

DANCING WARRIOR YOGA

dancingwarioryoga.com.au



*"This is Major Tom to Ground Control" - What we think we know, our learned patterns and concepts of being.
"I'm stepping through the door" - Emancipating the limitations of the body and mind, to be at peace and without fear of the unknown.
"And I'm floating in a most peculiar way" - Expanding Consciousness, been open to cellular change.
"And the stars look very different today" - Tasting bliss and liking it!
David Bowie - Major Tom*



Dancing Warrior Yoga 200-Hour Teacher Training

- Define and refine your personal yoga practice
- Launch your new career with a recognised international qualification
- Help, heal and inspire people
- Be extraordinary!

Join US for the Ride of Your Life!

If you want a yoga teacher training course that unearths the whole, multi-faceted and evolving tradition of Hatha yoga, then this course is for you. Taught by a diverse and experienced teaching faculty, our teacher training will give you confidence and a clear path to a new career. Will you join us for the ride of your life?

Whether you are an experienced yoga nerd, yoga junkie, an intensely curious dip-and-dabbler, a corporate refugee, a personal trainer wanting to upgrade and diversify your skills, then our course is for you.

Will I be wearing white robes?

We offer a non-denominational understanding of the eight pillars of yoga. We approach Patanjali's primary yoga texts from both ancient and modern perspectives and applications. We believe it is important to remain authentic to the history of yoga but we also don't live in ancient India, dwelling in self-imposed solitude in the Himalayas. Yoga is an expression of modern living, and a perfect tool and lifestyle to counteract the sometimes-disastrous effects of over-work, over-play and over-stimulation. We acknowledge that it's okay to eat meat and practice yoga, to enjoy a glass of wine with your friends and family and practice yoga, to not have the "perfect body type" and practice yoga and be at peace with this.

Mung Bean Munching Hippies!

We are in the midst of a yoga revolution. It is a living tradition, evolving to fit the needs of over-worked and over-stimulated urban-dwelling desk jockeys, men, busy mums and young up-and-comers. Once Yoga was said to be practiced by 'mung bean munching hippies!' Not any more! Our 200-hour curriculum is based on authentic Indian traditions but transported into Western physical science and modern living. After all, if you cannot make yoga teachings relevant to the needs of modern people, how will you be an effective teacher?

Why Dancing Warrior Yoga teacher training?

Our course draws from all eight limbs of the 5000-year Hatha yoga tradition, beautifully communicated by a team of experienced and passionate teachers with backgrounds in dance, physiotherapy, psychology, media, marketing and communications, Sanskrit, the arts, healing, food and nutrition and of course yoga.

Head teacher and director of Dancing Warrior Mathew Bergan has more than 20 years' experience teaching yoga, and trained with Simon Borg Olivier & Bianca Machliss (Yoga Synergy), Shandor Remete (Shadow Yoga), Eileen Hall (Yoga Moves) and Donna Farhi (Yogini extraordinaire and author).

Our teaching faculty are highly experienced yoga practitioners and teachers, movers and shakers. Together, we share exceptional levels of yoga teaching standards with many years' experience on the yoga mat and as inspirational leaders in front of the classroom.



Our teaching faculty

The quality of one's teacher is essential if you are to develop to your fullest potential. We are eternally grateful to, and shaped by, our teachers. We also continue to evolve and grow beyond them.

We take great pride and care to represent the noble tradition of yoga. As yoga is also a personal transformative process, we seek to create a safe and sacred environment where our trainees may experience their own awakening. All our teachers commit to supporting our trainees as they undergo their own transformation.

We also believe fun and humour to be essential, not only to the learning process, but also to the opening of the heart and mind. Humour is also an expression of Tantra which teaches us that everything and everyone in the world can be our teacher.



Mathew Bergan - Head Teacher Trainer and Dancing Warrior Yoga Director

Mathew discovered Hatha yoga with renowned Australian teacher Shandor Remete in 1990. Mathew has been teaching yoga since 1993, set up his Sydney studio Dancing Warrior Yoga in 2000, and has experienced many styles of forms of yoga throughout Australia and India. Mathew's background in contemporary dance and choreography was where he recognised the importance of the student/teacher relationship. It was in dance and choreography that Mathew worked to mobilise stiff and often-broken bodies as a Sports Masseur. Mathew also has a BA in Communications.

