

# YOUR YOGA SPACE

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## HATHA • VINYASA • JOURNEY

**OCTOBER/NOVEMBER 2011**

**4, 5 & 6 November:**

**Beginners Course**



Have you recently started yoga but feel uncertain in the postures?  
Have you never sat on a yoga mat before but you are tempted to try yoga?  
This course is for those wishing to improve on yoga fundamentals and those who are brand new to yoga.

Friday 17.45 to 18.45, Saturday 11.30 to 12.30 & Sunday 8.45 to 9.45

You will be guided through the basic yoga postures and how to move in and out of them safely.

Cost: R350 per person for the course

Booking is essential, non-refundable 50% deposit required to book.

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**10 November:**

**Order your Eco-Friendly Mat**



**Order your eco-friendly mats before 10 November, with full payment.**

**R330 each.**

**Lilac, olive green, blue and black**

**Composition:** Designed for all types of yoga this mat is constructed from 'closed cell' TPE technology. This technology ensures that bacteria & odor cannot penetrate the mat surface. No bonding substances or toxic materials are used in production. These Mats are 100% eco-friendly & formulated to decompose in landfills, leaving behind water and biodegradable particles.

### **Features-**

- 100% biodegradable
- 100% recyclable
- Ultra hygienic
- PVC & latex free
- Lead & Cadmium free
- Allergy free
- Excellent cushioning
- Excellent traction wet or dry
- Light weight
- Superior durability
- Dual layer construction providing 2 colour options.

### **How do I clean my 3rd Planet Green Mat?**

For best results simply spray the surface of the Mat with water or

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mat cleaner and wipe clean with a dry sponge or towel.  
Alternatively, a small amount of organic, non- toxic home cleaning product mixed with warm water will work well.

### **16 November:**

**Shopping Evening with Urban Yoga Wear**



Could you do with some attractive yoga clothes that allow you to move comfortably so that you can focus on your yoga and not your uncomfortable clothes.  
Come through at 5pm on Wednesday 16 November to browse, try on and purchase.

### **20 November:**

**Yoga Philosophy: Basics**



Would you like to know more about the philosophy and spirituality behind the physical postures?

This is the first of a series of lectures aimed to introduce you to the beautiful and ancient knowledge of the sages.

Cost: R100

What to bring? a pen and a cushion to sit on

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When? Sunday 20 November 8.30am to 9.30am  
BOOKING and 50% non-refundable deposit required.

**27 November:**

### Yoga Philosophy: Energy Body



The second lecture introducing you to yogic philosophy, in this case, that of the the energy body and chakras.

Cost: R100

Bring: a pen and cushion

date: 27 November

time: 8.30am to 9.30am

booking and 50% non-refundable deposit required.

**4 December:**

### Yoga Philosophy: Yamas and Niyamas



Lecture 3 on the philosophy behind it all. The Yamas and Niyamas are guidelines for leading a yogic lifestyle.

Date: 4 December

Time: 8.30am

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Cost: R100

Bring: pen and cushion

50% non-refundable deposit required.

### **23 December to 6 January:**

#### **Studio Closes**

The last class of 2011 will be Thursday 22 December. The first class of 2012 will be on Saturday 7 January.

The first beginner's course will be held from 20 January to 22 January 2012.

## **YOGA TEACHER TRAINING 2012**

200 HOUR HATHA YOGA TEACHER TRAINING

**Teacher Training is much more than attaining certification, it is the beginning of a new way of experiencing your world. This training in particular will take you on a personal journey of physical, emotional and spiritual unfolding. Preparing you to assist others on their journeys as you move from student to teacher.**

**5 aspects of this Training set it apart from others:**

- 1. a strong focus on self awareness as well as psychological and spiritual growth**
- 2. learning how to teach and educate NOT instruct**
- 3. receiving individual attention and assistance on your journey**
- 4. the length of the course enables you to implement and adapt to a new way of life.**
- 5. the course structure allows for experiential learning rather than bland theoretical study.**



Become a Hatha Yoga Teacher through a part-time 200 hour teachers training program at Your Yoga Space: February 2012 to October 2012. Catherine Rogers has an Honours degree in Psychology and is an ERYT 200 – RYT 200 with Yoga Alliance.

