

**ADORE**  
**YOGA**



**YOGA THERAPY**  
**FUNDAMENTALS**  
(70 HRS PROFESSIONAL TRAINING)

**30 JAN - 10 APRIL 2022**



**YOUR COMPREHENSIVE INTRODUCTION TO YOGA THERAPY**

**Fully Interactive Live  
Online Tutorials**

**ADORE**  
**YOGA**



**Home Study Kits for In-  
Depth Learning**

# PASSIONATE ABOUT HEALING WITH YOGA?

## WELCOME TO ADORE YOGA THERAPY

Yoga Therapy is an exciting and fast growing modality that fuses ancient wisdom and modern science to help people manage their health.

As yoga therapy gains more attention, the demand for wellbeing professionals who have trained in Yoga Therapy is increasing.

**Now is a great time to add Yoga Therapy to your professional skill-set.**

At Adore Yoga, you'll learn from experienced teachers who are steeped in Eastern traditions and qualified in Western science-based modalities.

You'll love our friendly, welcoming environment and our thriving community of dedicated, passionate students. We can't wait to welcome you!



Nikola Ellis, C-IAYT, MCAP  
Founder, Adore Yoga





## WHAT IS YOGA THERAPY?

Yoga Therapy is much more than prescribing postures to address health problems. Here are three definitions of Yoga Therapy to inspire you!

### International Association of Yoga Therapists

"Yoga therapy is the professional application of the principles and practices of yoga to promote health and well-being within a therapeutic relationship that includes personalized assessment, goal setting, lifestyle management, and yoga practices for individuals or small groups."

### Leslie Kaminoff

"Yoga is a set of principles that show us we are interconnected, multidimensional beings composed of body, breath, and mind. These teachings suggest strategies for identifying and reducing obstructions that can occur in any of these dimensions.

When obstructions (klesha) are reduced, it is the human system itself that reestablishes a healthy balance. We simply show people how to make more space (sukha) in their bodies so prâna can flow more freely. It's the body's own resources that do the healing. In other words, the teacher doesn't heal the student, the teachings do."

### Georg Feuerstein

Modern Yoga Therapy is "a first effort to integrate traditional yogic concepts and techniques with Western medical and psychological knowledge. Whereas traditional Yoga is primarily concerned with personal transcendence on the part of a "normal" or healthy individual, Yoga therapy aims at the holistic treatment of various kinds of psychological or somatic dysfunctions ranging from back problems to emotional distress.

Both approaches, however, share an understanding of the human being as an integrated body-mind system, which can function optimally only when there is a state of dynamic balance."

# WHY STUDY WITH ADORE YOGA?



When you join us at Adore Yoga, you'll become part of a vibrant community that has been supporting wellbeing professionals to share authentic, evidence-based Yoga Therapy since 2002.

Founded in Sydney Australia by yoga therapist and psychotherapist Nikola Ellis, Adore Yoga is steeped in the tradition of Sri Krishnamacharya and committed to delivering high quality training.

## You'll love learning with Adore Yoga if:

- You want to commit to a course that is backed by over 20 years experience and expertise.
- You admire legendary teachers such as TKV Desikachar, Vasant Lad and BKS Iyengar and want to learn from teachers who studied directly with these great masters.
- You value being part of a long-standing, supportive community that is passionate about healing with yoga.
- You want real-world experience with live case studies.
- You want to learn authentic Yoga Therapy in the tradition of Sri T Krishnamacharya.
- You want a thorough grounding in the philosophy and psychology of yoga therapy.
- You want practical skills you can use to support your clients right away.
- You value safe, respectful learning environments.

# Sandra's Yoga Therapy Training Experience



"Studying at Adore Yoga has given me the ability to teach real tools to my students."

"Nikola's vision of Yoga is very special in the sense that she combines a deep knowledge of yoga philosophy and traditions with a great deal of personal experience with yoga in her own life.

This combination brings what, to me, is the most up to date application of Yoga in the current world. Adore Yoga is ahead of its time as it goes back to yoga roots to find the best application for our current times . Yoga Therapy is a way of bringing yoga to everyone that breathes. Nothing could be more democratic.

Studying at Adore Yoga has given me the ability to teach real tools to my students. The ability to combine Hatha Yoga, Yoga Therapy and Meditation in a flawless way allows me to understand the real needs of my students.

Had I not studied Yoga Therapy at Adore, I might have been a trained teacher that would never really teach."

**Sandra Marcourakis, Adore Yoga graduate**

# WHO IS THIS COURSE FOR?

## THIS COURSE IS RIGHT FOR YOU IF YOU...

- Want to learn how yoga can support healing but don't know where to start
- Are a yoga or wellbeing professional wanting practical skills to support clients with health issues
- Worry that you don't know how to safely work with students with injuries
- Don't have the confidence to offer yoga in a one-on-one setting
- Thinking about becoming a certified Yoga Therapist but not sure if you're ready to commit to the full training

**ideal students for this course fall into one of three categories:**

## **YOGA TEACHERS WHO WANT TO SUPPORT STUDENTS WITH HEALTH ISSUES**

It seems like every class you teach has a student with a health issue. You'd love to help them, but worry that you don't know enough to keep them safe. This course will give you the insights and skills to support students to manage their physical, mental and emotional wellbeing.