Mathew guides us through the 200-hour syllabus with the support of our hand-picked and vine-ripened experienced yoga faculty. He will be sharing his in depth knowledge of the human body developed over the past 30 years, including yoga, dance, massage and bodywork. Says Mathew, "I am always delighted at how yoga can be the spiritual glue that brings together divergent backgrounds, where people can safely share and build their own spiritual practice from the heart."

Mathew's hunger for all things yoga, has seen him study and teach in India. With a background in film production, he produces and directs his own yoga DVDs. Mathew also runs yoga events for the general public such as 'Cinnamon and Saffron' and residential yoga retreats, from the mountains to the vineyards. He also has extensive experience teaching yoga within corporations.



Lea Maher - Anatomy and Physiology

Lea teaches applied Anatomy and Physiology for yoga teachers. She is a physiotherapist with a background analysing motor dysfunction in adults. Lea has also worked extensively with children with disabilities, researching and teaching motor learning and the development of movement in infants, young children and adults. Lea has been practicing yoga for over 20 years. She completed her yoga teacher training with Donna Farhi and regularly assists Donna at her popular workshops. Lea has been practicing yoga with Mathew Bergan for the past five years.



Brook McCarthy, Yoga marketing and conscious business

Brook teaches mindful marketing and conscious business creation for yoga and wellbeing professionals. Brook is Director of Yoga Reach, an online marketing consultancy specialising in yoga and wellbeing businesses. Brook helps wellbeing professionals lift their game, define their deeper purpose, and take on the world with authentic marketing and compelling communications. Brook believes that the more wellbeing practitioners can thrive in business, the more people will be reached and the more lives helped. Brook has been teaching yoga intermittently since 1998 and completed her yoga teacher training with John Ogilvie of Byron Yoga Centre and Judy Krupp of the Yoga Room. She has a Bachelor in Religious Studies and a background in public relations and communications.



Jeff Miller BA(Hons), PhD – Yoga Philosophy

Jeff teaches yoga philosophy. Jeff is a certified Jivamukti yoga instructor, a method renowned for its focus on compassion, kindness and generosity to bring the practitioner towards greater health and happiness. Jeff has a doctorate of psychology and specialises in interpersonal relationships. He combines his in depth understanding of human nature with ancient techniques of yoga, creating a practice that is personal, heartfelt, uplifting and spiritually supportive. Jeff is highly respected for his thoughtful approach to making yoga relevant to the lives of as many people as possible.



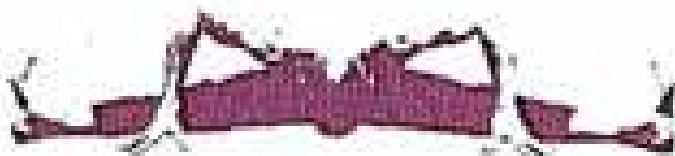
Tony Gibson, Chef and nutritionist

Tony has been cooking up a storm for the past 30 years in Australia and around the world. He has sailed the glistening seas on super yachts of the rich and famous, cooking for the likes of Dolce and Gabbana (apparently their secret for the infamous glowing tan is oodles of grated carrot), rappers Snoop Dog, and Hermes. He has made guest appearances on the Golden Door Health Retreat on the Gold Coast hinterland, and been our very own Gourmet Guru at party events such as 'Cinnamon and Saffron' winter feast. Tony will be presenting on fueling the yoga teacher diet.



David D'Silva, Kuchapudi Classical Indian Dance and Mudra

David has been practicing and teaching south Indian classical dance, called 'Kuchipudi', for the past 30 years. Born in Calcutta, he is a Master of Ceremonies, performing a range of Classical Indian dance repertoire, and a scholar of Tantra. He is also a qualified yoga teacher (Byron Yoga and Dancing Warrior Yoga) and shares a wealth of knowledge when it comes to understanding the cultural significance of the Hindu deities and when and why we evoke them into our yoga practice.



