



200HR TEACHER TRAINING COURSE

WHAT YOU SEEK
IS SEEKING YOU

~ RUMI ~

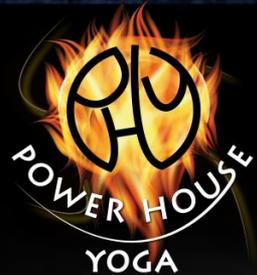


COURSE OVERVIEW:

Whether you are a passionate yogi wanting to become a teacher, a budding yogi wanting a deeper understanding of the yogic practice, or a fitness leader wanting to add yoga teaching to your repertoire, this 200 hour foundational course will give you the tools to unlock your yogic potential and inspire the fire within you to burn brighter and light up all those you come in to contact with.

Immerse yourself in the yogic path and seek your truth to live the life you dreamed.

Power House Yoga's 200 hour Teacher Training is an in depth study of the yogic traditions and teachings including:



COURSE OVERVIEW:

- **The Art of Anatomy:**
 - Joint complexes and their movements
 - Musculoskeletal and Cardiopulmonary systems
 - Circulatory, Nervous, Digestive, Immune, Reproductive and Fascial systems – & how Hatha Yoga impacts these systems
- **The Science of Sequencing:**
 - Asanas, Alignment & Adjustments
 - With focus on Vinyasa, Power, Hot and Yin Yoga
- **The Subtle Body of Yoga:**
 - Bandhas, Chakras, Nadis, Meridians, Koshas, Ayurveda, Gunas and Nutrition in Yoga
 - Meditation, Pranayamas, Mantra, Chanting & Kriyas
- **The Discovery of Philosophy:**
 - Yogic history, Yama & Niyama, Yoga Sutras of Patanjali, Bhagavad Gita, the Sanskrit language and ethics for yoga teachers
- **Teaching Authenticity:**
 - Practice teaching, giving & receiving feedback, observing others teaching, practice assisting and class planning & theming
 - Communication and demonstration skills, identifying specific needs
 - Qualities of a Power House Yoga teacher:
 - Authenticity, Passion, Commitment, Acceptance and Patience



COURSE REGISTRATIONS:

Yoga Australia



Yoga International



Fitness Australia





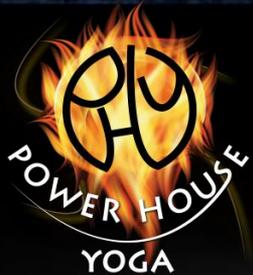
DEE TAUEKI

Founder, Creator and Director of Power House Yoga, Dee has been in the health and fitness industry and has practiced yoga for over 20 years. She has been teaching the Science of Yoga for over 15 years.

Registered with all the major governing bodies in Australia and overseas, Dee not only teaches this 200hr foundational course but also offers advanced teacher training courses as well as teaching fitness experts in all aspects of wholistic health and wellbeing.

As Course Director, Master Trainer and Senior Yoga Teacher, Dee leads all teacher training programs and facilitates a positive and nurturing learning environment. The best students make the best teachers! Know that we are all eternal students with something to share as teachers.

So, if you have ever thought about completing your yoga teacher training, think no more... JUST DO IT! 😊 If not now, then when?



COURSE DELIVERY:

➤ Elements:

- Weekly LIVE Online Lectures
 - 13th July – 16th November
 - Wednesday's 6pm – 9pm (approx.)
- 4 x Weekend Online Intensives
 - Saturday 8-11am & 1-4pm
 - Sunday 8-11am & 1-4pm
- 7-day Immersion
 - On the Gold Coast ~ Mermaid Beach
 - Monday-Sunday 7am to 6pm (with breaks)
 - 5th – 11th December 2022
- 1 on 1 coaching sessions
 - To be determined individually
- Plus, Homework Components

Note: Course delivery days and times may change marginally. Any changes will be communicated with each participant and organized accordingly without impact on course completion.



