



MUDITA YOGA STUDIO
200hr (RYT) TEACHER TRAINING



Student Resource Handbook

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GAYATRI MANTRA

*AUM
BHUUH BHUVAH SVAH
TAT SAVITUR VARENYAM
BHARGO DEVASYA
DHEEMAHII
DHIYO YO NAH
PRACHODAYAT*

~ THE RIG VEDA (10:16:3)

*“MAY THE DIVINE MOTHER ILLUMINATE
OUR INTELLECT TO LEAD US ALONG
THE RIGHTEOUS PATH.”*

ABOUT YOGA

There are different ideas, styles and schools of Yoga with many different understandings of its origin, meaning and practice techniques.

In a general overview, Yoga is recognised as an ancient system of philosophies, principles and practices derived from the Vedic tradition of India and the Himalayas, more than 5000 years ago. This system recognises the multi-dimensional nature of human beings, and relates to the nature and workings of the mind based on experiential practice and self-enquiry.

As understood by the word Yoga (to yoke), the practice is the union of the multi-dimensional aspects of every human, namely the body, breath, and mind. The system of Yoga cultivates the experience of union which, when practiced regularly will result in greater integration of being, internal peacefulness, and clarity of mind. The system of Yoga is designed to cultivate health and happiness, a greater sense of self-awareness, and higher consciousness.

Yoga techniques, which include Asana (postures), Pranayama (breathing practices), Savasana (relaxation), Dharana (concentration), Atma-Vichara (self-enquiry) and Dhyana (meditation), when practiced regularly will cultivate health and wellbeing (physical, emotional, mental and social).

Yoga is a holistic approach to life, with the purpose of strengthening the body, increasing flexibility and taking us on a journey from the physical to the more subtle realms of our being.

*Remember, **yoga is not a religion** or a cult. It's a system of techniques that, if practiced correctly and with proper guidance, will generate radiant health, mental powers and with the first two steps of yoga (yama & niyama) spiritual power. One may then use all these powers to achieve success in career, family, and life.*

~Sri Dharma Mittra

HISTORY OF YOGA

Yoga's history is shrouded in obscurity and uncertainty due to the oral transmission of sacred texts as well as the secretive nature of the early teachings. The early writings were transcribed on fragile palm leaves that were easily damaged, destroyed, or lost. The development of yoga can be traced back to over 5,000 years ago, but some researchers suggest it may be 10,000 years old. Yoga has evolved since the beginning of time and can be divided into four main periods of innovation, practice and development.

Pre-Classical Yoga

The word yoga was first mentioned in the oldest sacred texts, the Rig Veda, in Northern India over 5,000 years ago. The Vedas were a collection of texts containing songs, mantras and rituals to be used by Brahmans, the Vedic priests. These mystic seers refined and developed their practices whilst documenting their beliefs and practices in the Upanishads, a collection of over 200 scriptures.

The most renowned of the Yogic scriptures is the Bhagavad-Gîtâ, composed around 500 B.C.

The Upanishads taught the sacrifice of the ego through self-knowledge, action (karma yoga) and wisdom (jnana yoga).

Classical Yoga

The Classical Period is defined by Pantanjalis' Yoga Sutras, which took the often contradicting and miss mashed ideas, beliefs and techniques and refined them into the first systematic presentation of yoga. This text describes the path of RAJA Yoga. Patanjali organized the practice of yoga into an 'eight limbed path' containing the steps and stages towards obtaining Samadhi or enlightenment. Pantanjali is considered the father of yoga as we know it today and his Sutras still strongly influence most schools of modern Yoga.

Post-Classical Yoga

A few centuries after Patanjali, yoga masters created a system called Tantra Yoga which rejected the ancient Vedas and developed radical techniques to cleanse and rejuvenate the body and mind and prolong life. This exploration of more physical-spiritually connected practice is believed to be the inception of what we primarily think of as Yoga in the West: Hatha Yoga.

Modern Period

In the late 1800s and early 1900s, Yoga masters began to travel to the West, attracting attention and followers. In 1893, Swami Vivekenanda introduced yoga through his lectures at the Parliament of Religions in Chicago. In the 1920's and 30's, T. Krishnamacharya and Swami Sivananda, amongst others, strongly promoted the practice of Hatha Yoga. Krishnamacharya produced three main students: B.K.S Iyengar, T.K.V Desikachar and Pattabhi Jois, who continued his legacy by increasing the popularity of Hatha Yoga around the world.

