

The Essence of Sadhana

200 HOUR

YOGA TEACHER TRAINING & AYURVEDIC STUDIES



Starts

Jan 12th

3

2

1

The Essence of Sadhana

200 hour Yoga Alliance Certified
Yoga Teacher Training & Ayurvedic Studies

12th January - 21st April

Awaken your internal compass that leads you to a more harmonious,
purposeful and passionate life...



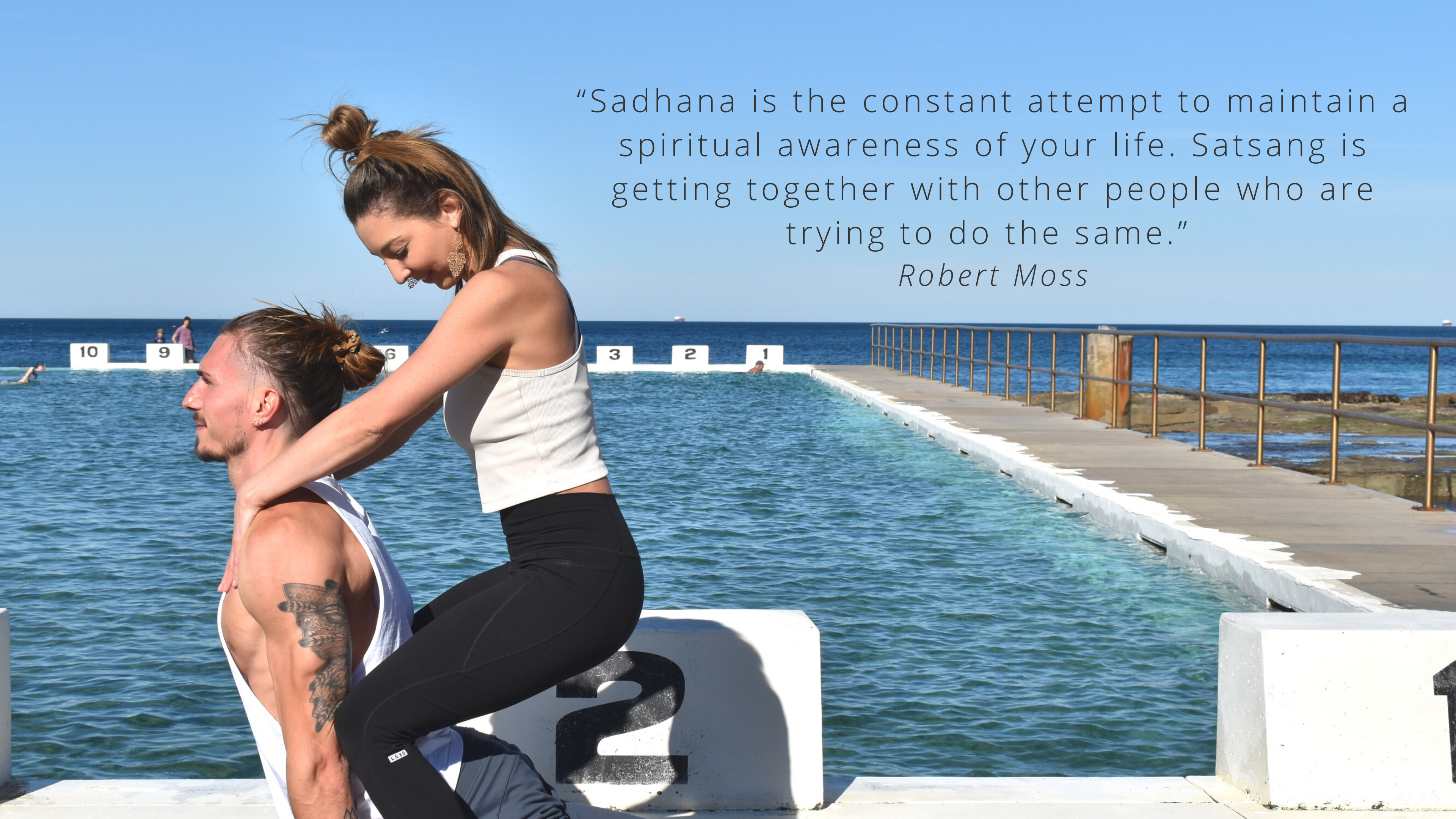
Why train with us?

