



SPRING 2024

# 200HR TEACHER TRAINING INFORMATION PACK

*"Yoga is a light, which once lit, will  
never dim. The better your practice  
the brighter the flame"*

*BKS Iyengar*



# YOUR SLOWLANE TEACHER TRAINING JOURNEY STARTS HERE

We invite you on a journey like no other. Joining some of Melbourne's best loved and most knowledgeable yoga teachers, we will give you our full heart on our training and share with you years worth of our knowledge and wisdom. Our days will be spent together in this haven of a studio, studying, practicing, observing, resting and laughing.

Spend time with like minded people and learn all things yoga. This training will crack you wide open and lead you deeper into your true self.







**WE ARE A SCHOOL OF MODERN YOGA**

**WE TAKE OUR YOGA SERIOUSLY, BUT WE ARE NOT  
SERIOUS**

*This training is steeped in the ancient traditions of yoga but we are a modern school of yoga and don't "belong" to any lineage.*

*We will practice, learn theory and consider philosophy from a range of different lineages or traditions and explore them in their relationships to contemporary living – sprinkled with both our experiences and yours.*



# WHO IS THIS TRAINING FOR & WHY STUDY A 200 HOUR TEACHER TRAINING ?

SlowLane teaching training is for dedicated Yoga students who are looking to become teachers or for those who want to deepen their understanding of the practice.

The course will be part time:

- Opening Ceremony Friday Evening August 30<sup>th</sup>
- 8 weekends of training at the SlowLane studio
- Run over 3 months: late August to mid November
- 5 free weekends over these 3 months

See later page in this brochure for exact dates

The course format will include, but is not limited to: asana, subtle practices (meditation, pranayama, mantra, kriya), anatomy, philosophy and history of yoga, teaching theory & observation, teaching practice & The Business of Yoga, Yoga Ethics, Health and Wellbeing.

Yoga is a lifelong journey and this 200 hour training is a perfect place to begin. Make no mistake this training will be challenging, it's designed this way to take you out of your comfort zone and help you become the best version of yourself possible.

Are you curious about deepening your connection with yourself and your relationships?

Are you looking to surround yourself with like minded people and make lifelong friendships?

Are you interested in learning more than asana?

If you resonate with any of the above then we think this is the training for you :)





## WHY STUDY WITH SLOWLANE?

We are stoked to be offering this training from our home studio in Moonee Ponds, Melbourne. Our SlowLane walls are full of love, passion and good time vibes.

Our teaching training team is made up of epic humans who amongst us have years of experience as teachers and students. We are a team of passionate and knowledgeable teachers, and equally dedicated students of yoga. We will give you our full heart.

Our number of participants will be capped, we believe in quality over quantity and really want each student to get the full experience they deserve.

This training will be full of SlowLane vibes, we are very serious about yoga but we are not serious. Amongst the hard work there will be plenty of laughter and fun times.

# WHY STUDY WITH SLOWLANE?

Just some of the amazing things we will offer you during your training with us:

- **Deepen Your Practice**

With extended practices under the guidance of our most experienced teachers, you will get individual coaching and develop a much more intimate and detailed understanding of your own practice

- **We will get you teaching from day one**

Practice teach, not just learn theory. Get feedback on your teaching skills and unleash the authentic you in your teaching

- **We believe in ongoing mentoring.**

This course is just the beginning, we love to see our mentees thrive and flourish

- **Teach to the public**

All teacher trainees upon completion / graduation will get the chance to **lead a community class** in The SlowLane. Get the opportunity to start teaching to the public straight away

- **Free Access to the SlowLane**

All teacher trainees enjoy **complimentary classes** at our studio for the duration of the training period





# YOUR TEAM



## PHOEBE (FEEBS)

Phoebe is a dedicated student of yoga and has been teaching for ten years. Living and breathing her passion for yoga, she wants to introduce the practice to as many people as she can :)

Phoebe had dabbled on and off with yoga over the years but was very inconsistent. This all changed during a 1 month stay in New York in the depths of winter, where she finally began a regular yoga practice.

