



**KNOFF  
YOGA**

energise • elevate • evolve

## **TEACHER TRAINING**

**Master Teacher Nicky Knoff**

**MONDSEE, AUSTRIA**

# **Level 4 – Pregnancy Yoga**

Monday 30th May - Friday 3rd June 2016

6.30 am – 3.45 pm, Non-residential

### **Venue:**

Bauernmuseum Mondseeland

Am Hilfberg 6

A-5310 Mondsee

Austria | Europe

Contact and Registration: Gabriele I. Haslinger,

A-5310 Mondsee

+43 660 31 44 874

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[www.yogabi.at](http://www.yogabi.at)



## **THE COURSE**

When offering yoga classes to the public, you will inevitably have pregnant students wanting to attend and it is essential to know what you are doing and have the skills to help them access the many health benefits that practicing yoga will bring to both the mother and the baby.

This **Pregnancy Yoga** Teacher Training Course will give you the knowledge and experience so you can confidently teach pregnant women, either including them in beginner classes, experienced classes, or in a separate specialized private Pregnancy Yoga class.

This Course is unique, as we will have 'real' live volunteer pregnant women from the public come to participate. We ask for a wide range of pregnancies, from the first, right up until the third trimester, in order to give you as much experience as possible.

In the morning Asana, Pranayama and Meditation sessions Teacher Trainees will practice the actual pregnancy postures to gain direct experience, learn which breath-work is beneficial and which is not, plus the meditation techniques to calm and focus the mind.

Many of our students, post pregnancy, say the main thing, which got them through the birth of their baby, was knowing how to breathe, plus having the confidence to listen to their bodies – which came from their practice.

In the afternoon Teaching Methodology sessions Nicky Knoff will teach the Pregnancy Yoga students, while Teacher Trainees assist, provide props, and take photographs and make notes. These Pregnancy Yoga students get feed-back after the classes!

The Anatomy & Physiology will cover the basics of pregnancy, childbirth and breastfeeding and guidelines during trimesters. The Philosophy will look at how we can use yoga to accommodate the changes occurring and how to find our centre in order to maintain balance.

You will receive a **Teacher Training Handbook** AND a **Level 4 - Pregnancy Yoga Manual**.

## **COURSE PRE-REQUISITES**

To join the **Pregnancy Yoga** Course, you are required to have been practicing yoga for a minimum of two years, or preferably 200-hour certification. Entry to the Course is by application only (see below). Please see HOW TO APPLY in this brochure for full details of the application process

## **PROFESSIONAL CREDENTIALS**

When you satisfactorily complete the Course requirements, you will be awarded with the professional credential of a **Pregnancy Yoga** Teaching Certificate. Otherwise, you will be awarded with a 'Statement of Attendance', providing you attend all classes and complete all assignments.

The **Pregnancy Yoga** certificate is valid for 5 years. For renewal information see [www.knoffyoga.com](http://www.knoffyoga.com) under Yoga Teacher Training/Certificate Renewal.

On completion of the 5 day intensive, students / teacher trainees have the opportunity to study further specialized intensive teacher training Courses (Chair Yoga, Yoga Therapy A and Yoga Therapy B) to upgrade their teaching skills. It is highly recommended that you also complete Discovery and Foundation Courses. For locations and times please visit [www.knoffyoga.com](http://www.knoffyoga.com)

**TIMETABLE**

TIMES	MON 30th	TUES 1st	WED 2nd	THUR 3rd	FRI 4th
6:15 - 9:45	<b>Asana, Pranayama, Meditation</b>				
9:45 - 11:45	<b>Brunch</b>				
11:45 - 1:00	<b>Anatomy &amp; Class prep</b>	<b>Philosophy</b>	<b>Anatomy &amp; Class prep</b>	<b>Philosophy</b>	
1:00 - 1:15	<b>Tea Break</b>				
1:15 - 2:45	<b>Volunteer Live Pregnancy Class</b>				<b>Test</b>
2:45 - 3:30	<b>Teaching methodology - Q&amp;A</b>				<b>Graduation</b>

\*Please note - You must attend the Graduation Ceremony to receive your Knoff Yoga Teaching Certificate.

