

# BECOMING A YOGA TEACHER

200 HOUR YOGA TEACHER TRAINING  
WITH BODYMINDLIFE



bodymindlife





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# WHY TRAIN WITH US?

Since we first opened our doors in 2002, BodyMindLife has taught more than a million students in classes across our four Sydney studios in Surry Hills, Potts Point, Bondi Beach and Redfern.

BodyMindLife draws from the classical teachings of Hatha Yoga, Iyengar, Ashtanga and Taoist (Yin/Yang) and blends this traditional information with Eastern and Western science, and a modern understanding of the human body and consciousness.

Our transformative courses will take you on a personal journey where you'll learn how to truly live yoga beyond the mat. Together, our teaching team offers more than 6,000 hours in training and decades of teaching experience combined.

The BodyMindLife philosophy is to give you the best possible foundation in yoga to take the practice to the world - we won't teach you one sequence to memorise or coach you to be someone you're not. Instead, we'll give you all the skills and knowledge you need to develop your own authentic voice, and teach all levels in a classroom with confidence, intelligence and poise.



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your own authentic voice, and teach all levels in a classroom  
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## WHAT WE TEACH

We offer an in-depth 200 Hour Yoga Teacher Training that gives you the opportunity to live and breathe yoga full time for one month at our dedicated training studio in Surry Hills or choose a flexible part time program that begins with a week-long immersion retreat in Byron Bay followed by a five month course with weekend intensives.

If you've completed already completed a 200 Hours training, either with us or another registered school, you can continue your learning with our 50 Hour modules.

Our Yoga Teacher Training isn't just for aspiring teachers and you don't have to be able to do a handstand to sign up! Courses are designed for yogis of all levels who want to advance their practice as well as their teaching repertoire, and gain a better understanding of yoga philosophy and how to apply it in today's modern world.

All courses offered by BodyMindLife are 100% accredited by Yoga Alliance and Yoga Australia.



# OUR STUDIOS

BodyMindLife has beautiful, dedicated training studios that have been designed to induce healing and create a sense of calm by award-winning architect Ferique Beach-Brown.

Based in the heart of Surry Hills, Ferique has used sacred geometry to create spaces that encourage our students to open up, feel safe, be energetically nourished and well.

You'll have access to secure lockers and be able to freshen up with state-of-the-art showers and change rooms equipped with organic wash products, hair dryers and straighteners.

We also have a Yogi Lounge with hot herbal tea and wifi to connect and recharge on your own or with your fellow classmates before and after sessions.





# 200 HOUR YOGA TEACHER TRAINING

Are you ready to deepen your personal practice or become a certified yoga teacher?

Our students come from all walks of life. We've designed a comprehensive and challenging program to give you the best possible foundation to start your yoga journey on.

You'll learn from our most senior teachers including Noelle Connolly and Kat Clayton, and study with a host of experts in specialist subjects.

At BodyMindLife we'll lead you through the yogic principles and asana technique starting on day one, and give you the opportunity to practice your teaching skills in a supportive and encouraging environment.

We limit the number of students in each training to make sure you receive one-on-one guidance and encourage you to check in with your fellow students during the course for extra support.

When you start your teacher training journey with us, you'll join our incredible and supportive tribe of BodyMindLife teachers and students, and continue to learn from the best in the business.



# WHAT WILL BE COVERED?

A typical daily flow includes:

7-9am Yoga Practice | 9-10am Break | 10am-1pm Philosophy/Theory  
1-2pm Break | 2-5pm Asana Technique

We've developed a unique, comprehensive program that covers a fascinating range of key yoga topics taught by experts in each field.

We believe having experienced senior facilitators as well as multiple guest teachers to guide you through the course gives you unrivaled access to thousands of hours of yoga teaching experience and a range of different perspectives, teaching styles and techniques to help you discover what you like, giving you the best possible foundation to start your yoga journey on.







## **ANATOMY AND PHYSIOLOGY**

Be inspired by the basic and functional workings of the human form. You'll learn how to understand different student bodies, and how muscles and joints work in yoga in practical lessons.

### **YOGA PHYSIOLOGY**

Yoga is a complete system of well-being. You'll build an understanding of how the practice affects our physical and energetic bodies, including the musculoskeletal system, nervous system, circulatory system and respiratory system.

### **PHILOSOPHY, ETHICS AND LIFESTYLE**

You'll discover the roots of yoga and its evolution in the Western world, and how to practice yoga in our lives today far beyond the mat for a life of health, happiness and purpose.

