



*laura humphreys*

# 200 hour Yoga Alliance Certified Yoga & Ayurveda Teacher Training



Starts  
Feb 23rd



## WHY TRAIN WITH US?

Our Program is a hybrid training that alchemises the traditions of Tantra, Hatha and Vinyasa Yoga with Ayurvedic wisdom over 9 weekends, that will transform you into a confident and knowledgeable teacher. It will empower you, with all the skills necessary to hold space for yourself and others whilst authentically sharing this sacred tradition. This training is offered in a traditional setting as an person experience where you will graduate ready to spread your wings and start your teaching joureny immediately.



**"To journey inwards and explore the sacred grounds within, is the most profound pilgrimage you can ever make"**

LAURA HUMPHREYS





## MEET YOUR TEACHER LAURA HUMPHREYS E-RYT 500

With over 14yrs of experience, laura prioritises quality over quantity which allows her to offer a combination of teaching, mentoring and on going support, sharing the full yoga experience and producing the highest quality teachers and practitioners possible.



## LOCATION

### BOHEME AND BODY

The training will be held at Boheme and Body, a beautiful studio nestled in the heart of the Gold Coast and just 60mins from Byron Bay and Brisbane CBD. The space has free off street parking, local shops and access to yoga props, however we encourage you to bring your own mat as this is an essential for any yoga practitioner or teacher.

## THIS COURSE WILL COVER.....

### ASANA

We will deconstruct and rebuild yoga postures to bring understanding to the physical and energetic alignment of each posture and the relationship they share with each other, ensuring safety and energetic integrity

### ANATOMY

Through both theory and applied anatomy you will acquire an understanding of the functions and systems of both the physical and energetic body (inc vayus, chakras & nadis) and how to manage and modify poses for common injuries and conditions that you could be presented with once you start your teaching journey

### ART OF ADJUSTING

Create an opportunity to aid students in remapping their neurology, dispersing energy and bringing a sense of freedom to a pose that they may not have achieved alone and helping them move towards that which was previously inaccessible

### SEAMLESS SEQUENCING

Through the science of vinyasa krama you will receive the tools to competently structure safe, seamless and intelligent Hatha and vinyasa classes with pranic integrity

### HISTORY OF YOGA & PHILOSOPHY

Dive into yoga philosophy, yoga and the mind and learn about the rich, ancient roots of this sacred lineage.

## TAPESTRY OF CUEING & THEMING

We will equip you with tools for mastering effective and precise cueing, diving in to mythology so you can weave , philosophy through your classes making you a stand out teacher

## MANTRA & MEDITATION

Discover your own internal landscape by cultivating a consistent meditation practice and learning traditional mantras that will aid you in becoming an effective meditation teacher.

## BUSINESS OF YOGA

Apply your knowledge as a teacher in the real world and discover key business skills, how to find jobs, gain insight in to the mechanics of ethical business and how to create a career as a yoga teacher

## SADHANA

Every day will begin with Sadhana (Asana, Pranayama and Meditation practice) setting the foundation for you to embody the yoga path and create a meaningful connection to your practice.

## TRAINING DATES

### WEEK 1

Feb 23rd 6.30pm - 8.30pm  
Feb 24th 7.30am - 3.30pm  
Feb 25th 8am - 3.30pm

### WEEK 4

Mar 16th 7.30am - 3.30pm  
Mar 17th 8am - 3.30pm

### WEEK 7

April 13th 7.30am - 3.30pm  
April 14th 8am - 3.30pm

### WEEK 2

Mar 2nd 7.30am - 3.30pm  
Mar 3rd 8am - 3.30pm

### WEEK 5

Mar 23rd 7.30am - 3.30pm  
Mar 24th 8am - 3.30pm

### WEEK 8

April 20th 7.30am - 3.30pm  
April 21st 8am - 3.30pm

### WEEK 3

Mar 9th 7.30am - 3.30pm  
Mar 10th 8am - 3.30pm

### WEEK 6

Apr 6th 7.30am - 3.30pm  
Apr 7th 8am - 3.30pm

### WEEK 9

April 27th 7.30am - 3.30pm  
April 28th 8am - 3.30pm

## COURSE WORK OUTSIDE OF CONTACT DAYS:

Attendance of a min of 50 Asana classes (pass to boheme and body included in price)  
4 x Practical teaching assessments  
8 x class observations  
8 x class assists  
Assignments  
Written exam



*"we will open the door, all you have to do is walk through"*

## FAQS

### CAN I STILL JOIN EVEN IF I DONT WANT TO BE A TEACHER ?

Absolutely! A teacher training is for anyone wanting to explore the deeper dimensions of the yoga tradition. Many students enrol for their own personal development but If you feel inspired to share the teachings, you will have all the skills necessary to follow your passion. If not you will still have an abundance of information to propel you forwards in your practice and future study.

### HOW MUCH YOGA EXPERIENCE DO I NEED?

A year of consistent yoga practice is recommended before committing to a 200 hour training. However, this training is for anyone who has a sincere interest in deepening their practice and a dedicated to exploring the path of yoga. If you have a burning desire to know more, to awaken your purpose and align with your souls yearning for truth, then you are ready!

### WHAT IF I CANT ATTEND ALL CLASSES IN PERSON?

All Classes will be recorded and uploaded to a digital platform where you can access the content in your own time. Allowing you to attend in person, online or a combination of both.

### WHAT BOOKS DO I NEED FOR THE COURSE

All required reading material can be found on our website.

### HOW DO I APPLY?

Applications are accessed and enrolment is dependent on approval to ensure placements are offered to dedicated and passionate students, who are ready to work hard, practice wholeheartedly and take their practice and understanding of yoga to a whole new level.

You can contact us with any further questions or can apply by downloading and returning your completed application form to:

LauraHumphreys.com  
hello@maharashala.com  
0481866654

### WHAT DOES THE TRAINING INCLUDE

50 Class Pass to Boheme & Body  
Printed copy of Yoga Training manual x 2  
Digital copy of anatomy manual  
12 month access to anatomy online portal  
Online community  
After training support

### WHAT IS THE INVESTMENT FOR THIS TRAINING?

Early Bird - \$3695 inc GST paid before Dec 31st 2023

Total amount after 31st Dec 2023 - \$4195 inc GST paid no latter than 1 week prior to course commencement.

The amounts listed above INCLUDES your \$500 deposit.

\$500 deposit is due upon application. The deposit is non-refundable unless your application is not accepted. Due to high volume of applications, your place on the the course will not be secure until deposit is made.

Payment plans can be arranged and administration fee's of \$150 will apply. All plans have to be paid by finish date of training - 28 April 2024

Other expenses will include your reading material which is not included in the above price and will need to be self sourced.