**SUGGESTED READING**

- Yoga and Pregnancy by Sophy Hoare
- The Female Pelvis by Blandine Calais-Garmain
- The Woman's Book of Yoga & Health by Linda Sparrowe
- Yoga A Gem for Women by Geeta Iyengar



## **HOW TO APPLY**

Download the Teacher Training Application Form at [www.yogabi.at](http://www.yogabi.at) and email to [gabi@yogabi.at](mailto:gabi@yogabi.at)

Gabriele will send you an email that your Application has been approved.

## **Pregnancy Course Fee**

EUR 990,-

### Early Bird I

Registration and 50 % payment until December 31 2015: EUR 800

### Early Bird II

Registration and 50 % payment until March 15, 2016: EUR 900

\*\*The fee covers all tuition, Teacher Training Handbook, Discovery Asana and Pranayama Manual and your Teaching Certificate.

## **Method of Payment**

Once your application has been approved by Nicky Knoff, a non-refundable **deposit of €200** is required to be paid to Knoff Yoga's German bank account to secure your place.

Any outstanding balance of the Course Fee is to be paid 30 days before the course, by **30th April 2016** unless other arrangements have been agreed to.

Bank: Westpac Banking Corporation

Address: Shop 117, Cairns Central Shopping Centre

Phone: + 61 7 4040 4777

Account Name: Knoff Yoga

BSB: 034-664

Account Number: 16-8549

Swift Code: wpacau2s



## **ADDITIONAL COURSES**

Please note additional Knoff Yoga Teacher Training courses and workshops available in Austria in May/June 2016: Discovery (L1) starting Monday 2nd May, Foundation (L3) starting Sunday 8th May, and a 2 day Text Neck Workshop starting Saturday 4th June. For more detailed information please see [www.knoffyoga.com](http://www.knoffyoga.com) or [www.yogabi.at](http://www.yogabi.at)

## **REFUND POLICY**

\*\* Payment of the Early-Bird discounted Course Fees are non-refundable but may be transferred to another Course providing it is attended within 12 months.

In all other cases:

- A non-refundable deposit for each course is required 30 days prior to start of the Course.
- Up to 31 days prior to the start of the course – full refund of your payment less non-refundable deposit.
- Within 30 days prior to the start of the course – no refund, but you may transfer your full payment (including deposit) to another Knoff Yoga Teacher Training course, providing it is attended within 12 months.
- Once the course has started – no refund or credits on any payment, partial or full.
- If the course does not proceed – 100% refund including deposit.

**Note: To obtain a refund, all course materials must be returned to Knoff Yoga.**

## **TRAVEL INSURANCE**

If attending from interstate or overseas, we advise you to obtain Travel Insurance to cover any unforeseen circumstances.

## **Accommodation**

If you wish assistance in finding an appropriate list of reasonably priced accommodations around the venue, please contact Gabriele Haslinger [gabi@yogabi.at](mailto:gabi@yogabi.at) or check <http://mondsee.salzkammergut.at/en/startseite-englisch.html>

## **ADDITIONAL OPPORTUNITIES**

### Yoga Alliance Registration

**Knoff Yoga** is an officially Registered Yoga School 200 & 300 Hours, with the international **Yoga Alliance** ([www.yogaalliance.org](http://www.yogaalliance.org)).

This one week **Level 4 – Pregnancy Yoga Course** can be applied to gain Yoga Alliance 300 hour teacher registration when **combined** with Levels 2, 5, 6 and 7 of Knoff Yoga teacher training. With this international registration you are able to use the letters R.Y.T. 300 (Registered Yoga Teacher) after your name for professional purposes.

## **WHAT TO BRING & WEAR**

A good quality yoga mat with a line drawn down the middle (lengthways)

1 x of each of the following: shoulder stand block, brick, belt, large bolster 73x26 cm, small bolster 58x17cm.