Yoga Today

Today, there are very many different systems of Yoga which no longer reflect all of the practices outlined in the original Hatha scriptures. The systems to choose from range from the deeply traditional to more contemporary forms of movement. The more posture-based systems have evolved over the past 120 years and are designed to connect to the modern human being.

No matter the school or system of practice, Yoga is a process of transformation. On our quest for liberation, our intention should be to transcend the physical aspect of our practice and awaken within us a different level of consciousness.

When we combine the ancient and modern practices our intention remains the same - to integrate the mind, body and breath in that divine union of Yoga; leading us, the practitioner, to a state of final liberation and connection with our innate and divine nature.



THE EIGHT LIMBS OF YOGA

Many of our modern Yoga practices are based around the Sutras of Pantanjali. These Sutras outline the philosophy, goals, and techniques of Yoga. The core of these 196 aphorisms, 'threads or statements is an eight-limbed path which forms the basis for modern yoga practice.

YAMA - The first of the eight limbs are the ethical rules or moral commandments made up of five branches:

Ahimsa – non-violence

Satya – truth

Astea – non-stealing

Brahmacharya – right use of energy

Aparigraha – non-coveting

NYAMA – The second of the eight limbs are the positive action and attitudes towards personal refinement.

Saucha – purity

Santosha – contentment

Tapas – austerity

Svadyaya – study of self

Ishvara Pranidhana – devotion or surrender

ASANA – Posture. The physical aspect of yoga is the third step on the path to freedom. The word *asana* here doesn't refer to the ability to perform a handstand or backbend, it means 'seat' – specifically the seat you would take for the practice of meditation. The only alignment instruction Patanjali gives for this asana is "*sthira sukham asanam*", the posture should be *steady and comfortable*.

PRANAYAMA – Breathing Techniques. The word Prana refers to 'energy' or 'life source'. It can be used to describe the very essence that keeps us alive, as well as the energy in the universe around us. Prana also often describes the breath, and by working with the way we breathe, we affect the mind in a very real way.

PRATYAHARA – Sense withdrawal. *Pratya* means to 'withdraw' or 'draw back', and the second part *ahara* refers to anything we 'take in' by ourselves, such as the various sights, sounds and smells that our senses take in continuously. When sitting for meditation practice, this is likely to be the first thing we do; we focus on 'drawing in'.

DHARANA – Focused Concentration. Dharana means 'focused concentration'. Dha means 'holding or maintaining', and Ana means 'other' or 'something else'. Closely linked to the previous two limbs; dharana and pratyahara are essential parts of the same aspect. In order to focus on something, the senses must withdraw so that all attention is put on that point of concentration, and in order to draw our senses in, we must focus and concentrate intently.

DHYANA – Meditative Absorption. The seventh limb is 'meditative absorption' – when we become completely absorbed in the focus of our meditation.

SAMADHI – Bliss or Enlightenment. Many of us know the word samadhi as meaning 'bliss' or 'enlightenment', and this is the final step of the journey of Patanjali's Yoga Sutras. After we've re-organised our relationships with the outside world and our own inner world, we come to the finale of bliss.

200hr RYT YOGA TEACHER TRAINING (Registered Yoga Alliance)

ABOUT THE COURSE

At Mudita Yoga Studio our Teacher Training program is unique.

We have designed a course that will guide you to find your own authentic voice and innate natural style. Through our comprehensive training you will build a strong foundation and understanding of the human anatomy, ancient Yogic philosophy is studied through the lens of modern culture to create a profound way of being and an understanding of self and others. Energetics are explored to build and enhance on the study of asana postures, alignment and practice, as you deepen your own personal practice, peeling back layers to discover who you really are and recognise your true potential.

AIM OF THE COURSE

The aim of the 200hr training course is to educate and train individuals seeking to enhance their knowledge and practice of Yoga, as well as those wishing to be a Yoga teacher. Trainees will be guided through the foundations of a Yoga practice which will assist in developing their own personal practice and also equip them with all the necessary skills to teach Yoga in a professional and confident manner to a diverse range of people.

COURSE STRUCTURE

- The syllabus is organized to build knowledge in a sequentially.
- The Course will consist of four main subjects, divided into 97 lessons. Some will be covered during training and some as assignment, homework or reading.
- The course will be delivered part-time
- The course is structured and designed to allow trainees to create a balanced and harmonious lifestyle.
- The course is both practical and theoretical providing trainees with an understanding of all the important aspects of Yoga.
- The training includes an Immersive week. This immersion is often the highlight of the teacher training as it offers the opportunity for the trainee to completely immerse themselves in the Yogic lifestyle, which is a worthwhile and enriching experience.

