

THE



COURSE

~ THE SCIENCE OF  
PERSONAL TRANSFORMATION



# COURSE OVERVIEW:

Have you ever thought about doing a Yoga Teacher Training course, but you KNOW you don't want to teach...??

Are you passionate about yoga and feel a yearning to learn more about this great science...??

Have you heard philosophy and concepts in a yoga class that you'd like to understand on a deeper level...??

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

The Power House YOGA Course 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:**
  - Alignment and how it relates to the individual body
  - Family of postures and their benefits
- **The Subtle Body of Yoga:**
  - Meditation, Pranayama, Mantra, Chanting & Kriyas
  - Bandhas, Chakras, Nadis, Meridians, Koshas and Gunas
  - Ayurveda and Nutrition in Yoga
- **The Discovery of Philosophy:**
  - Yama & Niyama, Yoga Sutras of Patanjali, Bhagavad Gita and the Sanskrit language
  - In depth Self Study work including core belief systems





# DEE TAUKEI

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 in depth yoga course but also offers teacher training courses at all levels (foundational to advanced) 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 courses at PHY and facilitates a positive and nurturing learning environment where you will be guided with passion and given the transformational tools to live an authentic, purposeful life.



# COURSE DELIVERY:

## ➤ Elements:

- Weekly LIVE Online Lectures
  - 13<sup>th</sup> July – 9<sup>th</sup> November
  - Wednesday's 6pm – 8:30pm (approx.)
- 4 x Weekend Online Intensives
  - Saturday 8-11am & 1-4pm
  - Sunday 8-11am & 1-4pm
- Plus, Homework Components
  - Reading course textbooks
  - Completing workbook entries



# COURSE DELIVERY SCHEDULE:

| Date                                    | Study Material | Topic                     |
|-----------------------------------------|----------------|---------------------------|
| Wednesday 13 <sup>th</sup> July 2022    | Set Up         | Introduction              |
| Wednesday 20 <sup>th</sup> July 2022    | Module 1       | The Art of Anatomy        |
| Wednesday 27 <sup>th</sup> July 2022    | Module 1       | The Art of Anatomy        |
| Wednesday 3 <sup>rd</sup> August 2022   | Module 1       | The Art of Anatomy        |
| Saturday 6 <sup>th</sup> August 2022    | Module 2       | The Science of Sequencing |
| Sunday 7 <sup>th</sup> August 2022      | Module 2       | The Science of Sequencing |
| Wednesday 10 <sup>th</sup> August 2022  | Module 2       | The Science of Sequencing |
| Wednesday 17 <sup>th</sup> August 2022  | BREAK          |                           |
| Wednesday 24 <sup>th</sup> August 2022  | BREAK          |                           |
| Wednesday 31 <sup>st</sup> August 2022  | Module 2       | The Science of Sequencing |
| Saturday 3 <sup>rd</sup> September 2022 | Module 3       | The Subtle Body of Yoga   |
| Sunday 4 <sup>th</sup> September 2022   | Module 3       | The Subtle Body of Yoga   |



# COURSE DELIVERY SCHEDULE:

| Date                                      | Study Material | Topic                       |
|-------------------------------------------|----------------|-----------------------------|
| Wednesday 7 <sup>th</sup> September 2022  | Module 3       | The Subtle Body of Yoga     |
| Wednesday 14 <sup>th</sup> September 2022 | Module 3       | The Subtle Body of Yoga     |
| Wednesday 21 <sup>st</sup> September 2022 | BREAK          |                             |
| Wednesday 28 <sup>th</sup> September 2022 | BREAK          |                             |
| Saturday 1 <sup>st</sup> October 2022     | Module 4       | The Discovery of Philosophy |
| Sunday 2 <sup>nd</sup> October 2022       | Module 4       | The Discovery of Philosophy |
| Wednesday 5 <sup>th</sup> October 2022    | Module 2       | The Science of Sequencing   |
| Wednesday 12 <sup>th</sup> October 2022   | Module 2       | The Science of Sequencing   |
| Wednesday 19 <sup>th</sup> October 2022   | Module 2       | The Science of Sequencing   |
| Wednesday 26 <sup>th</sup> October 2022   | BREAK          |                             |
| Wednesday 2 <sup>nd</sup> November 2022   | BREAK          |                             |
| Saturday 5 <sup>th</sup> November 2022    | Module 4       | The Discovery of Philosophy |
| Sunday 6 <sup>th</sup> November 2022      | Module 4       | The Discovery of Philosophy |
| Wednesday 9 <sup>th</sup> November 2022   | Module 4       | The Discovery of Philosophy |