COURSE DELIVERY SCHEDULE:

Date	Study Material	Topic
Wednesday 13 th July 2022	Set Up	Introduction
Wednesday 20 th July 2022	Module 1	The Art of Anatomy
Wednesday 27 th July 2022	Module 1	The Art of Anatomy
Wednesday 3 rd August 2022	Module 1	The Art of Anatomy
Saturday 6 th August 2022	Module 2	The Science of Sequencing
Sunday 7 th August 2022	Module 2	The Science of Sequencing
Wednesday 10 th August 2022	Module 2	The Science of Sequencing
Wednesday 17 th August 2022	BREAK	
Wednesday 24 th August 2022	BREAK	
Wednesday 31 st August 2022	Module 2	The Science of Sequencing
Saturday 3 rd September 2022	Module 3	The Subtle Body of Yoga
Sunday 4 th September 2022	Module 3	The Subtle Body of Yoga
Wednesday 7 th September 2022	Module 3	The Subtle Body of Yoga
Wednesday 14 th September 2022	Module 3	The Subtle Body of Yoga
Wednesday 21 st September 2022	BREAK	
Wednesday 28 th September 2022	BREAK	
Saturday 1 st October 2022	Module 4	The Discovery of Philosophy
Sunday 2 nd October 2022	Module 4	The Discovery of Philosophy



COURSE DELIVERY SCHEDULE:

Date	Study Material	Topic
Wednesday 5 th October 2022	Module 2	The Science of Sequencing
Wednesday 12 th October 2022	Module 2	The Science of Sequencing
Wednesday 19 th October 2022	Module 2	The Science of Sequencing
Wednesday 26 th October 2022	Module 5	Teaching Authenticity
Wednesday 2 nd November 2022	Module 5	Teaching Authenticity
Saturday 5 th November 2022	Module 4	The Discovery of Philosophy
Sunday 6 th November 2022	Module 4	The Discovery of Philosophy
Wednesday 9 th November 2022	Module 4	The Discovery of Philosophy
Wednesday 16 th November 2022	Module 5	Teaching Authenticity
Wednesday 23 rd November 2022	BREAK	
Wednesday 30 th November 2022	BREAK	
Monday 5 th December 2022	Module 5	Teaching Authenticity
Tuesday 6 th December 2022	Module 5	Teaching Authenticity
Wednesday 7 th December 2022	Module 5	Teaching Authenticity
Thursday 8 th December 2022	Module 5	Teaching Authenticity
Friday 9 th December 2022	Module 5	Teaching Authenticity
Saturday 10 th December 2022	Module 5	Teaching Authenticity
Sunday 11 th December 2022	Module 5	Teaching Authenticity



ASSESSMENT CRITERIA:

- Minimum 95% Attendance is required for certification
- 80% completion of course workbook notes
 - To be checked on final exam day
- Minimum 22 logged classes
 - 1 per week for duration of course
 - To be checked on final exam day
- Final closed book exam
 - 2 hour allocation + reading time
 - A very achievable 80% pass mark required
- Final practical examination
 - Teaching Authenticity with Class Plan
- 2 x Discussion papers
 - Paper 1: 1000 words on Traditional Yogic Philosophy teachings
 - Paper 2: 1000 words on Modern Yogic Philosophy teachings
 - Both papers due within 4 weeks of final exam day.



WORDS OF EXPERIENCE

"This course was amazing and exceeded my expectations. Dee challenged us to look deep within ourselves throughout the course and really question everything. Dee has a wealth of knowledge that she is more than happy to share with her students, and she has put her heart and soul into this course. I'm very happy that I made the choice to undertake my yoga training at PHY." ~ **Leigh (2019)**

"This course gave me not only the skills and knowledge, but also the confidence to be able to teach. It also helped me understand the philosophy and science behind the practice of yoga in more detail and build more solid foundations to enhance my own practice." ~ **Megan (2018)**

"I would without hesitation recommend Dee Taueki (and Power House) to anyone seeking to deepen their understanding and practice of Yoga. Whether for personal practice or to teach." ~ **Rachael (2017)**

"The quality of the teaching at Power House Yoga is of the highest standard. Nowhere will you find a more passionate, knowledgeable and dedicated teacher than Dee. Dee is more than just a teacher she is a mentor. She is invested in your yoga journey and growth. I cannot highly recommend this teaching course enough. Thank you Dee, for everything." ~ **Cece (2018)**