Be sure to bring a sarong or shawl to cover you during relaxation and to wear during meditation and pranayama. Also a bath sized towel.

Wear shorts or tights and a close fitting t-shirt or singlet. Loose or baggy clothing interferes with your teacher's (and your) ability to see your body and its movements. Jewelry and valuables should not be brought to class. This includes navel rings, nipple rings and other piercings! Please no perfumes or deodorants. It is essential you have short fingernails.

## **ABOUT KNOFF YOGA**

At **Knoff Yoga** we believe that the rationale or purpose of practising yoga is to experience freedom in the body and mind through the creation of strong, flexible, healthy, independent and disciplined individuals.

Master Teachers Nicky Knoff and James E. Bryan have refined the **Knoff Yoga System** drawing on over 76 years of combined experience and through direct study with the Masters of Iyengar Yoga, Ashtanga Vinyasa Yoga, Bikram Yoga and Viniyoga.

Today the **Knoff Yoga System** is taught to teacher trainees and students across the globe, in countries as diverse as Australia, New Zealand, Bali, Malaysia, Qatar, Taiwan, the Czech Republic, Germany and Austria.

## **ABOUT THE KNOFF YOGA SYSTEM**

The **Knoff Yoga System** is an intelligent and dynamic program that focuses on practical detail and simplicity. It offers all students a clear understanding of every facet of yoga and caters for every level of yoga practice and teaching.

The **Knoff Yoga System** incorporates the most up to date and thoroughly researched teaching programs available today.

The key focus of the **Knoff Yoga System** is to ensure correct anatomical alignment of the human body, structural balance and energetic application of yoga techniques.

## **CORE VALUES OF THE KNOFF YOGA SYSTEM**

The **Knoff Yoga System** is built on the following values:

- **The Individual** - we practice and teach in step-by-step progression. We honour and respect the individuality of every student and adjust our practice and teaching for body proportions and capability.
- **Ongoing Education** - for the long-term well-being of yourself and your students, education is as important as exercise.
- **Positive Communication** - for a yoga teacher to cultivate the right environment for learning, they must use positive communication with constructive encouragement.

- **Strong Ethics** - we adhere to a strong ethical framework, which is enshrined in the Knoff Yoga Code of Conduct.

## **OUR COURSES**

Knoff Yoga proudly delivers **9 Levels** of teacher training, from Discovery to Master. More information is available on our website [www.knoffyoga.com](http://www.knoffyoga.com)

Level 1 – Discovery  
Level 2 – Chair Yoga  
Level 3 – Foundation  
Level 4 – **Pregnancy Yoga**  
Level 5 – Yoga Therapy A  
Level 6 – Yoga Therapy B  
Level 7 – Intermediate  
Level 8 – Advanced  
Level 9 – Master

Students who do not wish to teach may also attend the course to intensively deepen their practice and grow their yoga knowledge.

All our Course levels cover a comprehensive syllabus including:

- Asana
- Pranayama
- Meditation
- Teaching Methodology
- Philosophy, Ethics & Yogic Lifestyle
- Anatomy & Physiology

## **TEACHER TRAINER**

Nicky Knoff (Founder & Master Yoga Teacher) teaches this course. Nicky has over 40 years of yoga experience and has studied directly with the Masters of the Iyengar, Ashtanga Vinyasa and Bikram traditions of yoga. Nicky's full biography is attached at the end of this brochure.

