

# 300 HOUR ADVANCED INTENSIVE YOGA TEACHER TRAINING COURSE HANDBOOK

WITH NOELLE CONNOLLY  
KAT CLAYTON, RACHAEL COOPES & VICKI SMART



bodymindlife





# OUR OFFERING

We offer our 300 Hour Yoga Teacher Training as a part-time course, held at our dedicated teacher training studio in Surry Hills. The training is split into two modules and taught across two, two week periods giving you both the opportunity to immerse yourself into the practice whilst still balancing your existing commitments.

To enrol in this course, you are required to have already completed your 200 Hour training, either with us or another registered school. If you are a 200 Hour Yoga Teacher, our 300 Hour training will provide you with a 500 Hour qualification, recognised internationally and accredited by Yoga Alliance and Yoga Australia. It further enables you to register as an Experienced Yoga Teacher (E-RYT®.)

This training is the perfect option for yoga teachers considering a pathway of 50 Hour modules or looking to enhance their knowledge, skills and qualifications within one training. Although this course is primarily designed for yoga teachers, it is also open to experienced practitioners with a 200 Hour qualification who wish to dive deeper into the teachings.







# 300 HOUR YOGA TEACHER TRAINING

Ready to level up your offering as a yoga teacher?

Our 300 Hour Yoga Teacher Training is a completely unique offering led by our Head of Yoga, Noelle Connolly. You'll also get to study specialist topics with senior facilitators, Kat Clayton, Rachael Coopes and Vicki Smart.

As experts in their respective fields, you'll be guided through the course with unrivaled experience from hundreds of hours training with some of the best teachers world-wide, thousands of hours of yoga teaching experience and access to support, advice and ongoing mentorship.

## A TYPICAL DAILY FLOW INCLUDES:

8:30 - 10:30 - Morning Practice

10:30 - 11:00 - Morning Break

11:00 - 13:30 - Lectures

13:30 - 14:30 - Lunch Break

14:30 - 17:30 - Asana

# WHAT DOES THE TRAINING COVER?

## **SUPER SEQUENCING & THE ENERGETIC BODY**

Learn what it takes to intelligently sequence a kramic flow that benefits both the physical and energetic body. You'll explore the science behind creative sequencing through the artful lens of energetics to take your students deeper in their practice.

## **PRANAYAMA, MEDITATION & MINDFULNESS**

Yoga is a complete system of well-being. You'll build an understanding of how yoga can enhance both your physical, mental and energetic state through breath practices that help to still the mind, ground the body and bring clarity to the soul.

## **YOGA PHILOSOPHY**

Go below the surface of yogic philosophy to explore its evolution in the Western world. Learn to practice yoga off the mat for a life of health and happiness and how to share this with others through creative storytelling and class theming.

## **INJURY MANAGEMENT: ANATOMY & PHYSIOLOGY**

Explore common injuries in the yoga room and how to confidently create or modify a sequence. Establish a deeper understanding of anatomy and physiology in order to teach a public or private yoga class that's accessible for all bodies.

## **ADVANCED ASANA: ASSISTING, THEMING & CUEING**

Develop your understanding of classical alignment and the art of subtle assists in daily advanced asana practice. You'll also explore how to skillfully use language through cueing and theming to enhance your students experience in the classroom.

*"Yoga does not just change the way we see things,  
it transforms the person who sees."*

- B.K.S IYENGAR





OUR FACILITATORS

Anita Rattan





# NOELLE CONNOLLY

## **LEAD FACILITATOR: SUPER SEQUENCING, THE ENERGETIC BODY AND ADVANCED ASANA**

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

## PRANAYAMA, MEDITATION & MINDFULNESS

Kat's engaging and compassionate teaching style radiates positive energy and warmth. Skillfully weaving dynamic sequencing with pearls of yogic wisdom and modern psychology, Kat provides a fun and challenging space for students to connect, learn and grow in mind, body and spirit.

After completing a degree in Psychology, Kat moved to Sydney in 2007 to follow her passion for yoga. She completed her 200 hour teacher training at BodyMindLife. Kat is honoured to 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.





# RACHAEL COOPES

## YOGIC PHILOSOPHY

Rachael will take you on a dive deep into the ancient world of yoga philosophy, ethics and lifestyle, and show you 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.





# VICKI SMART

## **INJURY MANAGEMENT: ANATOMY & PHYSIOLOGY**

Vicki brings over 10 years practical teaching experience and 1000 hours of study to share with you her knowledge of Yoga Anatomy and Physiology.

Experienced in power vinyasa, anusara, yin, restorative yoga and Embodied Flow™, Vicki is passionate about the effects of intelligent movement on the mind and body.

With a deep knowledge of myofascial release and history of working one-on-one with students, she will teach you how to safely tailor programs of asana and guide you into shapes you never knew existed. Expect to work hard and laugh a lot.



# FAQs

## **WHAT ARE THE TRAINING REQUIREMENTS?**

Our 300 Hour Yoga Teacher Training is open to those who have completed a 200 Hour Yoga Teacher Training qualification either with BodyMindLife or another registered school.

## **WHAT QUALIFICATIONS WILL I GAIN?**

Accredited by Yoga Alliance and Yoga Australia, our 300 Hour certification is recognised within Australia and internationally. It qualifies you as a 500 Hour Yoga Teacher which enables you to register as an Experience RYT with Yoga Alliance (E-RYT).

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

Check out [bodymindlife.com/teacher-training-info/300-hour-yoga-teacher-training](http://bodymindlife.com/teacher-training-info/300-hour-yoga-teacher-training) for our next training dates.

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

Take a look at our upcoming course listings for pricing details. BodyMindLife also offers early bird and alumni discounts. Contact [enrolments@bodymindlife.com](mailto:enrolments@bodymindlife.com) for information.

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

The course fee covers all yoga teacher training sessions and your BodyMindLife Training manual. If you're not already a member, you'll also get discounted access to BodyMindLife yoga classes (at any studio) for the duration of the training.

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

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 local advice, the team at [enrolments@bodymindlife.com](mailto:enrolments@bodymindlife.com) are happy to help.

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

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



# WHAT COMES NEXT?

When you sign up for 300 Hour Yoga Teacher Training with BodyMindLife, you're not only joining a training but a community of like-minded students and teachers.

We are so passionate about supporting our graduates. Many of our past students are now teaching at BodyMindLife and other well-known studios all over Australia. Our gold-standard program and expert team of facilitators has put BodyMindLife on the map as the place where teachers come to advance their personal practice and grow their skills as an educator. Completing your 300 Hour qualification at BodyMindLife is guaranteed to be one of your best investments.

## We'd love to hear from you!

You can either email Luzette: [enrolments@bodymindlife.com](mailto:enrolments@bodymindlife.com) or [book a call](#) with us to discuss any additional questions.

Don't forget to request a course application!