SUBJECTS AND DESCRIPTIONS:

1. YOGA HUMANITIES
2. ANATOMY & PHYSIOLOGY
3. PROFESSIONAL ESSENTIALS
4. YOGA TECHNIQUES

1. YOGA HUMANITIES

History

- Origins & Sources of Yoga
- Branches of Yoga

Sanskrit

- Sanskrit Introduction
- Sanskrit Study & Teaching Tips
- First Words & Translations

Philosophy

- Defining Yoga
- Foundational Philosophies
- Bhagavad Gita Introduction
- Yoga Sutras Context
- Yoga Sutras Structure & Overview
- Kleishas Introduction
- Eight Limbs Intro & Overview
- Yamas & Niyamas Intro & Overview

2. ANATOMY & PHYSIOLOGY

General Considerations

- Studying & Teaching Anatomy & Physiology
- Anatomy for Safety & Accommodations

Anatomy & Biomechanics

Musculoskeletal System

- Musculoskeletal System Intro
- Connective Tissue & Fascia
- Location & Movement Terminology
- Muscle Movement & Contraction
- Joint Movements & Mobility
- Muscle Pairs & Pose Examples

Spine & Back Anatomy & Posture

- Spinal Regions & Vertebrae
- Back Muscles
- Spinal Functions
- Spinal Movements
- Healthy Posture
- Postural Issues & Conditions
- Spine & Back Teaching Considerations

Core Anatomy

- Core Form & Function
- Core Fundamental Teachings
- Trans Abdominis & Engaging Deeper Abs

Physiology

Nervous System & Stress

- Nervous System Overview
- The Vagus Nerve
- Stress & Relaxation Response
- Why Yoga Works

Respiratory Anatomy

- Respiratory Anatomy Introduction
- Accessory Muscles & More

Flexibility & Stretching

- Anatomy & Physiology of Flexibility & Stretching
- Stretch-Related Reflexes
- Stretching Issues & Techniques

More

- How Yoga Supports Health & Physiology
- How Trauma Affects Physiology & Wellness

Student Safety

- Injuries & Conditions in Yoga
- About Sensation & Pain
- About Contraindications & Alternatives
- When to Refer Out
- Contraindications Index

3. PROFESSIONAL ESSENTIALS

Ethics & Equity

- Teacher-Student Relationships & Ethics
- Equity in Yoga – Inclusion & Diversity
- Inclusive & Accepting Word Choice
- Cultural Appropriation & Cultural Exchange
- Body Positivity + Larger Bodies

Teaching Methodology Introduction

- Teaching Methodology Foundations
- Defining & Teaching Alignment
- General Alignment Principles
- Choosing Verbal Cues
- Adjustment & Assisting Guidelines
- Mindful Asana Transitions
- Space & Logistics Checklist

Sequencing Foundations

- Class Elements
- Sequencing Fundamentals & Guidelines
- Choosing & Arranging Poses
- Segmenting Your Class
- Sequencing & Pacing to Balance Energy

Adapting for Student Needs

- Adaptation Principles
- Trauma Informed Teaching
- Working with Pain
- Pregnancy & Yoga
- Yoga & Pregnancy Cautions
- Beginners Introduction
- Mixed Level Classes

Professional Development

- Reaching Your Teaching Potential
- Building Business & Revenue Streams
- Marketing Yoga Business
- Insurance & Continuing Ed

4. YOGA TECHNIQUES

Breath & Pranayama

Subtle Body

- Energy & Subtle Body Anatomy
- Koshas Overview
- Chakras Introduction
- Pranayama Philosophy

Breathing Foundations

- Breath Teaching Cautions
- Healthy & Restricted Breathing
- Natural Effortless Breathing
- Basic Breath Training
- Yogic Breathing
- Pranayama Teaching Foundations

Pranayama Techniques

- Ujjayi
- Nadi Shodhana
- Kapalabhati & Bhastrika

Mudras & Asana

Asana Foundations

- Mudras Introduction
- Bandhas Introduction
- Definition & Purpose of Asana
- Pose Categories & Families Introduction
- Pose Categories Summary