"I loved this 200hrTT with Power House! If you are considering becoming a Yoga teacher or would like to have a deeper knowledge of Yoga, I thoroughly recommend Power House Yoga and Dee Taueki as the place to learn. Dee is completely open to sharing her love of Yoga with the world, with the support of her wonderful team. I've learned so much about Yoga and myself in the process. I'm looking forward to what yoga will bring." ~ **Liz (2019)**

"Dee taught me to Smash my Belief Box & challenged me to a more Authentic & Powerful self." ~ **Deb (2019)**



WORDS OF EXPERIENCE

"This course exceeded my expectations! I learnt more about myself than I have in any other training I've ever done. I learnt so much more than I originally thought I would when I signed up. And I'm inspired to keep learning!" ~ **Melissa (2019)**

"The standard of teaching at PHY is incredibly high and I can understand why after having completed the Teacher Training course." ~ **Emma (2018)**

"This was the most amazing course delivered with the interfaith and passion you would want from a true Yogi sharing their knowledge and passion. Blessed to have done my training at such an amazing studio with The BEST guru EVER! ♡" ~ **Amber (2018)**

"Amazing experience! I would highly recommend PHY to anyone wanting to do their Teacher Training. Experience of a lifetime! I made lifelong friends, laughed and learnt so much." ~ **Sally (2017)**

"Dee at Power House Yoga is an amazing, approachable and inspiring teacher who provides an inclusive and safe environment for students to learn and grow. I would highly recommend this course to anyone and everyone." ~ **Amy (2018)**

"This course exceeded my expectations. I have a new understanding of myself, which I feel will make me a better person and mum to my children which is something I will treasure forever. This experience was challenging at times for me, and it made me step out of my comfort zone. But the whole time I felt supported and trusted Dee 100%. I will be forever grateful for this experience." ~ **Rebecca (2018)**

"This was the best training I have ever done, and PHY is amazing. If there is anyone out there that is contemplating doing this training, then just do it. It is life changing." ~ **Di (2018)**



WORDS OF EXPERIENCE

"The Power House Yoga syllabus is extremely well put together and covers everything that a yoga teacher needs to know to begin teaching. The course sets itself apart from other yoga schools by teaching a complete yoga teacher training syllabus that is authentic to the 8 limbs of yoga, rather than focusing solely on the yoga asanas. A great balance of solid theory and applied practice. Dee Taueki is a master yoga teacher and expert teacher trainer. She practices the 8 limbs of yoga in every aspect of her life and is an inspiration to her students. Her wisdom and experience are only matched by her unique ability to provide teacher trainees with specific feedback tailored to each individual, allowing them to fully realise their potential. This is truly a great teacher training course. I am very grateful to Dee and the staff at Power House Yoga for providing such a profound and valuable training course. I would highly recommend this course to anyone considering becoming a yoga teacher - you will complete the course knowing that you are ready to teach, with an in-depth knowledge of yoga theory, practical experience teaching yoga, a well-developed understanding of your strengths as a yoga teacher and the gifts you have to offer your future students." ~ **David (2018)**

"My experience with Power House Yoga was unforgettable. I'm so blessed to have had the opportunity to train under Dee and learn from her deep understanding of yoga and its history. I left the course feeling ready and motivated to better myself, practice and of course to start teaching others from this knowledge :) Namaste." ~ **Aaron (2017)**

"I'm so glad I choose Power House to do my training. I feel that what I know and practice is of the highest quality and I think Dee is a great mentor. Thank you so much to Dee and all other teachers for their guidance, care and understanding. It was such a beautiful experience, and I will be forever grateful for deciding to step foot into Power House and embarking on such a powerful journey" ~ **Kirstie (2017)**



WORDS OF EXPERIENCE

"I'm very glad I chose to do my Teacher Training through Power House Yoga. I believe the teaching standards are high and in turn will make me a better teacher!" ~ **Andi (2017)**

"So happy that I did my training with PHY. Couldn't ask for a better teacher or course." ~ **Melinda (2017)**

"Dee at Power House Yoga followed everything outlined in the course and I feel very capable and very confident in my teaching abilities based on all the course work. I would highly recommend the course I completed to anyone." ~ **Amanda (2017)**

