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200hr Yoga Teacher Training

*Uniting the Physical and
Spiritual Through Yoga*

@OSHUNYOGA

OSHUNYOGA.COM.AU

What to expect

- ***Comprehensive Curriculum:*** Explore yoga philosophy, anatomy, teaching methodologies, and practical application.
- ***Flexible Learning:*** Balance your personal and professional commitments with weekend sessions and virtual components.
- ***Supportive Community:*** Learn alongside like-minded individuals committed to growth and transformation.

Intentions for the Training

- Yoga should be flexible and adaptable to individual needs.
- Teaching is not about rigid instructions but creating space for transformation.
- Emphasis on self-awareness and personal growth as essential tools for both practice and teaching.

We cover key topics including:

Uniting the Physical and Spiritual Through Yoga

- The training focuses on honoring traditional yoga values while adapting practices to modern needs.
- It encourages individual exploration and personalized teaching approaches.

History & Philosophy

- A brief overview of yoga's ancient origins and its lineage.
- Study of Patanjali's 8 Limbs of Yoga, including Yamas, Niyamas, and more.

Asana & Anatomy

- Understanding the physical postures and how to practice them safely.
- Accessibility for all body types through intelligent adjustments and preparations.

Pranayama & Breathwork

- Techniques such as Ujjayi, Nadi Shodhana, Simha, and Kapalbhata, with guidance on when to use them.

Sequencing & Teaching

- Detailed steps for creating safe, effective sequences.
- Breakdown of Vinyasa sequencing and the art of teaching with clarity and purpose.

Spiritual Deepening

- Exploring Pratyahara, Dharana, Dhyana, meditation, mantra, mudra, and chakras to cultivate inner growth.

Investment

The cost for this course is

\$ 3 8 8 8

Early Bird Price

\$ 3 3 3 3

(Only if paid in full before March 3rd, 2025)

A non-refundable deposit of \$500 will be required within seven days of your application being accepted.

*You will then be issued an invoice and may make payments at your convenience. Full payment is due no later than two weeks before the course starts. **Payment plans available, please email us at hello@oshunretreat.com.au to enquire***

See you soon!

Get in touch:



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