Poses

- Practical and Theoretical teaching of Asana

Meditation & Mantra

Meditation & Mantra Foundations

- Mantras & Chanting Introduction
- Meditation & Mindfulness Introduction
- Meditation Effects
- Meditation Teaching Tips & Considerations



2024 COURSE DATES

1 March – 19 May 2024

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
				1 March	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1 April	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1 May	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19 May
In-studio training				Thursdays 6.15pm – 10.00pm Fridays 7pm – 10.00pm Saturdays 10.30am – 5pm Sundays 9.30am – 4pm		
4 days Intensive - Retreat				Immersive training retreat		
3 day				Graduation Weekend		
Teaching Practical				Community Class		
School Holiday				29 th March – 14 th April		
Training Break				25 th March – 1 st April		

MUDITA TEACHER TRAINERS

Gina Funke Lead Trainer

Gina Funke is an E-RYT500 accredited Yoga teacher with Yoga Alliance and has been sharing her wisdom of yoga and meditation for over 20 years.



She is the founder and principal teacher of Mudita Yoga Studio, Melbourne, Australia.

Gina has dedicated her life to the study and practice of Yoga and meditation. By studying and practicing with various teachers globally, teaching classes, workshops and trainings, writing, mentoring and service, Gina shares the gifts of her practice, discipleship and life with a wide range of students.

Gina continues to use her years of experience to inspire students, teachers and teacher trainees alike to live up to their best life with a sense of meaningful purpose, playful creativity, committed responsibility, and joyful freedom.

As a teacher, she is dedicated to guide her students through a practice that will connect them to their higher self, restoring the natural state of balance, peace and calm. With regular practice her students will feel physically more comfortable and stronger.

As a mentor she is committed to inspire and lead her mentees to develop a discipleship to their practice and share their understanding of this wisdom authentically and skilfully.

As a Yoga Teacher Trainer, she will assist teachers to acquire the skills, study and understand the knowledge and develop the habits required to be a conduit of the teachings of Yoga.

Gina is skilled in her ability to apply the ancient wisdoms and teachings of Yoga in a fun and contemporary way.

***OTHER TEACHER TRAINERS TO BE ANNOUNCED**

COURSE ENTRY REQUIREMENTS:

Although there are no formal entry requirements for this course, it is envisioned that the candidates meet the following criteria:

- Good literacy & numeracy skills
- A genuine interest in developing as a Yoga practitioner
- An interest in health and wellbeing
- Good interpersonal and communication skills
- A commitment to personal development and spiritual growth.

ATTENDANCE:

Regular attendance at classes is essential for successful completion of the course. If a student's attendance falls below 80% in any subject, they may be deemed not yet competent in that subject. In the event of any absence from training sessions it is the student's responsibility to follow up on class notes etc. with the tutor or/or other students.

Request for notes need to be made in advance of any particular training day. If you need to make up any missed sessions, we will organise one of our teacher training facilitators to meet privately with you. As they will be seeing you outside of scheduled hours there will be a fee of \$100 per hour. Request for notes need to be made in advance of any particular training day. In the event of extended absence due to illness or any other personal reasons the student will need to discuss their circumstances with the Lead Trainer.

CERTIFICATION:

On completion of the Course, you will be certified as a 200hour Registered Yoga Teacher and a provisional member of Yoga Alliance the internationally recognized standards setting organization for yoga. This will certify you to teach Yoga in Australia and globally.

COURSE FEES:

SUPER Early Bird

Pay in full by end November 2023 \$4100

Early Bird

Pay in full by end January 2024 \$4500

Full Investment

Pay in full by 1 March 2024 \$4950

To secure your space a \$600 non-fundable deposit is required.
Payment plan option available, please discuss and arrange directly with studio administration.

Your investment in the training includes:

- 200+ hours of training and development.
- Comprehensive training manual.
- Unlimited classes at Mudita Yoga Studio for the duration of the training.
- 4-day Immersion at Rocklyn Ashram including all meals and accommodation (transportation not included).
- Graduation Event
- Mudita Trainee sweatshirt.
- Mentoring and guidance from senior Mudita teachers.
- Yoga Alliance 200hr Teacher Training Certificate.

The other costs are your text books (four in total and available online) and transportation to and from the retreats.

REFUND POLICY:

Students withdrawing from the course must give one month notice prior to the start date, in writing, and will incur a \$600 administrative fee (non-refundable deposit).