# 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)**





# WORDS OF EXPERIENCE

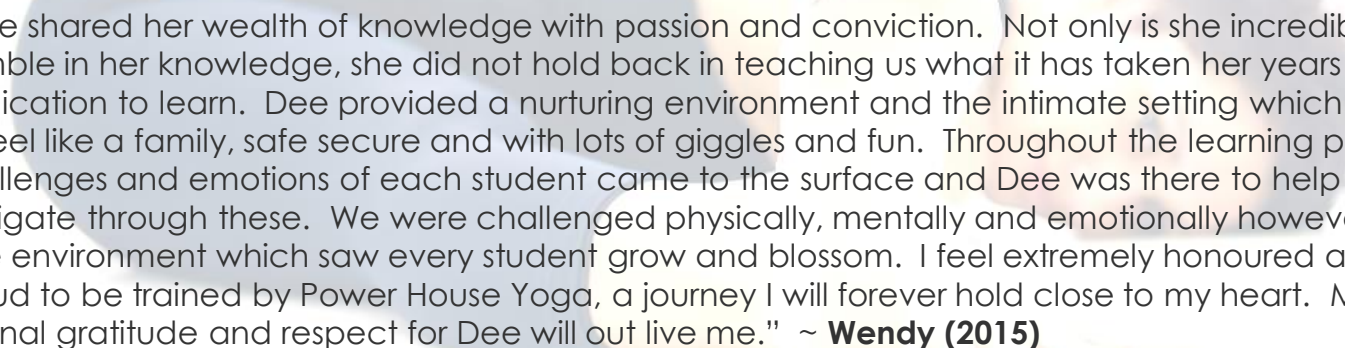
"This course exceeded my expectations. It gave me the tools and confidence to become a yoga teacher. I couldn't think of a better school to complete this course through. Not only were we given a lot of theory to really cement our knowledge of yoga, the poses and philosophy behind yoga but we were given 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)**

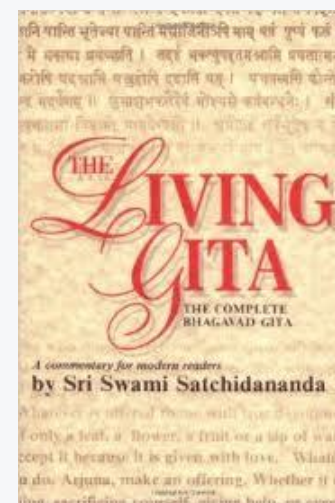
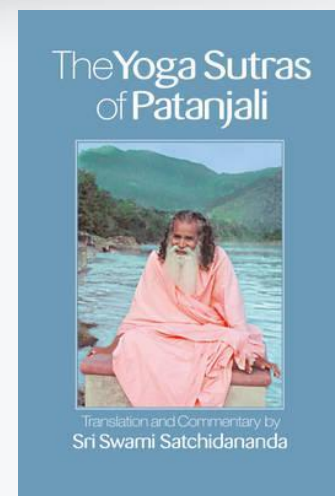
"This 200hr Teacher Training Course met my expectations and exceeded them in terms of the personal growth experienced and the amount of knowledge that was acquired during the course." ~ **Jenna (2015)**

"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: \$1,750**
  - 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



\*\*\* Course books can be purchased online or via our studio \*\*\*





# WHAT NEXT?

- For an Registration Form, please email: [info@powerhouseyoga.com.au](mailto:info@powerhouseyoga.com.au)
  - Once your registration form and deposit are received, you will be advised that your placement in the course is secured.
  - Note: Course numbers are limited for a more in depth training experience as well as a more profound pathway to personal growth and transformation.



# FREQUENTLY ASKED QUESTIONS:

- Can I teach yoga after completing this course?
  - No you can not. In order for you to become a qualified yoga teacher, you need to complete a certified 200hr Teacher Training Course (as a minimum). This course is only 70hrs however, can be used as a stepping stone for the full teaching certification.
- Can I miss any of the scheduled course deliveries?
  - Yes. Where possible, lectures will be recorded and open to view in your own time within a 2 week timeframe from delivery.
- 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.
- What if I decide I actually want to give teaching a go during or after completion of this course?
  - When it comes to yoga, the answer is always YES!! ☺ Certain criteria needs to be met for teaching certification. If you decide you would like to teach, you will need to meet this criteria which will require you to complete the full 200hour Teacher Training Course of which this course is a part of and credits / hours can be put towards.
- Will I receive a certificate of completion?
  - Yes you will. However, this certificate will not allow you to register as a yoga teacher with any governing bodies unless you complete the full 200hr certified teacher training course.



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

