



## TEACHER TRAINING

### YOGALATES ACADEMY

WORKING FROM THE INSIDE OUT TO  
CONNECT MIND, BODY SPIRIT SINCE 1995

Our Yogalates Teacher Trainings provide full spectrum academy training programs designed for those who genuinely seek to expand and evolve beyond their knowledge and understanding of traditional Yoga Asana, functional movement, core activation, Yoga therapy and special needs care.

The Yogalates Academy is recognised by physiotherapists, chiropractors and exercise physiologists as providing our graduates with a thorough education in core activation, stability and functional movement, breath work and Yoga therapy, including injury prevention, rehabilitation, advanced prop usage and modifications. And the course encourages you to embrace all areas of Yoga in philosophy, physiology, history, lifestyle, Ayurvedic principles, Pranayama and meditation practices.

"This training provides the difference between becoming an instructor of Yoga and embodying all that Yoga offers with the skills and knowledge to educate and transform your students."

Upon completing this training, you will work confidently with students with a myriad of conditions, injuries and special needs - whether one-on-one, in multi-level group classes or online.

Yogalates™ Academy Teacher Training is [Yoga Australia Certified](#) and considered experts in the field by the [Australian Yoga Teachers Association](#).

## GETTING STARTED

You have the option of either training with us online from anywhere in the world, or face to face in our Bangalow based studio located just 15 minutes from the beautiful Byron Bay, Australia.

Visit our website to find out more or read an overview of both options for training below:

- > [TRAIN ONLINE - SELF PACED](#)
- > [TRAIN IN BYRON BAY, AUSTRALIA](#)

## 350 HOUR YOGALATES™ TEACHER TRAINING OVERVIEW

Yogalates promotes a safe form of functional movement and exercise through a unique fusion of Yoga and Pilates. The practice enables individuals to maximise basic postural human movement and function, profoundly changing their everyday life.

The Yogalates Academy aims to:

- Train individuals as Yogalates Teachers
- Promote the global practice of Yogalates
- Maintain the highest standard of teaching and practice in Yogalates

At the core of our teachings is the exploration of movement and breath – of coming to know this intimately within your own body - it is from this authentic place the true teacher arises.



The Yoyalates™ Academy Training is a comprehensive and integrated curriculum that has been used as an example of best practice by the Australian Industry Accreditation Board and is registered with [Yoga Australia ID 9108](#).

You'll learn the intention of poses along with the how and why behind creating effective sequences, how to modify poses, breath work and meditation to suit your client's needs as well as how to teach multi-level classes. Present, confident and safe in your own teachings, you will be able to support your clients to develop a heightened sense of awareness.

Each of our trainers are Master Yoyalates™ Trainers, which means they've completed this program and have been teaching consistently for 10 or more years, as well as participated in our weekend update trainings held bi-yearly. We embody the teachings and are committed to passing them onto our students.

A Certified Yoyalates™ Teacher may choose to enter private practice, open a studio, work in health clubs, wellness centres, retreats or resorts providing services to a variety of ages and levels of ability.

Please note: Yoyalates™ is trademarked and you may name classes 'Yoyalates' once you have completed and received your 350hr certificate with us. This certificate will not give you the qualifications to teach others to become teachers in The Solomon Yoyalates Method. Please refer to the [Code of Practice](#) which outlines the correct use of the Solomon Yoyalates™ Trademarked name.

## WHAT IS INCLUDED? \*

Gain immediate access to comprehensive Video Modules and Specialist Manuals created by our team of Master Trainers which you will work through at your own pace (from the moment you sign up!) through our easy-to-use learning portal.

- **Learn from the authentic Yoyalates lineage** - access profound teachings through supported tuition, online assessments & practicum lectures.
- **Supported evolution** - we work with you to uncover blocks and find expansion in a fully supported accepting environment.
- **Unlimited access** to our [Online Yoyalates Academy trainings](#) for the duration of the course.
- **Yoyalates Book** - the best elements of Yoga & Pilates published by Louise Solomon
- **Yoyalates Teacher Training Manual** (10th edition) by Louise Solomon
- **Anatomy Manual**
- **Personal Practice & Yoga Therapy / Special Needs Manual**
- **Instructional Online Videos** on Core Foundation & Asana Modifications for client special needs

Three qualifications within the one certificate course Yoga + Pilates + Yoyalates!