Please note:

All Course Fees are Non-Refundable after 1st February 2024

REGISTRATION AND ENROLMENT POLICY:

- 1) Drop/Send in your completed registration form (found at the end of this handbook)
- 2) Upon receipt of your registration, we will contact you to arrange an interview (online or in person).
- 3) On acceptance into the course, you will be notified via email with a letter of acceptance.
- 4) To secure your place on the course you will need to pay the initial deposit via the Mudita online booking platform.

FREQUENTLY ASKED QUESTIONS:

How proficient in Yoga do I need to be to complete the teacher training?

The Mudita Teacher Training courses includes daily asana practice, either in a class, at home or during training sessions. We therefore recommend that applicants have a consistent asana practice. A foundation in the basic and fundamental yoga postures is required. An advanced practitioner is not necessarily a person who can move deeply into advanced postures; an advanced practitioner is someone who comes to the mat with a level of maturity, a willingness to learn and an understanding of the limits of their own body.

Is the training an asana intensive?

No, the training is not an extreme Yoga asana intensive. It is designed as a fun and interactive course that is focussed on achieving a holistic knowledge of Yoga and gaining the skills necessary to teach Yoga to others with awareness and understanding.

I want to enrol in the training to develop my own practice rather than teach, is this okay?

Yes, the course is also designed for those who may not wish to be teachers at this stage of their Yoga journey, but would like to deepen their own practice and experience of Yoga.

How many students are enrolled in each training?

Max 10 students, facilitating a low student – teacher ratio.

Do I need to purchase all the books on the required text list?

No, although we recommend you purchase some of the books for reference, reading prior to the training.

Do I need to complete any homework prior to the start of the training?

Yes, we will send a list of reading before the course starts to establish a shared understanding between the trainees.

Do I need to follow any ethical guidelines?

Yes, there are some simple guidelines to help create a sattvic (Yogic) environment, conducive to study and learning. Trainees are expected to be cigarette, drug and alcohol free and are asked to maintain silence (where practical) between lectures. We request trainees be mindful that the studio is a place of study and learning and that socialising can be done at a local café. We also ask trainees not to bring food into the studio.

How much time should I expect to spend on homework?

Expect to spend approx. 7 hours per week on written assignments, including completing a record of your practice, classes attended, observations, etc. The homework is designed to support the material covered in class and help you integrate what is presented into your own practice and teaching.

If you are not planning on teaching after the training, you may choose not to complete all of the homework assignments and enrol on the course without receiving Certification. However, if you wish to receive your Certification for the training, you must attend all the sessions and complete all the homework assignments.

Will I have the opportunity to teach classes during the training?

Yes, you will have the opportunity to teach with your fellow trainees under supervision from a senior teacher as well as a final assessment community class.

What is the Yoga Alliance?

Yoga Alliance is an organization that was started in 1999 as a way to create globally recognized 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 yoga. Currently there are no legal certification requirements to be a yoga teacher.

What kind of ongoing support is available after my training?

Post 200hr Certification, Gina Funke offers an individual mentor program to further enhance your teaching skills. Please enquire for further information and guidance.

2024 MUDITA YOGA STUDIO

200hr YOGA TEACHER TRAINING REGISTRATION FORM

PERSONAL DETAILS:

Name:

Address:

Postcode:

Contact:

Home

Work

Mobile

Email

Date of Birth:

Emergency Contact:

Name

Relationship

Mobile

EDUCATION:

Please provide details of any formal studies you have completed in the past.

Studies Completed	Education Provider	Year completed

PREVIOUS YOGA EXPERIENCE:

Please provide details of previous yoga experience, including time, style etc. or other relevant experience.

MOTIVATION FOR UNDERTAKING THE COURSE:

Please describe briefly why you would like to undertake this course of study.

SPECIAL NEEDS:

Please advise on any special needs you may have so that we are aware of this and can make any necessary arrangements to meet your needs.

PHYSICAL INJURIES:

Please advise on any physical injuries or limitations that we need to be aware of.

ADDITIONAL INFORMATION:

Please note any other information you would like to provide in support of your application.

All applicants will be contacted by telephone to arrange a personal interview on receipt of your completed registration form.

DECLARATION:

I acknowledge that I have provided all of the information relevant to my application for registration into the above course. I have read and agree to abide by the course policies and procedures as outlined in the Mudita Student Handbook.

Signature

Date:

If you need to discuss your application, please contact us on 042 445 7850