

Course Outline

The weekend workshops are designed and led by Kate Pell; Senior Level III, Principal Teacher at the Kangaroo Valley Strawbale Yoga School.

Kate and special guest teachers will offer a broad wealth of knowledge that will inspire and inform the teachings from the 5 basic schools of yoga:

- # Hatha Yoga (asana, pranayama)
- # Raja Yoga (meditation)
- # Bakthi Yoga (loving kindness, mantra)
- # Jnana Yoga (philosophy)
- # Karma Yoga (selfless service)
- * Buddhist & contemporary perspectives included.
- * This Yoga Teacher Training course is Yoga Australia recognised.
- * It includes 2 silent retreats; one at Sine Cera Rainforest retreat centre Cougal Nth NSW & one here in KV.
- * One weekly class with Kate (also available via ZOOM)
- * Buddhist and contemporary studies are also integrated into this course.
- * Develop your teaching skills and share your lived wisdom.

Course Calendar

27 & 28 JAN	24 & 25 FEB	*29 to MAR	*1st APR	25 & 26 MAY	29 & 30 JUN
24 & 25 AUG	4 - 7th October KV RETREAT		2 & 3 NOV	7 & 8 DEC	

* RETREAT- Sine Cera - March 29th - 1st April

To apply, please download the application form via the website. kate@katepellyoga.com
Course is limited to 12 students and a minimum of two years prior yoga/meditation practice is recommended.

YOGA IS FOR EVERYONE...



This will be a wonderful year of developing a loving relationship with your self. Create the opportunity to awaken, through the artful and disciplined practices of accessing and embodying the wisdom of Yoga. Become a qualified and successful Yoga Teacher or simply use this course for Self development.

Here's what past students have said about the course:

"I love that my teachers care. I love that they taught me how to look after different students abilities to be able to modify the practice so everyone feels welcome and comfortable in class. I love that Kate taught me to nurture myself throughout my pregnancy which I had not been able to do in the past. I love that my teachers keep learning." - Megan, 2014

"I wholeheartedly thank you, as you each held a part in that for me (as do the community of our course). I love feeling/knowing/seeing again and again the untold effect we each, as humans, gently have on each other in the world. It's not with a heavy responsibility, just with naturally/consciously doing what we do, being who we are, with our hearts open wide. I am deeply grateful for the opportunity to play and to bask in the beautiful hues that the lights of your hearts cast in doing what you do and being who you are... they are such beautiful colours, and they somehow help me push further into myself." - Leah, 2018

For more information contact

Kate 0432 598 582 | kate@katepellyoga.com

or visit kate@katepellyoga.com

Kangaroo Valley 2024 YOGA TEACHER TRAINING with KATE PELL

*Deepen your practice of understanding
Yoga and Self Make Yoga teaching your
lifestyle and profession*

Course Commences

27 January 2024

Kangaroo Valley Yoga
School

535B Jacks Cnr Road.

Kangaroo Valley

Ph Kate 0432 598 582

kate@katepellyoga.com



Level I Teacher Training Course 2024

The Kate Pell yoga TT Course will commence Feb 2024. Contact hours will be completed by Dec 2024 and an extra month of mentorship is provided to assist you with ideas relating to the setting up of a business. Those who complete the course satisfactorily will qualify as a Level I Yoga Teacher with Yoga Australia. This will allow you to become a fully registered and insured Level I Yoga Teacher, and begin to teach students with clarity and safety from beginners to general level Yoga classes.

The course covers all the philosophical & physical aspects of yoga and meditation. It will enable you to teach with confidence, from beginners to general level classes, and the aspects of practice that excite you the most. There is a great need for more and more Yoga teachers and Yoga centres in our society and there are many areas from schools to old age homes where yoga has the opportunity to assist all beings to be more aware to the great truths of life. Thus finding more joy, spontaneity and connection to ones life.

Course Topics

- 👉 Yogic philosophy - including Patanjali Sutras, Bhagavad Gita and Buddhism
- 👉 Pranayama - slow and fast rhythms
- 👉 Yoga Asana - alignment, adjusting and sequencing
- 👉 Meditation - Anapana, Metta, Vipassana and choiceless observation
- 👉 Developmental movement patterns
- 👉 Yogic Physiology of the Chakras, Koshas and Pranavayus
- 👉 Nadis/Meridians body work
- 👉 Functional anatomy and physiology
- 👉 Self development and awareness practices
- 👉 Yoga teaching skills - including observation, adjustment and sequencing
- 👉 Home practices are given on a monthly basis
- 👉 Ayurveda and cooking skills
- 👉 Sanskrit and Chanting

Level II Teacher Training
For those that have not trained with Kate before you can use this course to upgrade from 200hrs to 350 or from 350hrs to 500hrs (level 2).

The Teachers

👉 **Kate Pell Senior Level III**
Principal Teacher at Kangaroo Valley school of Yoga

Anyone who knows Kate or has studied with her, knows the joy and wisdom she imparts. She has trained in the Sivananda, Kundalini, Oki Do and Siddha styles including 5yrs with Peter Scott (Iyengar). Kate is also brings inspiration from trainings with Clive Sheridan, Donna Farhi and Simon Borg-Olivier. She is a qualified Shiatsu therapist and Traditional Chinese Medicine doctor. Kate teaches from the heart to support you on your journey. She is inspired by the intelligence of nature all around us and within every single cell of our body.



👉 **Sue Cochrane.**
Sue is a doctor of Chinese medicine. She has an amazing depth of knowledge & practice in harnessing Qi/Prana/Energy. From university to public classes, Sue will definitely inspire, when she offer s her teachings related to health and wellbeing.

👉 **Dan Alder**
Dan found calmness, clarity and peace to be the fruits of committed daily Y oga practice. He trained in Kate's 500 hour course in Brisbane in 2010 and went on to take over her successful studio in West End. Dan has an amazing talent for teaching as well as the sweetest voice on earth.

👉 **Falu Eyre**
Kate has had Falu and her gorgeous partner Michael involved in many of her trainings. Falu will be offering her magnificent wisdom of Yogic physiology and Ayurvedic cooking skills. You will have first hand experience in assisting, preparing and eating many glorious Indian dishes.

Course Investment

- 👉 Full course is **\$5,500** (conditions apply)
- 👉 **\$1,100** up front to confirm place (conditions apply)
- 👉 Then **4 X \$1,100** payments on the 1st of Mar, June, Aug and Nov 2024

If you are interested in applying for this course please feel free to email or call Kate (0432 598 582). Applications are available on her website. kate@katepellyoga.com

This teacher training course is a Self development course. It will give you the necessary tools to make Yoga teaching a new career direction for you. Don't feel you need to want to become a teacher to join in on the course, as you might just feel the urge to grow and awaken to life's richness without the desire to teach... this is enough and certainly OK

Further Education Courses: Level I/II Training

This course can be used for further education for those who have completed a 200 hr course and wish to upgrade to a 350 hr Level I (Yoga Australia recognised). Or this course can upgrade you from a Level I standing who wish to upgrade to level 2 (500hrs.)

Like any of our courses, it is not necessary to want to be a yoga teacher. Our courses are as much for personal growth as they are professional development.

Course Philosophy

Movement and breath bring awareness
Awareness awakens the heart and mind
Conscious awareness brings an openness to all that is
Life becomes meditation in action