Very quickly she knew this practice was going to be life changing . After many years of feeling ungrounded and generally slightly lost with the purpose of life, it was like a lot of her questions were answered and she was drawn to the present moment.

Phoebe became a yoga teacher pretty early on in her yoga journey, something just clicked and she knew this was her path.

Phoebe's classes are nurturing and a mixture of steady strong asana, sprinkles of philosophy and fun times. She believes this practice is transformational and is where we can come home to our true selves.

Phoebe's favorite quote is 'life is an adventure, follow your dreams'. One such dream was to open a yoga studio with her husband and this dream came true in 2019 and is now super excited to be running teacher training from her love, the SlowLane.



# YOUR TEAM



**IESTYN**  
**(IEST)**

Iestyn reluctantly fell into Yoga looking to overcome injury and escape the ear-biting November winds of New York.

His initial practice was “all fire” as he embraced the physical challenge with enthusiasm but a grimace. With time, Iestyn was introduced to Vinyasa – which added “a little water to douse the fire” and began to realise the physical, mental and emotional benefits without the extremities of exertion.

Wanting to learn more, Iestyn did his first foundational (200hr) training and fell firmly into the camp of “not wanting to teach” at the outset. Like many before him, the experience that followed was more a “journey within” than simply a training course, and he emerged with the revelation that not only could he teach but the passion to teach was bursting from the seams.

Fast forward a journey of teaching in multiple studios and pursuing a range of further training experiences and now Iestyn teaches for purpose of supporting others yoga journey to unfold and blossom.

Iestyn’s primary areas of passion and focus lie in the transformational practices of strong asana, extended pranayama and making sense of yogic philosophy for the “everyday yogi”.





# YOUR TEAM



Elise has been a dedicated student to the practices of yoga for the past 10 years, eternally learning and evolving through her practice. After experiencing a traumatic car accident which left her paralysed, Elise yearned for a space of inner stillness in a time when everything felt peak turbulence- and the practice of meditation showed itself to her. Accompanying her days and mind as she recovered.

After attending her first physics asana practice when fit to walk again, Elise fell deeply in love with the physics fluidity of the practice. She was soon swept under the wing of pranayama and the energetics of the practice which guided her to complete her first teacher training with a pure intention to offer the gifts the practice had brought her to her life, to all those she had the honour to teach.

## ELISE

For the past 5 years, Elise has been teaching, living and breathing the purity that is yoga in multiple studios, platforms and teacher trainings. With a vision to harness surrendering shifts in expansive states, Elise evokes a fluidic, soulful and magnetic teaching approach. Deeply connected to Native American Indian culture and ritualistic ceremony, Elise creates a practice and offerings combining moon musings with the elements of primal movement, pranayama, meditation, visual, sensation and energy alchemy, encouraging a sense of potent presence and awakening.

It is her soul purpose to accompany your growth not only as a teacher, but an eternal student to the practice, and the limitless possibilities to be unravelled within.





## **TIMES AND DATES**

Fri 30<sup>th</sup> August 1800 to 2115  
Sat 31<sup>st</sup> August 1030 to 1800  
Sun 1<sup>st</sup> September 1030 to 1630

Fri 13<sup>th</sup> September 1800 to 2115  
Sat 14<sup>th</sup> September 1030 to 1800  
Sun 15<sup>th</sup> September 1030 to 1630

Fri 20<sup>th</sup> September 1800 to 2115  
Sat 21<sup>st</sup> September 1030 to 1800  
Sun 22<sup>nd</sup> September 1030 to 1630

Fri 4<sup>th</sup> October 1800 to 2115  
Sat 5<sup>th</sup> October 1030 to 1800  
Sun 6<sup>th</sup> October 1030 to 1630

Fri 11<sup>th</sup> October 1800 to 2115  
Sat 12<sup>th</sup> October 1030 to 1800  
Sun 13<sup>th</sup> October 1030 to 1630