Our program is Newcastle's first hybrid Yoga Teacher Training! Enriched with the four teachers passion and purpose including Hatha, Ashtanga, Vinyasa and Ayurvedic wisdom.

You will graduate with a wealth of knowledge and feel empowered to make the choice of what kind of yoga teacher you wish to become and the impact you wish to make on your community.

A training grounded in ancient wisdom that provides you with all of the tools to become an incredible yoga teacher!



A woman with her hair in a bun, wearing a white tank top and black leggings, is massaging the shoulder of a man with a beard and a tattoo on his arm. They are on a concrete pier with a metal railing, overlooking the ocean. In the background, there are numbered buoys (1, 2, 3, 6, 9, 10) and other people in the water. The sky is clear and blue.

“Sadhana is the constant attempt to maintain a spiritual awareness of your life. Satsang is getting together with other people who are trying to do the same.”
Robert Moss

Training Dates

Week 1

Jan 12th 7am - 5pm
Jan 13th 11am - 5pm
Jan 14th 6am - 5pm

Week 2

Jan 27th 11am - 5pm
Jan 28th 6am - 5pm

Week 3

Feb 9th 7am - 5pm
Feb 10th 11am - 5pm
Feb 11th 6am - 5pm

Week 4

Feb 24th 11am - 5pm
Feb 26th 6am - 5pm

Week 5

March 8th 7am - 5pm
March 9th 11am - 5pm
March 10th 6am-5pm

Week 6

March 23rd 11am - 5pm
March 24th 6am - 5pm

Week 7

April 5th 7am - 5pm
April 6th 11am - 5pm
April 7th 6am - 5pm

Week 8

April 20th 6am - 5pm
April 21st 6am - 5pm



Retreat Weekend!

MAY 3RD - 5TH

What better way to finish our training together and welcome you into becoming a yoga teacher than a two night retreat!

Our final weekend spent together will be tucked away in a special location within an hour and a half from Newcastle. Two nights full of nourishing food, yoga, meditation, mantra and Satsang under the stars.

RETREAT PRICE INCLUDED IN COST

Daily Schedule

Guided practice

Breakfast

Chanting and mantras

Lectures, Theory, Philosophy, Anatomy

Lunch

Asana breakdown, teaching techniques, hands on assist

The Essence of Sadhana Yoga school is created to provide you with all of the tools needed to become an empowered, confident and educated Yoga Teacher. We believe in offering a well rounded program to enrich your life through absorption of the practice, self reflection, integration and an in-depth education on the essence of yoga.



This course will cover...

The Practice

Evolve and deepen your practice as we unravel the techniques of asana, meditation and pranayama. Learn about the ancient roots of yoga and its evolution throughout history. Study sacred mantras, learn the Sanskrit names, learn the energetics of alignment and how to modify and make yoga assessable for everyone.

Philosophy

Take a deep dive into the sacred texts of yoga such as The Yoga Sutras of Patanjali and The Hatha Pradipika. Learn their relevance and how to integrate yogic wisdom into your practice and into your life.

Role of The Teacher

From sequencing, assists, class planning to language, cueing and vocal projection. Gain valuable tools that will assist you in becoming a confident and empowered teacher. Learn what it really means to hold yourself as a teacher. A teacher in your community and as an inner teacher.

The Business of Yoga

Learn behind the scenes ins and outs of building your own brand, how to get started working in a studio and set your business set up for success. Learn valuable marketing skills and most importantly the ethics of being a yoga teacher.