### On completion you will receive:

**350hr Yoyalates™ Certificate** which qualifies you as a member of [Yoga Australia](#), thereby eligible for public liability & indemnity insurances and some health fund rebates may apply for your clients.

## \* ADDITIONAL - REQUIRED READING MATERIALS

To commence your training, you will need to purchase the following **required reading materials** – these are excluded from the course fees because you have the option to purchase second hand if desired. Please visit us online for a full list of the materials you are required to purchase here:

[> PURCHASE REQUIRED READING MATERIALS](#) – Options available



## CERTIFIED FACE TO FACE TEACHER TRAINING

CERTIFY TO TEACH YOGALATES AND DEEPEN YOUR PRACTICE BY JOINING US AT ONE OF OUR ON-LOCATION ACADEMY TEACHER TRAININGS, BASED IN THE BEAUTIFUL VILLIAGE OF BANGALOW (HINTERLAND OF BYRON BAY), NSW, AUSTRALIA.

BOOK TO BEGIN YOUR YOGALATES TEACHER TRAINING JOURNEY WITH US IN PERSON TODAY:

> [BOOK NOW](#) – View upcoming dates here on our website!

> [ENQUIRE NOW](#)

### ACADEMY STUDIO

Our purpose-built studio is only a short walking distance to the CBD of Bangalow and the only one of its kind in the Northern Rivers region.

Those relocating to Byron Shire for Part 2 of the training can choose from a vast and varied range of accommodation options in the following areas:

Bangalow, Suffolk Park, Byron Hills, Baywood Chase (or Byron town itself with a 20-minute drive to the Bangalow studio).

### PART 1 – ONLINE ACADEMY

We recommend over 3 - 6 months of approximately 6 - 12hrs study per week for Part 1.

### MODULES

- **Module 1** - Anatomy & Functional Movement; study the body as a whole - the systems, posture, asana breakdowns, how to use props and modify to suit a variety of body types and conditions.
- **Module 2** - Pilates & Yoga; identifying their individual attributes and the principles of our unique method fusing the two.
- **Module 3** - Yoga Philosophy; studying the Eight Limbs, our lineage, breath, meditation, bandhas, ethics and lifestyle.
- **Module 4** - Personal Practice; the discipline and exploration as a student and self-practice is imperative in becoming a great teacher.
- **Module 5** - Teaching Training; client assessment + management, sequence and instruct a complete practice including Asana, Pranayama, Yoga Nidra + Meditation.
- **Module 6 - 50hr Yoga History + Physiology (12 Modules)** - Our lineage, sacred texts, theories, practices, rituals and chakras. **OPTIONAL MODULE ONLY NECESSARY IF YOU REQUIRE MEMBERSHIP WITH YOGA AUSTRALIA OR YOGA ALLIANCE**



## PART 2 - BYRON STUDIO (FACE TO FACE)

The Byron Bay training begins 4 weeks prior to the start date when online pre-practicum lectures are released - up to 10hrs in total to be viewed prior to attending the face-to-face Practicum. The Practicum itself an intensive training run over 15 days face-to-face, from 8am - 6pm. 100% punctual attendance at lectures during the practicum is essential for successful completion of the course.

Pre-practicum online lectures for Part 2 commence 4 weeks prior to face-to-face practicum. All assessments must be attempted prior to practicum attendance. A general level of computer literacy is required.

## TEACHING AND PRESENTATION SKILLS

Being great at performing Yoga or Pilates does not necessarily make a great teacher. The Yogalates™ Academy provides the platform for the philosophy and ethics of a teacher as well as emphasising the teaching and presentation skills that are involved in engaging and motivating your clients. Not all clients learn the same way; some need to listen, some need to see, and others need to feel. We pride ourselves on our ability to make Yoga accessible and affirming for everyone.