Fri 25<sup>th</sup> October 1800 to 2115  
Sat 26<sup>th</sup> October 1030 to 1800  
Sun 27<sup>th</sup> October 1030 to 1630

Sat 9<sup>th</sup> November 1030 to 1800  
Sun 10<sup>th</sup> November 1030 to 1630

Fri 15<sup>th</sup> November \* all day \*  
Sat 16<sup>th</sup> November 1030 to 1800  
Sun 17<sup>th</sup> November 1030 to 1630





# COURSE INTRODUCTION

Teacher training at Slowlane is both an immersive practice and a learning experience. We will cover “all the basics” and much more that will invite you go deeper into your practice and get you teaching quickly

## Course Format

- Part time
- Based in our studio, Moonee Ponds
- 70% contact time, 30% self-study and self-practice

## Syllabus Areas

1. Asana Practice
2. Subtle Practices – Meditation, Pranayama
3. Anatomy for Yoga
4. Philosophy & History of Yoga
5. Teaching : Theory & Observation
6. Teaching : Practice
7. The Business of Yoga, Yoga Ethics, Health & Wellbeing

# SYLLABUS

## Asana Practice

Teacher guided daily practice and group asana labs/ posture clinics. You will learn the foundations of the key asanas. Learn how different bodies adopt these asanas and learn the variations of each pose. Deepen your own practice and give you the tools to teach others.

## Subtle Practices: Meditation, Pranayama

Teacher guided subtle practices including pranayama, mantra, kriya, meditation. Learn different techniques that will help you deepen your own practice and give you the confidence to teach others.

## Anatomy for Yoga

Improve your understanding of both the muscular skeletal system and “the subtle body” to help improve your own practice, and to teach and sequence safely with an anatomical confidence. Learn how to modify poses and teach using props, understand and interpret real bodies.

## Philosophy & History of Yoga

Study the ancient teachings of yoga with a modern and practical lens through a combination of self-study, group work, lecture and seminar formats. We dive deep into the Eight Limbs of Yoga and explore how to incorporate these teachings into your daily life. We aim to make the ancient teachings relatable to life as now. The body of philosophy we will cover is drawn from the yoga “sutras” and beyond, topics will include the definitions and history of yoga, “The eight limbs”, kleishas, gunas, koshas, yogic deities and the relationship with Ayurveda.





# SYLLABUS

## **Teaching :Theory & Observation**

Learn about what is required to put together and deliver a great class - we cover topics such as applying anatomy, sequencing and theming, managing mixed level class with options, teaching with authenticity and presence.

## **Teaching: Practice**

Teaching practice with guidance, coaching and mentoring. Progress with self-teaching to group and start working on “your first class”, ready to teach a community class to the public.

## **Business of Yoga, Yoga Ethics, Health and Wellbeing-**

Learn how to develop your own business and land your first teaching job. Learn how to build a social media presence and how to advocate for yourself in the Yoga industry.

Explore the ethics of Yoga and how this applies to teaching, self practice and boundary setting. Learn how to support yourself and your students in the long term.



# PRICING

	Price	
Early Bird	\$3,399	← Book / Deposit before 30 <sup>th</sup> June
Full Price	\$3,799	

## What is Included ?

- All your YTT Tuition
- Detailed YTT manuals and workbooks
- Free access to all studio classes is included in YTT fees for period of the training (... if you are a member we will pause your membership payments for the period)

## Payment Schedule

- \$1000 deposit required to secure your YTT spot (non refundable)
- Balance to be paid in full by August 23<sup>rd</sup> 2024
- Alternative payment plan options (see next page)

## Key Terms

- Submission of payment indicates acceptance of terms and conditions
- All cancellations must be received in writing to: [hello@slowlaneyoga.com.au](mailto:hello@slowlaneyoga.com.au)
- Refunds will be given according to the following schedule:
  - Deposit is non-refundable
  - Cancel after August 23<sup>rd</sup> 2024 : No refunds



