 acres of native  
bushland.

Experience contemplative mornings by the dam as the  
sun rises through the gums.

Sit by the macadamia and casuarina trees while the  
Black Cockatoos feast above.

Take a dip in the saltwater pool overlooking the  
paddock.

Wander along the walking trails.

Gaze at the unfiltered night sky.

Take a stroll through the organic orchard and  
gardens.

Listen to nature's symphony.

Marvel at the silence.

Come for a full body and mind reset. Eat organic  
produce from the gardens and fresh eggs from the  
flock. This is our home, and we can't wait to share it  
with you.





# Food

We will enjoy a full menu of beautiful vegetarian whole foods during the course.

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!

- Please not this is only for the intensive trainings



# Vintage Caravans

## Private

Private room in a shared caravan  
5900 AUD

## Twin Share Caravan

Shared room in vintage caravan  
5200 AUD



Pay in full upon booking to  
receive a  
\$400 discount !



\*Please note this is for the intensive YTT's





# Inclusions

- Accommodation at Wild Retreat
- All meals, snacks and drinks
- Tuition & materials
- Two WSY training manuals
- Yoga equipment
- Welcome pack
- Yoga Alliance certificate
- Pre course assignments
- Individual mentoring

*\*Accommodation & food not included in Part Time YTT's*



# 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.

## **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 30 days prior to the training commencing. 50% refund is available if you need to cancel up to 60 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.

## **Where can I teach after I graduate?**

With your Yoga Alliance qualification you are able to teach anywhere in the world!

## **How do I get to the venue?**

The nearest airport is Port Macquarie.  
The nearest bus/train station is Kempsey.

## **What is the average class size?**

We take a maximum of 10 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 enrolment form -  
<https://www.wildselfyoga.com/yoga-teacher-training-enroll>

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)