Dancing Warrior Yoga Style

Dancing Warrior yoga style is classical Hatha yoga with a modern vinyasa backbeat. Our Vinyasa style offers breath-synchronised movement from one pose to another to create heat and purification in the body. Mathew draws upon a rich Hatha yoga legacy and borrows from traditions such as Iyengar, which offers firm body alignment principles, Ashtanga, for its fluidity, strength and grace, and restorative yoga, for its rich support of the body's internal organs and subtle sheaths.

Mathew is best known for his unique ability to help students embody their evolving spiritual yoga practice with grace and mindfulness while highlighting a sense of happiness and personal well being as the eventual goal of the practice.

Our yoga style focuses on the refinement of natural and universal movement principles that underlie all Yoga practice, while drawing upon Patanjali's eight limbs of yoga philosophy, including:

- 1 **Yama (moral restraints)** - How we relate to others
- 2 **Niyama (observances)** - How we relate to ourselves
- 3 **Asana (posture)** - How we relate to our body
- 4 **Pranayama (breath extension)** - How we relate to our breath or spirit
- 5 **Pratyāhāra (sensory withdrawal)** - How we relate to our sense organs
- 6 **Dhāraā (concentration)** - How we relate to our mind.
- 7 **Dhyāna (meditation)** - Moving beyond the mind
- 8 **Samādhi (meditative absorption)** - Deep realisation and inner union



Subjects Covered

body

Yoga Asana

Trainees need a solid understanding of, and experience with, yoga poses (asanas) – this is a prerequisite to the course. During the yoga asana module we look at ways to harness forces of energy, nadis, that travel through the body and bandhas (locks) while developing our individual method of touch. For safety reasons it is important that teachers understand the benefits, purpose and contraindications of the yoga asanas they shall teach.

You will gain a toolbox of approximately 120 generally practiced asanas and their variations, as well as restorative and calming postures utilising yoga props. This course teaches asana through the eyes of natural movement patterns. We look at how to create the foundations of asana from the ground up, and the relationship between strength, flexibility and stability, as well as its relationship to the earth and the atmosphere around us. Within this module we also analyse other styles of yoga.



body

Body Alignment Principles

This module explores the function of bones, muscles and tendons. We explore how the body's building blocks are assembled so that energy (prana) may circulate freely around the body. We learn how to create optimum alignment with minimal force. We also learn how to read the body's joint structures and understand how movement ceases when bone presses on bone and when a stretch reaches its maximum range.

Move it or lose it – the benefits of human movement

As the old adage goes, "move it or lose it!" Movement is often the best medicine for the body as it recovers from an injury and as we age. This module demonstrates ways to open the body millimetre by millimetre in order to facilitate healing of muscle tissue and the gentle opening of restricted joint structures through passive stretching. We also look at what scar tissue is and how to see beyond its limitations.



How and when to use yoga props

Often teachers are a little lost when to use yoga props. This module gives you hands-on experience demonstrating the exact purpose of props and why and when we can or should use these.

Fuelling the body

This module is taught by Gourmet Guru Tony Gibson. Tony discusses the best possible diet to fuel a yoga teacher's workday for maximum vitality and endurance. We will look at principles of Ayurveda, the sister science to yoga, and its teachings that food affects the mind and consciousness as well as the body. We examine the historical Sattvic yoga diet that is said to lead to clarity of mind while being beneficial to the body. We also discuss the pros and cons of vegetarianism versus meat eating.