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The course will be registered with Yoga Alliance. On the successful completion of the Yoga Teacher Training you will be given a certificate allowing you to register with Yoga Alliance.

### Course Overview:

- Philosophy of yoga including the Energy Body, The Yoga Sutras, Bhagavad Gita,
- Kriyas
- Meditation and yoga nidra
- Mantras
- Mudras
- Asanas
- Pranayama
- Business of Yoga
- Being an Educator and Teacher
- Teaching Yoga: group and private
- Adjustments and use of props
- Pregnancy Yoga
- Anatomy
- Exposure to various styles of teaching and yoga classes
- Psychology and Spirit with self reflection activities
- Ethics
- Teaching and adjusting practise
- Personal asana practise
- Continual assessment through participation in workshops, assignments and 1on1 sessions
- CPR Training
- Final assessments for certification

### Faculty:

- **Catherine Rogers, ERYT 200 and BA Hons Psychology**  
**Role:** Main Facilitator  
**Qualifications:** Catherine has been doing yoga since she was a child and has been exposed to many yoga styles and teachers (local and international) over many years. She trained in Hatha, Vinyasa and Children's Yoga. She has been teaching since 2009 and runs Your Yoga Space Studio. She has an Honours Degree in Psychology (Cum Laude) and a couple years experience in the field of psychometry and individual development. Her own spiritual journey informs much of her work and her passion is combining yoga, spirituality and psychology in her work.

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- **Kristy Nel,**  
**Role:** Pregnancy Yoga Lecturer  
Kristy began her personal yoga practice several years ago at the Sivananda Yoga Centre in London and completed a rigorous Yoga Teacher Training at the Sivananda Yoga Ashram in New York. In 2009 Kristy returned to South Africa on a mission to spread the timeless teachings of yoga – and to give birth to a precious little girl. Although still teaching classical Hatha Yoga, Kristy was inspired by her own pregnancy and birthing into specialising in Prenatal and Postnatal Yoga, with an emphasis on well-being and *confident* birth preparation.
- **Fiona Rogers,**  
**Role:** Styles of Learning Lecturer  
Fiona has worked in the field of education for 30 years, and has been doing yoga for as long. Her expertise in education can be transferred into the yoga studio to help trainees become teachers and not just instructors.
- **Swami Yogasagar**  
**Role:** Yoga Nidra and Philosophy Lecturer  
Swami Yogasagar established the Satyam Yoga School in 1998 to represent the teachings of his guru Paramahansa Satyananda. Since his arrival in South Africa Swami Yogasagar has developed his own unique teaching style and has created several courses that offer both beginners and advanced students a thorough and deeply rewarding experience of yoga.
- **Pulse Point:** CPR Training
- In addition to Catherine's yoga classes you will attend classes by teachers from various styles of yoga including Vinyasa and Iyengar



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### **Trainee Requirements:**

- complete the specified hours of personal yoga practise at Your Yoga Space scheduled classes
- Attending all workshops; one weekend a month
- 1on1 sessions, additional workshops, assignments and readings need to be completed to be eligible for the exams
- adjustment exam, asana exam, theory exam and teaching exams are completed at the end of the course in order to achieve certification.
- involved participation in all aspects of the course is required by all trainees.
- be sure to attend classes by all the teachers at the studio, to gain experience.
- It is required that you are undergoing coaching, counselling or therapy during this course. In order to help you maximise the experience of self development. Being a healing teacher requires you know yourself inside and out (at your own expense).

### **Workshops and Course Duration:**

Monthly workshops will be held on Friday evenings, Saturday afternoons and Sunday afternoons. These workshops will take place on one weekend a month. Dates will be provided on successful completion of the application process.

### **Application for the Teacher Training Course:**

Contact Catherine for the application form, to be completed and sent back for review.

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**Course Fees:**

R12 500 per Trainee. This includes specified number of yoga classes at the studio, textbooks, course material, trainee workshops, trainee shirt, neti pot, CPR training and examinations. (Many programs are not inclusive).

Non-refundable 75% deposit secures your space.

Full non-refundable payment needs to be made by 15 January 2012.

Alternative payment plan options available on request.

IMPORTANT NOTE: paying for the course and completing workshops does not entitle you to certification. Certification is at the discretion of Catherine Rogers as a result of performance during the course and examinations.