"This course was even better than I could have ever anticipated. It was very in depth, empowering, and nurturing. I would highly recommend this course for anyone who wants to really learn what yoga is really about." ~ **Paige (2016)**

"Dee teaches from a place of knowledge and experience. She has been a mentor and inspiration. She never held back on sharing what she knows, and I am now a confident and passionate teacher thanks to Power House Yoga 200 teacher training hours." ~ **Cassandra (2017)**

"My 200hour teacher training at Power House Yoga has been invaluable. I've learnt to become a qualified yoga teacher and more importantly developed an inner peace and understanding of living a life drawing on the traditional yogic philosophies. Dee's knowledge and understanding of yoga is incredible. Her guidance and feedback enabled me to develop my skills and practice." ~ **Liz (2016)**

"Fantastic course run by an amazing teacher. Can't thank you enough Dee." ~ **Michelle (2016)**



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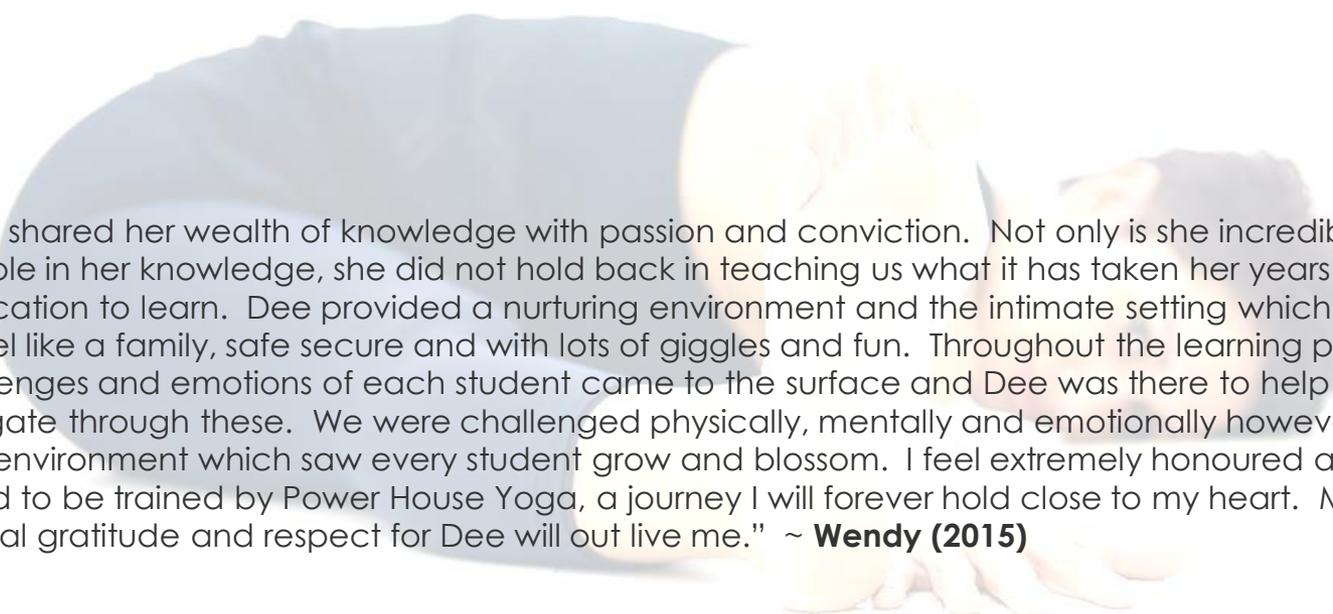
"This course exceeded my expectations. It gave me the tools and confidence to become a yoga teacher. I couldn't think of a better school to complete this course through. Not only were we given a lot of theory to really cement our knowledge of yoga, the poses and philosophy behind yoga but we were given an incredible amount of coaching to ensure that we came away from the course competent teachers. Being a mature age student, I was worried that I might struggle with study again, but the course was easy to follow and moved at a consistent pace. Nothing was rushed and we had the opportunity to ask as many questions as we needed. Dee was an amazing teacher and mentor sharing with us her vast knowledge and experience. I couldn't have had a better teacher!" ~ **Danielle (2016)**

