



jim harrington yoga
teacher training • workshops • studio



yogasynergy

Yoga Synergy Fundamentals Course – Overview

Starting Dates 2017:

1 March (register by 24 Feb)
2 October (register by 28 Sept)

Cost:

AU\$ 587 (ZAR 5 990)
Students of Jim Harrington pay only ZAR 5 150

Who can register:

The online courses are open to everyone, not just for yoga teachers. They are also recommended for people who work in other modalities: pilates teachers, personal trainers, physiotherapists and so on.

Why is the course worth it?

The course is explained simply and practically by the teachers – Simon Borg-Olivier and Bianca Machliss – who have decades of experience teaching yoga, practicing as physiotherapists and lecturing at Universities.

Simon and Bianca established the YogaSynergy school in the 1980's. Between them they have over 60 years combined experience. The course is the public version of the award winning RMIT university course, and counts for 60 CEC points.

Each of the 12 topics is subdivided into several sections. Each has learning objectives that, once achieved, can be practically applied to your yoga, exercise or therapy. Below are listed the main teaching topics and some of the learning objectives.

Teaching Topics

This online course provides an overview of yoga as it was originally taught in the pre-industrial East and how yoga can be adapted to a Western context.

- The history and philosophy of yoga
- Basic functional anatomy and physiology from both eastern and western medical perspectives
- The essence of the main types of yoga — traditional and modern styles
- Theory and practice of traditional yoga techniques
- A simple hour long yoga sequence practice that is taught and demonstrated in more than 30 different ways by two senior yoga teachers who are also experienced physiotherapists
- The principles, theory and practice of being your own yoga teacher.

- Topic 1: The history and philosophy of yoga
- Topic 2: Basic applied anatomy and physiology of yoga
- Topic 3: Physical yoga practice: introductory and finishing sequences
- Topic 4: Physical yoga practice: Standing sequence part A
- Topic 5: Physical yoga practice: Standing sequence part B
- Topic 6: Physical yoga practice: Standing sequence part C
- Topic 7: Physical yoga practice: Floor sequence part A
- Topic 8: Physical yoga practice: Floor sequence part B
- Topic 9: Physical yoga practice: Floor sequence part C
- Topic 10: Physical yoga practice: Inverted sequence
- Topic 11: Breath control
- Topic 12: Meditation and relaxation

- Topic 13: Exam

Course Assessment and Certification

The most important thing you can achieve from this course is information. However, if you wish to receive a certificate of successful completion then you need to pass 2 online multiple-choice exams (in weeks 7 and 13) and submit an assignment. You do not have to do any of these assessment criteria if you wish to just do the course and learn what you do on the way, but we have repeatedly found that it is studying for the exams and attempting the assignment, which provides maximum benefit.