This course will cover...

The Subtle body

Discover what lies beyond the physical body. The energetics of an asana practice and how to sequence a class to create balance and harmony within. The subtle body has many layers including the kosha, nadis, chakras, bunhas, prana vayu and more!

Anatomy

Enjoy a practical approach to understanding human anatomy both in everyday life and your yoga practice. Learn how to move and teach safely and apply anatomy to yoga sequencing. Untangle the physiology of the body and the effects of yoga on your nervous system.

Asana Sequencing

Learn the energetic impacts of asana and how to skilfully use it to develop your personal practice and community classes. Learn the traditions of Ashtanga vinyasa and Hatha yoga and how to integrate their magic into a creative vinyasa class.

Mantra and storytelling

The power of mantra has been used for thousands of years to move us beyond the thinking mind and into higher states of awareness. Learn sacred mantras passed down from teacher to teacher and learn mythology and stories that keeps the very essence of yoga alive!

Bonus material!



Ayurvedic wisdom

Dylan Smith, certified Ayurvedic practitioner, holistic health educator, proponent of Vedic wisdom, and eternal student for life. Dylan has a holistic passion to teach patients to effortlessly integrate new habits into their daily life.

You'll learn how to incorporate Ayurveda into your yoga classes, themes and create intelligent, cyclical sequences. You'll understand the individuality of you and your students.

Yoga is the science of the spirit and Ayurveda is the science of the body and life. Together, these two systems will show you how to teach and practice in a holistic space that truly honours the tradition of these ancient lineages and your fullest potential.

Meet Your Teachers



Brooke Barrett

Hatha &
Yoga philosophy



Jacqui Rose

Vinyasa &
Personal growth



Dr Dan

Anatomy &
Physiology



Dylan Smith

Ayurveda

Location

The Yoga Place Blacksmiths

We are located in this gorgeous, dreamy studio just 30 mins from Newcastle CBD and 30 mins from Central Coast, NSW.

Free all day parking on site and an incredible cafe located next door with great coffee!

In the space you will have access to yoga props however we do ask you bring your own mat as you'll be spending a lot of time on it!

This is a space to grow, transform and shine.



FAQS

Can I still join even if I dont want to be a teacher?

Absolutely! A Yoga Teacher Training is a place where the student comes to explore the inner realms of a the practice. If you feel inspired to teach, great! You have the tools you need to bring more light to people's lives. If not, you still gain all of the valuable information that will propel you forward with your practice and your life.

What does the training include?

The course fee covers all yoga teacher training sessions, your training manual, plus our final 2 night retreat!

How much yoga experience do I need?

We recommend a year of yoga practice before committing to a 200 hour training. However, this training is for anyone who has a desire to deepen your practice and you are dedicated to the journey. If you have a burning desire to know more, to awaken to your purpose and align with your inner self than you are ready!

How much does the training cost?

Early bird price is \$3400 one time payment or 4x \$810. Standard price is \$3800 one time payment or 4x \$915. There is a \$330 non refundable deposit which will go towards your final payment. Once training commences there is no refund or admission exchange.

In the Bhagavad Gita, Krishna says '*...life and death are not nearly as important as how we live.*'

Ultimately, this means – what gives our life meaning is our Dharma, our purpose.

We are all born with an innate drive to shine and evolve and touch the essence of who we are. But often, we lose that drive. We forget who we are and what we are here to achieve. Yoga, is the path to remember who we are. This is why we practice Yoga. To remember our purpose.

This is The Essence of Sadhana and, the promise of Yoga.



Empower yourself and your community through
the practice and integration of yoga.

The Essence of Sadhana

200 HOUR

YOGA TEACHER TRAINING & AYURVEDIC STUDIES

APPLY HERE

Email: theessenceofsadhana@gmail.com

www.theessenceofsadhana.com





If you are ready for a life changing experience, this is for you.