"Studying with Power House Yoga has been a fantastic experience. The content was detailed and delivered with passion and mastery by Dee. Dee's delivery style is supportive and encouraging, while also ensuring the key messages and learnings are grasped. She facilitates a room with grace and ease and forged a strong team amongst the students. I feel the content has been of a very high level and the coaching very powerful resulting in me graduating as a confident and capable teacher. I look forward to beginning my yoga teaching career and am very grateful for the exceptional experience of training with Power House Yoga." ~ **Kimberley (2016)**

"In depth, engaging, well planned and challenging. Highly recommend to anyone looking to partake. Loved every minute!! Thank you for an engaging, challenging and educational course. And for helping me light the fire within." ~ **Laura (2015)**



WORDS OF EXPERIENCE



“Dee shared her wealth of knowledge with passion and conviction. Not only is she incredibly humble in her knowledge, she did not hold back in teaching us what it has taken her years of dedication to learn. Dee provided a nurturing environment and the intimate setting which made us feel like a family, safe secure and with lots of giggles and fun. Throughout the learning process challenges and emotions of each student came to the surface and Dee was there to help us navigate through these. We were challenged physically, mentally and emotionally however in a safe environment which saw every student grow and blossom. I feel extremely honoured and proud to be trained by Power House Yoga, a journey I will forever hold close to my heart. My eternal gratitude and respect for Dee will out live me.” ~ **Wendy (2015)**

“Amazing training, more than I could have imagined. So glad I did my YTT with Dee. Amazing experience. Was able to develop as a teacher with the encouragement and within a safe environment which helped beyond my expectations.” ~ **Louise (2015)**

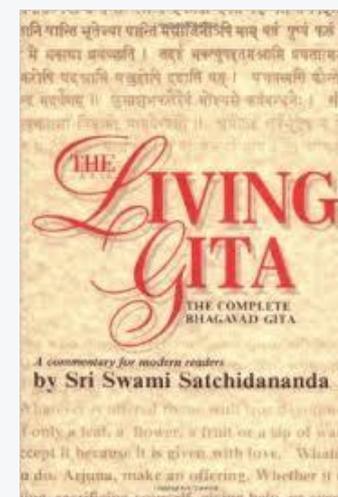
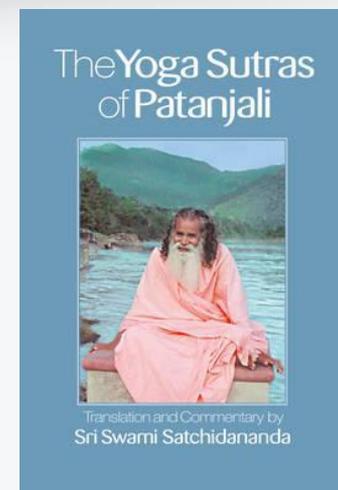
“This 200hr Teacher Training Course met my expectations and exceeded them in terms of the personal growth experienced and the amount of knowledge that was acquired during the course.” ~ **Jenna (2015)**

“The PHY 200hr TT course was extremely thorough and has provided me with an in-depth knowledge of Yoga, what it takes to be an authentic PHY teacher and most importantly about myself. I could not recommend the PHY teacher-training course highly enough. I have grown in so many ways under the guidance of Dee and her teaching.” ~ **Melanie (2015)**



COURSE INVESTMENT:

- **Course Fee: \$4,250**
 - Payment plans available upon request and application
- **Course Textbooks Required:**
 - The Yoga Sutras of Patanjali – Translation and Commentary by Sri Swami Satchidananda
 - The Living Gita: The Complete Bhagavad Gita – A Commentary by Sri Swami Satchidananda
 - Yoga Anatomy (Second Edition) – Leslie Kaminoff and Amy Matthews





OPEN THE DOORS FOR
PERSONAL GROWTH
AND BE THE CHANGE
YOU WISH TO SEE IN
THE WORLD!!





WHAT NEXT?