### **THE BUSINESS OF YOGA**

With our founder Phil Goodwin, you'll be guided through the principles of how to create a private business teaching yoga, and how to get started if you're interested to own your own studio.

## **TEACHING METHODOLOGY**

From sequencing, demonstrating and adjusting to language, cueing and vocal projection, you'll uncover a range of teaching styles and techniques to guide students on how to move their bodies. You'll also learn from one of the world's leading opera singers and find your own authentic voice in the classroom.

### **INTEGRATIVE PRACTICE AND TEACHING**

Learn by doing! By practicing teaching your fellow students, you'll have plenty of invaluable opportunities to practice as you learn in a safe, encouraging learning environment and hone your teaching skills with advice and personal feedback.

### **ASANA, PRANAYAMA, MEDITATION TECHNIQUES**

You'll dive deep into the classical alignment of fundamental yoga poses, and gain an in-depth understanding of the classical yogic techniques to advance your own practice and leave ready to progress from student to teacher.

*“I didn’t plan to take this course, it was a completely spontaneous decision. At the time it was scary as because it was way out of my comfort zone.*

*But from the very first day it felt like I was supposed to be there.*

*I gained so much wisdom, power and strength from this course and I’m so glad I chose BodyMindLife.”*

-FORMER GRADUATE







## UPCOMING COURSES

Check out [www.bodymindlife.com](http://www.bodymindlife.com) for our next teacher training dates and teacher training information sessions.

Questions? Get in touch with the team at [yogatt@bodymindlife.com](mailto:yogatt@bodymindlife.com)

# OUR TEACHERS







# NOELLE CONNOLLY

## **LEAD FACILITATOR: ASANA TECHNIQUE, SEQUENCING, TEACHING METHODOLOGY**

Our head of yoga and lead facilitator Noelle teaches powerful and inventive yoga - creating space for her students to pursue their practice with heart, intensity and drive.

A technical teacher, Noelle is passionate about form and endlessly inspired to harness the subtleties of the energetic body to defy gravity and move fluidly through space. Her classes are the work of a true teacher; authentic, accessible, fun and impactful.

Noelle's teaching holds the structure and discipline of classical Ashtanga and Iyengar yoga, infused with immense creativity and a dance-like flow.

A Philadelphia native, Noelle took her first yoga class in 2002, and fell in love with the practice – mentally, physically and spiritually. Seeking out the most respected leaders in the tradition, Noelle has studied with Joan White, Maty Ezraty, Joan Hyman and Simon Park.





# KAT CLAYTON

**LEAD FACILITATOR: ASANA TECHNIQUE, HISTORY & PHILOSOPHY, TEACHING METHODOLOGY, PRANAYAMA, ETHICS & LIFESTYLE**

Kat's engaging and compassionate teaching style radiates positive energy and warmth from the moment you step into her class. Skillfully weaving dynamic sequencing with pearls of yogic wisdom and modern psychology, Kat provides a fun and challenging space for students to connect, learn, grow, and deepen their practice in mind, body and spirit.

After completing a degree in Psychology, Kat moved to Sydney in 2007 to follow her passion and learn more about yoga. She completed her 200-hour teacher training at our very own, BodyMindLife. Kat is honoured to share and bring to life the traditions, teachings and practice of yoga and guide students on their yoga journey. With a background in gymnastics and dance, the nature and outdoor adventure loving Colorado native has cultivated over 12 years experience as a dance, snowboarding and yoga teacher, and is continually inspired by philosophers, scholars, yogis and teachers including Simon Park, Georg Feuerstein, Maty Ezraty, Baron Baptiste, and Ana Forrest.

Kat combines her love for learning and teaching with her passion for empowering students to focus on the subtle energetic and physical alignment, yogic philosophy, psychology, yoga and mindfulness.

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# RACHAEL COOPES

## PHILOSOPHY, YOGIC PHYSIOLOGY

With Rachael you'll dive deep into the ancient world of yoga philosophy, ethics and lifestyle, and be taught how to apply these teachings and themes in your classes and beyond.

As a mother, writer, performer and yoga teacher, Rachael is passionate about storytelling and creating. She lives by the mantra 'do your practice and all is coming' by Shri Pattabhi Jois and lives and breathes the yoga sutras on and off the mat.

