YOGA TEACHER TRAINING Handbook
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YOGA TEACHER TRAINING AT BODYMINDLIFE

BodyMindLife offers one of the most respected and established training programs in Australia, with a diverse, world-class teaching team and dedicated training facilities.

Accredited by Yoga Australia and Yoga Alliance at the 200, 350 and 500 hour levels, our carefully curated courses will inspire and support your journey on the path of yoga.

While our courses are designed to be accessible to all, numbers are strictly limited – with individual coaching and feedback provided to guide and nurture you as you develop your personal yoga practice, and build your skills and confidence as a teacher.

Graduates are supported and encouraged within the BodyMindLife community, with continued opportunities for growth through mentorship and assisting programs, and workshops and trainings with acclaimed local and international teachers.
OUR TEACHING TEAM

Teacher Training is led by Noelle Connolly and Kat Clayton and enriched by the knowledge of expert guest teachers.

Noelle Connolly
Noelle’s powerful and creative teaching creates space for students to pursue their practice with vigour and drive. A technical teacher, she is passionate about form and endlessly inspired to harness the subtleties of the energetic body to defy gravity and move fluidly through space.

Noelle gives her all to her students, with strong, challenging and intelligently sequenced classes created to engage, inform and inspire. She feels honoured and blessed to share the knowledge of her teachers and mentors, including Maty Ezraty, Shiva Rea, Joan Hyman and Simon Park, in an authentic way.

Kat Clayton
Kat has a natural engaging teaching style which radiates positive energy and warmth. She provides a safe but challenging space for students to open and connect body, mind, and heart through the practices of yoga and mindfulness.

Kat holds a degree in Psychology, and completed her first 200 Hour training at BodyMindLife nine years ago. She is inspired by many teachers including Maty Ezraty, Simon Park, Baron Baptiste and Janet Stone. She combines over 10 years experience teaching yoga, dance and snow sports with her passion for empowering students to focus on the subtle energetic alignment, philosophy, and mindfulness. The transformative power of the practice combined with a deep love for facilitating wellbeing at all levels compels Kat to support others on their yoga journey.
TRAINING FACILITIES

Our dedicated training facilities will be your home for the duration of your journey. They feature light and spacious practice spaces, a Yogi Lounge for relaxation, secure lockers, and kitchen, bathroom and shower facilities.

Location: Level 1, 84 Mary Street, Surry Hills. A two minute walk from Central Station, a short train ride from Sydney Airport and close to public transport.

COMMUNITY

BodyMindLife is home to a richly diverse community of local and international students, and a passionate team of staff and teachers who come from around the world to practice, learn and teach.

Our training provides a very special opportunity for you to connect, create lasting friendships and form a professional network with your fellow students and teachers, a support system that will nurture and inspire you on your journey through yoga and life.
200 HOUR YOGA TEACHER TRAINING

BodyMindLife has a considerable history of educating empowered individuals who personify the evolving spirit and tradition of yoga. This training will provide you with the knowledge and skills to teach with confidence and poise, awakening a deep self-knowledge and life-long curiosity for learning.

PHILOSOPHY AND METHODOLOGY

Our progressive approach to training incorporates both Eastern and Western science and spiritual tradition, with Taoist (Yin/Yang) philosophy, Ayurvedic wisdom, and a modern understanding of the human body and consciousness.

With our 200 Hour Teacher Training Curriculum you will:

• Become a certified yoga teacher, accredited by Yoga Australia and Yoga Alliance
• Build your teaching skills with personal feedback and coaching
• Understand how to intelligently sequence and lead a class
• Explore yoga history and philosophy
• Learn the safe and classical alignment of the poses
• Strengthen your personal physical, mental and emotional practice
• Practice breathing and meditation techniques to help manage stress and anxiety
• Study the principles and application of anatomy and physiology
• Learn to observe bodies and give safe hands-on adjustments
• Dive into the business of yoga and find out how to thrive as a teacher
• Receive support and guidance through teachers’ practices, assisting programs, guest teachers and ongoing education

Apply for 200 Hour Teacher Training now
COURSE FACILITATORS

Noelle Connolly and Kat Clayton

Guest Teachers

Phil Goodwin: The Five Pillars and the Business of Yoga  
Joanne Gates: Anatomy & Physiology  
Susanna Topp: Meditation, Pranayama and Prenatal Yoga  
Tabitha McIntosh: Nutrition  
Andrew Goodwin & Maria Timofeeva: Voice

Full Time versus Part Time

Full-time training is a wonderful option for students who can take a month away from their regular lives. Working in a condensed format, trainees are able to focus solely on living and breathing yoga.