- Check out our Teacher Training Article here: <https://powerhouseyoga.com.au/the-teacher-training-journey/>
- Check out our Promo Video here: <https://www.youtube.com/watch?v=jtllmiVflzM>
- For an Application Form, email: info@powerhouseyoga.com.au
 - Once your application is received, acceptance into the course will be advised. Your deposit is then payable to secure your placement.
 - Note: Course numbers are limited for intensive training.



FREQUENTLY ASKED QUESTIONS:

- Do I need to organise my own **travel, accommodation and meals** during the week immersion on the Gold Coast?
 - Yes. If you do not live on the Gold Coast, you will need to organise your own travel arrangements and accommodation etc.
 - The course delivery will be held at: **'Bela' – 43 Peerless Ave, Mermaid Beach.**
 - We will be commencing the week at 7am on Monday morning, so we advise you to arrive on Sunday to get settled and ready for an EPIC week ahead.
 - Mermaid Beach is a 5-10min walk to Broadbeach which offers a great deal of accommodation options.
 - We will be finishing at 6pm on Sunday afternoon so again we advise to leave on the Monday to avoid any travelling issues.
 - There are limited facilities on site. More information will be given to you once course placement is confirmed.
 - This week is an immersion and a physically intense week of practice. You will need to prepare yourself physically and mentally for this immersion to avoid experiencing excessive stiffness and soreness during the week.
 - You will be given plenty of breaks to refuel and rest so we advise that you use your time well – especially in the evenings after each course day. There are a great deal of cafes, restaurants and eateries in and around Mermaid Beach and Broadbeach, so make sure you fuel your body well during the week.



FREQUENTLY ASKED QUESTIONS:

- Can I do this course if I don't want to teach?
 - Yes, you absolutely can! We learn so much about ourselves during the course and especially when we stand up to teach however, if you do not want/need the teaching certification, you can choose to do 'The Power House YOGA Course ~ The Science of Personal Transformation' instead. This includes everything in the training except "Module 5 – Teaching Authenticity".
- Can I miss any of the scheduled course deliveries?
 - Yes, but only 5% worth as a 95% attendance rate is required for teaching certification. If you are not doing the teaching certification, then this requirement is not necessary.
- Does this certification allow me to teach overseas?
 - Yes. This course is registered in Australia as well as with Yoga International – the international governing body. You may just need to check what other requirements you need for the country you wish to teach (i.e.: First Aid and Insurance etc).
- What if I don't achieve 80% pass mark on the exam?
 - Don't worry! It is a VERY achievable pass mark, and we constantly discuss the exam inclusions throughout the duration of the course. Everything included in the exam, are the things you'd be expected to know as a "Yoga Teacher". If you do however miss the mark on the first attempt, you will be given another go at it until you achieve the 80%.
- How much physical practice is required?
 - As much as you can! It is a yoga teaching course which is a very physical practice, so you are expected to be practicing Vinyasa Yoga at least 3 times per week for the duration of the course. Our final immersion week together is basically ALL physical practice, so you will need to be physically prepared for it!



FREQUENTLY ASKED QUESTIONS:

- How much homework time is required?
 - Approx. 40hours over the duration of the course. This includes revision of course material to commit to memory, practice teaching of the PHY TT Vinyasa Flow, reading the text books and completing workbook notes and other homework requirements.
- Can I complete this course if I work full-time?
 - Yes. As it is delivered over 5 months, this course is very achievable for those who work full-time. Just make sure you check the schedule to organise any time off required during the course.
- Can I further my yogic studies and qualifications after this course?
 - Yes. This is classified a 'Foundational Course'. You can continue on to 350hrs, 500hrs and 1000hours as well as specialised areas of Pre-Natal and Kids Yoga. This will be discussed during the course.
- Do I need anything else (apart from this certification) to start teaching in Australia straight away?
 - Yes. You will need a current Level 2 Apply First Aid & CPR Certificate as well as insurance for teaching yoga if you are a contracting teacher. Details of this will be discussed towards the end of the course.
- What about COVID or any other “issue” that may arise during the course?
 - Should the course delivery be interrupted for any reason, we will make arrangements to make up the time. Rest assured, we will make every arrangement to make sure you complete the course by the course end date.



POWER HOUSE YOGA

TEACHER TRAINING



Yoga Australia & Yoga Alliance Registered Yoga School, 200 & 300 Hours