## **WELLBEING PROFESSIONALS WHO WANT TO ADD YOGA TO THEIR SKILLSET**

You're a health or complementary medicine professional who instinctively knows that yoga will have a positive impact on your clients. This course will show you how to tailor the techniques of yoga to support optimum health.

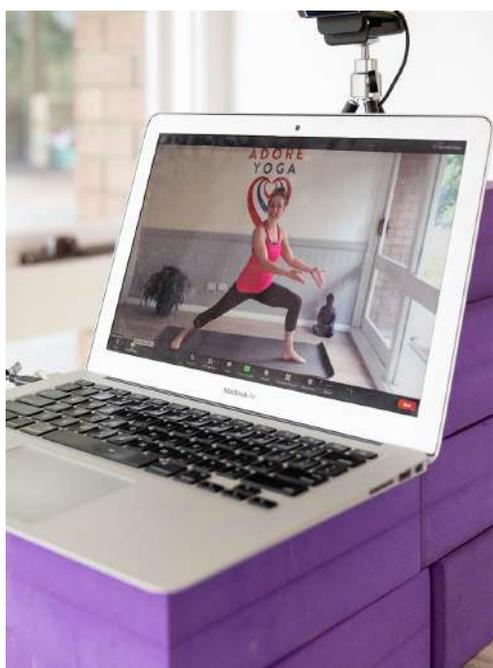
## **YOGA PRACTITIONERS WHO WANT TO HEAL THEMSELVES**

You are a regular yoga practitioner living with a health issue that you want to manage with yoga. This course will provide the support and inspiration you need to develop a therapeutic personal practice tailored to meet your individual needs.

# YOGA THERAPY FUNDAMENTALS (70HRS) COURSE FORMAT

There are two steps in this exciting, highly interactive course:

1. Live online tutorials
2. Self-paced home study



## LIVE ONLINE TUTORIALS

Connect with like-minded yogis in our engaging live online tutorials. In these super interactive sessions, you'll get plenty of practice applying your new skills in small-group break out rooms. You'll gain hands-on teaching experience and personalised feedback that ensures you get real and lasting value from your training. Live tutorials run on Sundays from 9.30am - 5.30pm, Sydney/Melbourne time.

## SELF PACED HOME STUDY

Between each live online tutorial, you'll receive a comprehensive home study kit. This will prepare for you to get the most out of every tutorial. Packed with a wealth of hand-picked content, you'll get rich insight into each subject area with engaging videos, easy-to-follow notes and practical tasks.



# Course Curriculum

## THE PHILOSOPHY OF YOGA THERAPY

You'll start the course with a fascinating exploration of how the key philosophical yoga texts create the foundations for Yoga Therapy. What does Patanjali say about health and healing? How do the ancient principles of classical yoga help to heal disease in the modern world?

## INTRODUCTION TO THERAPEUTIC ASSESSMENT

Yoga Therapy views health through a set of unique lenses, informed by the philosophy of yoga and Ayurveda. In this two-part workshop, you'll learn the classical approach to student assessment and how to determine what to teach each individual. This is an essential introduction to the art and science of clinical assessment.

## TRAUMA SENSITIVE YOGA THERAPY

Trauma sensitive yoga forms the background of Adore Yoga's approach to yoga therapy. Discover how and why using a trauma sensitive approach supports students of all backgrounds to health through yoga.

## YOGA THERAPY AND THE ENERGETIC BODY

Expand your understanding of the subtle energetic body and learn how to draw on ancient techniques to address healing in every domain of our being - body, mind, emotion and spirit. Through this fascinating exploration of the chakras, prana, pranayama and the nadis, you'll discover powerful techniques that can support profound healing transformations.

## SEQUENCING IN YOGA THERAPY

In this session we invite you to rethink everything you've learned about sequencing yoga practices! You'll learn why and how yoga therapy sequences follow a very different process to regular yoga classes. You'll also learn how to design personalised yoga sequences designed to meet the therapeutic needs of each student.

## INTRODUCTION TO AYURVEDA IN YOGA THERAPY

Ayurveda, India's ancient system of healing, is at the very heart of Yoga Therapy. Immerse yourself in the wisdom of Ayurveda and discover how Ayurvedic principles infuse the practice of Yoga Therapy. Gain practical skills in Ayurvedic assessment and apply Ayurvedic techniques to support students as they heal.