Part-time training is perfect for students with inflexible work, family or other commitments. The course runs over a seven-month period, commencing with a week-long retreat and followed by seven weekend intensives.

Full-time and part-time courses share the same highly skilled teaching team and quality curriculum.
FROM OUR GRADS

‘200 Hour Teacher Training at BodyMindLife was challenging, empowering and inspiring. I’ve made life-long friends, been inspired by my mentors and teachers, and found great personal growth.’

‘Our teachers were such strong, beautiful individuals with an amazing wealth of knowledge. I hadn’t realised how blessed we would be.’

‘Teacher Training at BodyMindLife taught me so much about myself. I realised that where I am is ok, that it’s fine to go at your own pace – you will eventually get where you are supposed to be.’

‘The highlight of my training was meet an amazing group of people who were so supportive, giving and lovely.’

‘Teacher Training was the best educational experience I’ve had. It was so well taught that I looked forward to it every day. I wish everyone had the opportunity to do this course. The world would be a better place.’

‘It was such an amazing, challenging journey! It will benefit my whole life.’

‘Difficult, transformational and totally worth it.’
350 & 500 HOUR TEACHER TRAINING

350 Hours: 200 hour training + 3 x 50 hour modules
500 Hours: 200 hour training + 6 x 50 hour modules

350 and 500 hour teacher trainings include our 200 hour program plus a carefully curated selection of 50 hour modules which comply with the requirements of both Yoga Australia and the international Yoga Alliance.

Each 50 hour module can be completed as a stand-alone course, or a selection can be grouped together according to your interests, to form a complete 350 or 500 hour training that will deepen your knowledge and refine your skills.

50 Hour Modules:
- Art of Alignment & Assists
- Practical Teaching Skills
- Living Yoga Retreat
- Yoga Therapy 101
- Super Sequencing & Assists
- Guest Teacher Modules (change annually)

Course dates and descriptions are available online. You must have completed a 200 hour teacher training before undertaking 50 hour modules unless otherwise noted otherwise on the course description.

Pricing Packages: Significant discounts are available for those who sign up for 350 and 500 hour training and payment plans are available. Please email Sarah at teachertraining@bodymindlife.com for information.
THE SMALL PRINT

Tuition Fees

200 Hour Teacher Training: Upon acceptance into the training a $300 deposit must be paid online to secure your place. Full payment is required one month prior to the commencement of the course.

Early Bird Prices: Must be paid in full by the due date to receive the discount.

Refund/Withdrawal Policy:

• 10% of the course fee is non-refundable two weeks before the beginning of the training.
• 50% of the course fee is non-refundable 13 days before the beginning of the training.
• There is no refund for cancellations once the training has commenced.
• The transfer of BodyMindLife Credit, to another training program that takes place within two years of the original course, is at our discretion. We are under no obligation to do so.
• If a course offered at an off site venue is cancelled, the BodyMindLife cancellation fees outlined above are in addition to any fees outlined by the off site venue.
• BodyMindLife reserves the right to cancel any course without notice. In this instance a full refund will be given.

Attendance Policy

100% attendance is expected, with a minimum of 95% required to gain certification. All planned absences must be pre-approved by the course director and arrangements made to complete the missed amount of classroom time at your own expense.
Assessments

Assessments must be completed within the time frame specified for the course. Any request for extensions or special considerations must be made in writing and emailed to Sarah at teachertraining@bodymindlife.com

Graduation Requirements

In order to graduate from teacher training, a student must:

• Have recorded no less than 95% attendance
• Complete all designated assignment work
• Demonstrate competency in teaching a yoga class, according to the criteria given in the assignment package
WHAT'S NEXT

BodyMindLife aims to create a safe and nurturing atmosphere for the study of yoga, to enable students to deepen their personal practice and find their voice as skilled, competent and compassionate yoga teachers.

We commit to providing a high-quality educational experience that prepares graduates to operate with the highest professional and ethical standards.

Find out more about upcoming trainings here or email Sarah at teachertraining@bodymindlife.com

Love and light,
Team BodyMindLife