## Where do I Sign Up ?

[slowlaneyoga.com.au/200hrytt](https://slowlaneyoga.com.au/200hrytt)



# PRICING

## Payment Plans

- To access a payment plan option you must select the Payment Plan option via our website when making your booking
- Payments can be made by direct bank deposit or in studio via our EFTPOS machine
- It is a strict condition of payment plans that the final payment must be made by November 15<sup>th</sup> so that the payment plan is completed before the completion / closing ceremony of this course

Payment	Payment Timing	Early Bird Price	Regular Price
Deposit	Secures your spot	\$1000	\$1000
Instalment #2	on or before September 30 <sup>th</sup>	\$799.66	\$933.00
Instalment #3	on or before October 31 <sup>st</sup>	\$799.66	\$933.00
Instalment #4	on or before November 15 <sup>th</sup>	\$799.66	\$933.00
Total		\$3,399	\$3,799



Where do I Sign Up ?

[slowlaneyoga.com.au/200hrytt](https://slowlaneyoga.com.au/200hrytt)

# FAQ's

## What if I don't want to Teach?

No probs. Our training has been designed for both students who want to teach and those that want to deepen their practice.

At the end of the training you may change your mind and decide you want to teach, just know this is always your choice :-)

## Do I need to have strong / advanced practice?

This is not necessary but you must come with an open mind and a desire to learn and step out of your comfort zone. Physical asana is only one aspect of this training but you must be aware that the training does consist of many hours of physical practice.

We expect you to have a basic, foundational knowledge of yoga from your practice and closer to the time of the training (if you haven't already) a more consistent weekly practice is encouraged (e.g. 3+ classes a week, in studio or home practice)

## Are there payment plans available?

Yes, please email us to find out more. Payment plans can only be set up once the initial deposit has been paid.

## What are the hours of study/ commitment per week?

During the course there will be "homework" and "self study" but its designed to complement the course and your learning. On average across the course duration you should plan for between 3 and 5 hours each week. Some of these hours will be reading but others might be "practical" in terms of class planning or practice teaching. Additionally, there will be set pre-reading ahead of the commencement date.

## Do I need 100% attendance to complete the training?

We ask that anyone who is considering signing up that you are 100% in. Our preference is 100% attendance to make this fair on everyone attending. If you do miss a day/ weekend you may be able to make up for this ( may incur an additional fee) at an alternative time.





# FAQ's

## **What style of yoga will we learn?**

There is a very long answer to this involving a bit of a history of yoga and understanding of how different styles have influenced each other – we'll talk about that during the course. However, the easy and short answer for now is "Vinyasa"

## **Is there a theory and practical exam??**

Yes. To complete the SlowLane 200hr Training successfully there will be both practical and theory assessment.

The theory assessment will include a range of "quiz type" formats throughout to check your learning at pace, and then a more formal written submission which we would describe more as an "essay" than an "exam". The written submission will assess your understanding of learning and yoga philosophy, and ability to relate the principles to practical examples and self reflection. We prefer this to an "Exam" format because exams tend to test "recall" rather than "understanding".

Teaching assessment: your practical teaching will be reviewed throughout the training time and towards the end of the training you will be expected to prepare and teach a 30 mins sequence created by you to the rest of the group.

## **Are there any criteria to apply for this course?**

No, this is the foundational or entry level teacher training. We do expect you to have a regular practice in the period leading up to the training.

## **Upon completion of training what certificate will I receive?**

A SlowLane yoga 200 Hour Vinyasa yoga teacher training certificate, hard and soft copy



# FAQ

## Is there anything required of me prior to the course?

Other than ensuring a regular practice, there will be pre reading list and some specific set pre-reading (detail will be provided well ahead of the course start)

## What will I need to bring to the training?

- A yoga mat (we can provide if you don't have one)
- Reading material (a full reading list will be provided to you)
- BYO food and snacks, we have a microwave and there are plenty of places close by to the studio as well
- Water bottle
- Notepad and pen

## What If I Get Sick?

We ask you not attend the relevant sessions if you become unwell at all. For a short sickness period we will negotiate in good faith a method for you to “catch up on the hours”. In the event of a longer sickness period preventing your completion of the course, we will be able to offer you credit towards / access to the next time we run this course.