# **YOGA THERAPY FUNDAMENTALS**

## **January - April 2022 intake course dates**

**Once you sign up, you can start working through the course content right away, then join your fellow students for the live scheduled tutorials. The live tutorials take place from 9.30am - 5.30pm Sydney/Melbourne time on:**

**Sunday 30 January 2022**

**Sunday 6 February 2022**

**Sunday 20 February 2022**

**Sunday 6 March 2022**

**Sunday 20 March 2022**

**Sunday 10 April 2022**

**These tutorials are highly interactive with real-time hands on collaborative practice. While the live sessions will be recorded and participants are required to attend in person to complete the course.**

**You will attend a total of 48hrs live online tutorials plus 22hrs home study.**

# FAQs

## Where does this course take place?

This course is 100% online. But don't think you'll be sitting back watching boring PowerPoint presentations! This course is highly interactive! You'll be interacting with fellow students, working in pairs and small groups to put in to practice everything you learn. You'll be moving around and working collaboratively throughout the course - it's completely different to other online courses you've experienced!

## Do I need any special technology or tech skills?

No! Our online program is easy to use and all you need is a laptop or PC with a recent operating system, a camera, microphone and internet connection.

## What happens if I miss some of the live online sessions?

You must participate in a minimum of 80% of the live online tutorials to receive your completion certificate.

## How much home-study will I have to do?

You'll receive a weekly home study kit which includes fascinating readings, teaching practice, short assignments and videos. The home study component of the course requires at least 22 hours of study

## Do I have to buy books or other materials?

There is one mandatory text for the course - The Heart of Yoga by TKV Desikachar. You will receive a reading list that we recommend you follow. However, you are not obliged to buy the texts and there are no other materials you need to purchase in order to take the course.

## What are the course entry requirements?

You will need to be a regular yoga student who is familiar with the practices of asana, pranayama (breathing techniques) and meditation. You do not have to be a certified yoga teacher to join the course. However, if you are a certified yoga teacher, this course is recognised by Yoga Australia and you will receive 48 CPD points.

## What accreditation will I receive?

You will receive a certificate of completion at the end of the program. Completion of this course does not accredit you as a Yoga Therapist. Certified Yoga Therapists must successfully complete a recognised program (minimum 650hrs over 2 years), such as Adore Yoga's Graduate Diploma in Yoga Therapy. You may use the hours from this course as RPL towards the Graduate Diploma.

# MEET YOUR TEACHERS



## Nikola Ellis MCAP, C-IAYT, ERYT-500

Founder of Adore Yoga, Nikola has been immersed in yoga for over 25 years, studying with leading teachers including TKV Desikachar and many of his students. Nikola has developed specialist yoga therapy programs for organisations including A Sound Life, The Butterfly Foundation, Cancer Council NSW and Sydney Children's Hospital Network. She holds a Master's degree in Counselling and Psychotherapy and is a certified Yoga Therapist. She is currently completing post graduate studies in Public Health at the University of Sydney.

## Sunita Patil

Sunita has over 30 years' experience of yoga and has taught thousands of students in Australia, USA and India. She is renowned for her depth of understanding of Sanskrit and yogic philosophy, teaching the sophisticated aspects of yoga that are often lost in today's yoga practices. Sunita has studied Ayurveda, Sanskrit, Yoga and Yoga Philosophy to advanced levels, including studies with BKS Iyengar and at Oxford University.



## Tracy Gerza

Tracy completed her Yoga Teaching Training with Qi Yoga in Manly followed by post-graduate training in Yoga Therapy with Adore Yoga and Yin Yoga Training with Mysan Sidbo. She's also completed her Cert IV in Polestar Pilates Matwork instruction and is completing her Polestar Studio Diploma. With over 1750 hours of training in Pilates, Hatha Yoga, Vinyasa Yoga, Yin Yoga, Restorative Yoga, Hanna Somatics, Meditation and Reiki – Tracy has a unique, diverse perspective and a wealth of information to share with her clients.



# YOGA THERAPY FUNDAMENTALS

## 30 JAN - 10 APRIL 2022

### COURSE FEES AND PAYMENT OPTIONS

#### PRICE INCLUDES

- 6 x Live Online Tutorials (48hrs)
- 7 x Home Study Kits (22hrs)
- Certificate of Completion

**SUPER EARLY BIRD: AU\$390 (ends 30 November 2021)**

**EARLY BIRD: AU\$550 (Ends 31 December 2021)**

**STANDARD: AU\$620**

**OPTION 1: \$200 deposit on application + one time payment of \$290**

**OPTION 2: \$200 deposit on application + \$99 per month x 3**

#### HOW TO ENROL

Enrol online at [www.adoreyoga.com](http://www.adoreyoga.com)

#### Booking Terms and Conditions

Deposit and fees are non refundable. Should you cancel a booking more than 4 weeks prior to start date, 50% of the balance after non-refundable deposit will be given. No refunds will be made for cancellations made within 4 weeks of course start date.

We can't wait to  
welcome you to  
Adore Yoga.