Finding our centre

We examine our muscular/skeletal centre, and our emotional one, and how to practice yoga so that we are as close to our centre as possible with minimal effort and mindfulness. We also look into

Reading the body

As teachers we are always seeking information from our students so that we may adjust our teachings to suit. This module teaches us how to prepare for the many different body types and how we can effectively assist in their physical transformation. We learn how to read the body's vital signs and what to look out for such as overheating and over-breathing, the contraindications of over-stretching and mobilising, and how certain poses can negatively effect the body's blood pressure.

mind

Out of your mind - meditation styles

This module looks at various meditational practices and brings us closer to understanding the seventh and eighth yoga limb dhyāna (meditation) and samādhi (meditative absorption). We discuss chitta vritti, the busy mind, and how we can help our students move beyond this into their breath and body. We look into several meditational styles that focus on a sound, object, visualisation, the breath or movement. We also discuss the benefits of chanting, mantra and Bhakti (devotional) yoga.

mind

Moving into stillness

This module covers the benefits of cultivating a mindful yoga practice through vinyasa sequencing. We look at the fifth Limb of yoga, pratyāhāra (sensory withdrawal) which teaches us how we relate to our sense organs. We discuss how to withdraw from our senses to savour stillness as we move towards samādhi (meditative absorption). In addition, we explore the role of the autonomic nervous system and how we can steer our students to arouse the sympathetic nervous system through heating asanas, or the calming parasympathetic system through cooling asanas.

Designing a sacred space

Designing an inspiring and creative yoga class requires attention and mindfulness to help engender a sacred or transformational experience. An inspiring yoga teacher will set the intention for a class and embrace this as a sacred or spiritual mantle for their students' transformations to take place. We will explore how to create a nurturing environment for class, using light, heat, air, music, spiritual texts such as the yoga Sutras, and introducing meditation and pranayama within the class.

Buddha's brain – by Rick Hanson

This subject takes us a little left-of-centre as we delve into Eastern and Western concepts of the science of the brain. By combining breakthroughs in neuroscience with insights from thousands of years of contemplative practice, you can use your mind to shape your brain for greater happiness, love and wisdom. Here we discuss the book Buddha's Brain and learn all manner of delightful yoga tools for teaching students how to understand the chemical changes in the body.

breath

Pranayama

This module covers different types of pranayama. We look at when and why we should practice different techniques, their particular effects upon the body and mind, and the safest pranayama for you to teach your students. Using Donna Farhi's The Breathing Book, we examine how to distinguish individual breathing patterns and practical exercises that teach how to distinguish the many types of breathing patterns we encounter in yoga class.

Creating harmonious breathing

We learn how to instruct the breath as well as instances where we should avoid this. We discover ways to harness the rhythm and flow of our breathing and how to modify the breath during class. Calling the breath while instructing the physical movements can be a tricky business. Here we learn a few tips on how best to control the flow of our class's breathing as well as how best for us to breathe and remain relaxed while demonstrating a pose.

practicum

Creating your own yoga practice

This module explores how to discover and have fun with your own practice and using this to inform your teachings. It is said "to practice what you're not comfortable with, out of this arises valuable information". We look at the pros and cons of this concept. We also examine how to sequence your practice according to the seasons and analyse Simon Borg Oliver's concept of opening stiff areas and tightening loose areas of the body. We discuss how to structure and focus on certain body parts to create a complimentary practice.

Class teaching and assisting

This module focuses on how to remain in our centre and teach with confidence and competence. We learn about adjustments and corrections, the power of the voice and how to use it, inspiring independent students, appropriate clothing and behaviour for both teacher and student.

How to create a beginners' course

We devise a safe and powerful 8-week beginners' course incorporating warm ups, variations on sun salutations, standing poses, floor poses, twist, backbends and gentle inversions.

practicum

Class planning and sequencing

This module looks into Vinyasa Krama (intelligent sequencing). We experiment with linking asanas together and look at the importance of counter poses (pratikryasana) to harmonise the body, mind connection.

We focus on the refinement of natural and universal movement principles that underlie all yoga practice. We learn how to progress from foundational poses to more advanced while creating a comfortable and safe practice for all.

Living consciously, on and off the yoga mat

As yoga teachers we become role models for others seeking transformation. We discuss the Yamas and the Niyamas within yogic philosophy – attitudes and behaviours towards others people, and attitudes and behaviour toward ourselves.