We use a variety of teaching methods to suit different learning styles:

- Effective communication, verbal cues, imagery and metaphors for performance enhancement and client motivation
- A variety of programming options to keep clients motivated
- How to apply Yogalates bio-mechanical principles of movement, core stability, functional breathing and alignment to all exercises
- Deconstruct the complexity of the asana poses and mat work exercises
- Modifications to increase or decrease exercise intensity
- Learn the unique modifications of the Yogalates repertoire
- Exercise goals, muscular initiation and movement sequencing
- Modifications for specific body types and postural issues

In the practicum lectures we also explore:

- Interactions and referrals with other health care professionals e.g. Physiotherapists, Councillors
- Work Health and Safety and legal requirements within the Health Industry
- Work Ethics and professional development
- Learn the Business management requirements to set up and run your own Yogalates practise effectively.
- Props used in the Yogalates repertoire; the resistance band effectively reproducing exercises from the Pilates Reformer as well as creatively fusing the band work into Asana poses, Yoga block used with in the mat work and asana Yogalates repertoire, Yoga Bolsters, blankets, eye pillows and strap.

## FACE-TO-FACE TEACHER TRAINING INVESTMENT

> \$3,997 AUD – with the option to pay in full or partially purchase via Afterpay

Please note: A general level of computer literacy is required to complete this training. Please [download and read our Code of Practice](#).

## \* ADDITIONAL - REQUIRED READING MATERIALS

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> [PURCHASE REQUIRED READING MATERIALS](#) – Options available



## CERTIFIED ONLINE TEACHER TRAINING

DEEPEN YOUR PRACTICE AND CERTIFY TO TEACH YOGALATES BY JOINING OUR SELF PACED, ACCREDITED ONLINE YOGALATES ACADEMY TEACHER TRAINING PROGRAM.

BEGIN YOUR YOGALATES TEACHER TRAINING JOURNEY ONLINE TODAY:

- > [BOOK NOW](#)
- > [ENQUIRE NOW](#)

Registered with Yoga Australia and available to commence anytime, our 350-hour Yogalates Academy Teacher Training online course is completely self-paced and must be completed over a period of 9 months. This course is registered with Yoga Australia which enables you to register for membership.

### COURSE MATERIALS

Gain immediate access to comprehensive Video Modules and Specialist Manuals created by our team of Master Trainers which you work through at your own pace (from the moment you sign up!) through our easy-to-use learning portal.

### START FROM TODAY

Begin your self-paced studies straight away with immediate access to your written online course materials for Modules 1 through 6 inclusive of our 50hr Yoga History + Physiology (12 Modules).

Gain access to course video modules, pre-recorded tutorials, in-depth teaching sessions and Asana, Pranayama and Meditation classes to deepen and evolve your practice including:

- **Learn from the authentic Yogalates lineage** - access profound teachings through supported tuition, online assessments & practicum lectures.
- **Supported evolution** - we work with you during the Online Yoga Teacher Training to uncover blocks and find expansion in a fully supported accepting environment.
- **Unlimited access** to our [Online Yogalates Academy trainings](#) for the duration of the course.
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### STUDY ONLINE & SAVE

Save \$1,000 AUD on our world-renowned 350-hour Yogalates Teacher Training by studying online - with the added bonus of having 12 months to complete your online training at your own pace.

#### 2023 ONLINE SPECIAL RATE

> \$2,997 AUD - with the option to pay in full or partially purchase via Afterpay

**Please note:** A general level of computer literacy is required to complete this training. Please [download and read our Code of Practice](#).

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To commence your training, you will need to purchase the following **required reading materials** - these are excluded from the course fees because you have the option to purchase second hand if desired. Please visit us online for a full list of the materials you are required to purchase here:

> [PURCHASE REQUIRED READING MATERIALS](#) - Options available