# YTT Testimonial



Slowlane Yoga Teacher Training was an incredibly enlightening experience. Walking into YTT I wasn't sure what to expect, but I was met with amazing people, incredible knowledge, and the utmost respect for the practice of yoga and passing on those teachings. This course takes you on a deep journey of self discovery in the context of the rich practice of yoga, expanding your growth.

Slowlane YTT also taught the intricacies and practicalities of teaching a yoga class including structuring a sequence, the safety involved to execute certain poses and the flow of the class. This knowledge then allowed me to teach a 30 minute yoga class with confidence, knowing that there was so much support in the room.

While our YTT journey was disrupted throughout lockdowns, the Slowlane YTT teachers always made sure to keep everyone connected with extra efforts to connect via zoom to check in with us all and help us keep moving and motivated in our yoga teacher journeys.

This experience is filled with so much learning, tight connection, support and amazing memories. The Slowlane YTT course is a perfect mix of the amazing history and spirituality of yoga, the structure of teaching yoga as well as navigating teaching this practice in our modern world. It is a journey you will never forget so take the plunge!



# YTT Testimonial



Wanting to share my love of yoga with others, undertaking my Yoga Teacher Training at SlowLane just felt "right". What I experienced through my YTT was a totally unexpected, mind-blowing and life-changing journey of self-discovery.

It was such a privilege to learn from an amazing team of supportive yoga teachers, who shared their wealth of knowledge in everything from yoga history and anatomy, to how to structure a class sequence, safely cue all kinds of postures, and so much more! They were so generous and flexible with their time (even throughout the highs and lows of Melbourne's lockdowns which unfortunately interfered with our time in the studio together), and allowed us the space and encouragement to cultivate our individual curiosities and goals.

I was pleasantly surprised at how much I enjoyed learning of the incredible teachings and philosophy of yoga, which have given me a deeper respect and understanding of my practice, and reignited a spark for the benefits of yoga in my everyday life.

SlowLane YTT has without a doubt been the best thing I've ever done, a truly unforgettable 200 hours alongside a group of like-minded people who I'm now lucky enough to call friends. So whether you're looking to teach, delve deeper into your physical, spiritual or meditative yoga practice, or undertake a journey of self study – this training is for YOU!

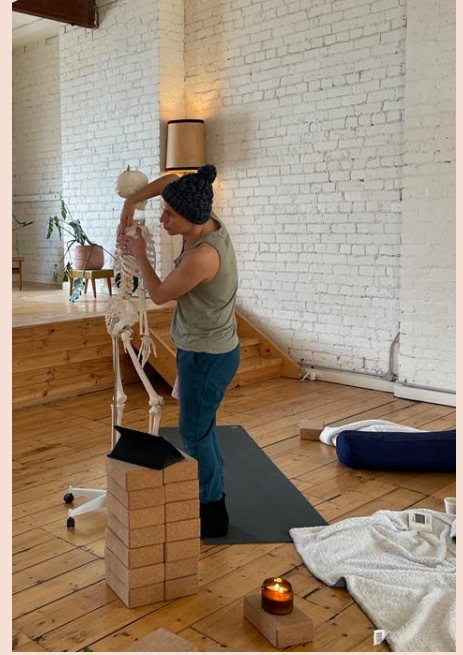




# SlowLane YTT Gallery



*Lecture and Discussion Group – “Finding your Teaching Voice”*



*Getting stuck into some hands on anatomy with Bruno Bones*



*Practice Teaching from Day 1*



*Asana Lab – “Opening the Heart”*



*Refining Your Class Sequence*





SLOWLANE