Personal feedback

Honest feedback is essential if we are to develop into excellent teachers. Within the 200-hour course, we meet for feedback sessions so that you may further develop your strengths and lessen any uncertainties. We want you to grow into an amazing and inspiring teacher and perhaps even become an active teacher at Dancing Warrior Yoga.

Postures and practice

Postures practiced and dissected over the duration of the course are:

- Seated and kneeling meditation postures
- How to warm up the major joint structures with gentle articulations
- Five variations of Salutes to the Sun and Moon practiced at Dancing Warrior Yoga
- Arm balancing
- Standing postures
- Lunges
- One leg balancing
- Forward bends
- Twists
- Backbends
- Inversions
- Corpse pose variations



theory

Applied anatomy and physiology

Yoga teacher and Physiotherapist Lea Maher teaches us this module. Lea demonstrates the body's systems including muscular skeletal, circulatory, digestive, endocrine and lymphatic, and how to include these systems in our yoga practice. We examine how muscles move bones and joints when executing a yoga pose and the anatomy of a muscle. We look at the results of hyper-mobility and ligament damage from overstretching and discuss areas that are commonly prone to injury.

Patanjali's Yoga Sutras - the eight limbs within yoga philosophy

Inside this module we look at Patanjali's 'Ashtanga Yoga', the commonly known eight-limbed yoga path. Patanjali was one of the early authors on classical yoga who defined the philosophy and practice of yoga through a series of 196 Sutras.

The four paths of yoga

There are four traditional schools of yoga. For the vast majority of yoga practitioners, a blending of the four traditional types of yoga is common. We will focus mainly on the Raja Yoga path within a Hatha yoga context.

Sanskrit

Sanskrit is the ancient language of India, considered to be the oldest language in the world at approximately 6,000 years old. Sanskrit is said to be the language of the Gods. Most yoga teachers use the Sanskrit name of each pose in class. This module teaches you how to read and pronounce the yoga postures in Sanskrit without sounding like a dork.

Growing your yoga community

The voice plays a big part in being an effective teacher. It's important to be an uplifting and inspirational agent of change in your students, so in this module we examine how to cultivate an authentic class language that encourages and supports your students. We look at how you may give positive feedback through touch, visual gesture and language and how to do so without appearing dishonest. We also discuss personal support materials you may bring to class.

Becoming a professional teacher

Brook McCarthy of Yoga Reach will teach this module on how to be a professional, start and run a profitable business and align your values and vision with your daily reality of paying the bills. Brook will show you how you may quickly, easily and effectively create a brand and business through Facebook, YouTube and other social media, how to get a website up on a shoestring in a single weekend, and the importance of creating yourself a niche so that you don't become invisible in a crowded yoga market. Brook will also discuss other income streams as a teacher, such as one-to-one yoga, retreats, events, speaking and corporate workshops, e-books, DVDs, e-courses, programs and other merchandise.

Assessment

This course is presented through various medium including yoga classes, lecture and discussion groups, personal journal writing, question and answer meetings, partner work, group activities and 'hands on' application within all modalities. There will be a written assignment and homework accompanying every fortnight. A minimum 90 per cent attendance and demonstrated competence must be reached to attain certification.

Continued learning

Optional 50-hr yoga mentorship

While we are committed to offering the best 200-hour teacher training program available, some students desire extra coaching and mentorship. Our optional continued learning module gives students the opportunity to become fully immersed in our weekly Sydney yoga studio, through observing and assisting classes and private sessions, learning more about yoga sequencing in relation to the seasons, hosting yoga events, and assisting on yoga video productions.

This mentorship program includes supervision of your own classes by a senior teacher for the purposes of feedback and accelerated development. This module guides students to reach their fullest teaching potential by completely immersing themselves in the yoga lifestyle and yoga teaching career.

This module is an additional \$600.



dates

To view all our teacher training program dates please visit:

www.dancingwarrioryoga.com.au

Dancing Warrior Yoga teacher training.

Will you join us for the ride of your life?

Apply

Please email Matthew to begin the application process. Numbers are kept deliberately small to create the best possible conditions for learning and individual attention.

info@dancingwarrioryoga.com.au