Rachael's background in movement spans 25 years, firstly as a rhythmic gymnast and later studying French physical theatre in Paris at L'Ecole Philippe Gaulier. She has completed over 800 hours of certification under the guidance of Jessica Stickler as well as the 300 hour Jivamukti, 200 hour Samadhi and 30 hour Samadhi Prenatal Teacher Trainings.



# SARAH ROUTHIER

## ASANA TECHNIQUE

Formerly a massage therapist, Sarah is a self-confessed 'body geek' and is fascinated by the way emotions manifest in the physical body.

Sarah loves to create purposeful sequencing that prepare the body to move towards deep, expansive poses in an intelligent way. Her playful classes often incorporate music, mandalas, theming and props, switching on the brain as well as the body and challenging her students to pay attention.





# ANDY AMOS

## MEDITATION

Andy began exploring different systems and traditions of meditation while living in London in his late 20's. A diagnosis of type one diabetes a few years later left him shocked and led him to his first teacher, Erica Bagshaw, who encouraged him to train in metaphysics and meditation and, in turn, to teach.

He has studied extensively with scientist and holistic healer Doctor Reza Samvat, exploring the teachings of Paramahansa Yogananda, delved into Buddhist and Hindu traditions, and also the work of contemporary teachers and philosophers including Ramana Maharshi, Swami Rama, J. Krishnamurti, Osho, Alice Bailey, Herman Hesse, Thich Nhat Hanh, Ram Dass, Jack Kornfield, Jon Kabat-Zinn, Deepak Chopra, Eckhart Tolle and the Heart Math Institute.

Andy teaches from experience, using practical and accessible tools and techniques that are easily applied to daily life.

# AFTER THE COURSE - WHAT'S NEXT?

When you sign up for a BodyMindLife Yoga Teacher Training, you'll join a tribe of like-minded yogis and have the opportunity to further your learning in workshops, community activities and events.

We're passionate about supporting our graduates who wish to teach yoga to find work - whether that's with us or at other studios or places. Many of our past students have gone on to teach at BodyMindLife and we encourage all students to sign up for our weekly community classes to get started.

Once you've completed the 200-hour course you'll have access to our 350 and 500-hours training pathways, and receive special package discounts on 50-hour modules.





# TOP FAQs







### **HOW MUCH YOGA EXPERIENCE DO I NEED?**

Our 200 Hour Yoga teacher training is open to all levels of yogis. From those who would like to deepen their personal practice to those with a burning desire to teach.

### **WHY IS A 200 HOUR CERTIFICATION IMPORTANT?**

Accredited by Yoga Alliance and Yoga Australia, our 200 Hour certification allows you to teach in Australia, and provides the base to continue your learning with our 50 hour modules.

### **WHEN ARE THE COURSES HELD?**

Check out [bodymindlife.com/teacher-training/200-hour](http://bodymindlife.com/teacher-training/200-hour) for our next Teacher Training dates and Teacher Training information sessions.

### **HOW MUCH DO THE COURSES COST?**

Take a look at our upcoming course listings for pricing details. BodyMindLife offers special discounts for packaged trainings. Chat to the team at [teachertraining@bodymindlife.com](mailto:teachertraining@bodymindlife.com) for more information.

### **WHAT DOES THE COURSE INCLUDE?**

The course fee covers all teacher training sessions and your BodyMindLife Training manual. You'll also receive free access to all BodyMindLife yoga classes across our studios for the duration of each training.

### **WHAT ARE THE OPTIONS FOR ACCOMMODATION IN SYDNEY IF I'M VISITING FROM SOMEWHERE ELSE?**

We don't have accommodation at BodyMindLife but there are plenty of options to choose from in the area.

We recommend you find accommodation close to our Surry Hills studio, where training is based, however we are just a few steps from Sydney Central Station which has quick access to most areas around Sydney. For ideas or local advice, the team at [yogatt@bodymindlife.com](mailto:yogatt@bodymindlife.com) are happy to help.

### **CAN I PARK MY CAR DURING THE TRAINING?**

While there are some paid all day parking options in the city not too far from Surry Hills, we suggest taking public transport to the studio. We're just a few steps from Sydney Central Station.



# READY TO DIVE IN?

*We'd love to hear from you!*

Please contact Luzette at [yogatt@bodymindlife.com](mailto:yogatt@bodymindlife.com)  
with any questions or apply online for the 200 Hour Yoga  
Teacher Training that's right for you.