## **TESTIMONIALS**

*"I have been practicing and teaching Yoga myself for many years and was seeking to attend a 200 hour training to commit deeper to my practice. I traveled half way around the world (Dresden, Germany) to study Knoff Yoga because the moment I met Nicky many months before, it was obvious to me that she is a person who has dedicated her life very wisely and effectively to the teachings. Nicky is a true Master in the art of Yoga. She is honest, precise and has many great stories to share from over 40 years' experience on the Yoga mat. Her knowledge of the body and asanas along with her keen eye provided our group with incredible adjustments that ensured each and every one of us understood - at the cellular level - how wonderful and trans-formative a solid Yoga practice can be. I am ever grateful for how generously Nicky passed on her wisdom and would recommend Knoff Yoga to anyone. Thank you!"* **Amber Spear, Yoga teacher & student, Perth, AUSTRALIA**

For more testimonials from previous trainees please visit [www.knoffyoga.com](http://www.knoffyoga.com)

## **THE KNOFF YOGA TEACHING & PRACTICE METHODOLOGY**

The **Knoff Yoga System** teacher training will give you the opportunity to share the life-enhancing benefits of yoga with others and to join a rapidly growing profession that has the potential to change your life and those around you.

As part of the **Knoff Yoga System** you will learn how to teach **5 Essential Components** in every class in order to give your students a comprehensive and holistic practice:

- **Meditation** – non-religious mind centering techniques
- **Pranayama** – breathing exercises for mental clarity and physical vitality
- **Asana** – anatomically aligned, structurally balanced yoga poses to enhance functionality of the body
- **Relaxation** – how to effectively relax the nervous system and reduce stress
- **Philosophy** – positive, uplifting and life affirming

You will be taught how to incorporate these 5 components to create a well-structured and balanced class to leave your students feeling great and wanting more.



The **Knoff Yoga System** uses an **11 Asana Group Sequence** in all levels:

- Earth & Sun Salutations
- Inverted Poses (heating)
- Standing Poses
- Arm Balancings
- Forward Bends
- Sitting Poses
- Abdominals
- Twists
- Backbends
- Inverted Poses (cooling)
- Relaxation



This sequencing is based on the Knoff Yoga **Principles of Sequencing** and, together with the other essential components, has been designed to energize the body, elevate the mind and evolve the spirit.

You will also learn our **5 Week Rotational Sequence** for teaching yoga postures. Each week there is a specific theme in which you slow down the class and emphasize specific asana groups to enhance learning. The rest of the class is taught at a normal pace. We have found that students really appreciate this varied method of learning.

You will study and learn the unique **24 Principles of Practice**, which form the basis for all practice and teaching in the Knoff Yoga style.

In Knoff Yoga we teach **5 Bandhas**, or muscular and energetic locks, which transform internal energies creating heat and lightness in the body, while simultaneously providing internal support:

- Mula Bandha – Root Lock
- Uddiyana Bandha (minor) – Abdominal Lock
- Jalandhara Bandha – Chin Lock
- Hasta Bandha – Hand Lock
- Pada Bandha – Foot Lock

The **Knoff Yoga System** has pioneered the application of **Right and Left Days/Weeks** in asana practice and teaching to ensure symmetry of body, breath and mind. We are the only yoga school in the world to apply these methods.





**Nicky Knoff ERYT500** - was born in 1938 to a Dutch father and an English mother. The family was living in Indonesia when the Japanese invaded at the start of WWII. Nicky was in a concentration camp from the age of three and a half years to nearly eight years old.

The harsh experiences of the war forced Nicky to confront, at a very early age, the basic realities of life - what was important and what was not. Nicky learned that we all have an inner essence, that when stripped of the veneer of social conditioning, we are all essentially the same, but with conditioning we are capable of doing the most horrific acts. Nicky's approach to teaching yoga is to help her students challenge their social conditioning, to guide them towards revealing their own inner essence, so they may reach their full potential as human beings.

Nicky studied yoga from 1970 to 1974 in Tokyo, Japan with Bikram Chaudhury (before he was famous and before 'Hot Yoga'). When traveling on holiday from Japan, Nicky discovered Iyengar Yoga and started studying with many Iyengar teachers all over the world, one of them being Martyn Jackson in Sydney, Australia. Nicky made many trips to Pune, India to study with B.K.S. Iyengar, Geeta and Prashant and in 1992 was certificated as a Senior Iyengar Yoga Teacher.

In 1989, Nicky went to Mysore, India to study with K. Pattabhi Jois, where she learned the first three series of Ashtanga Vinyasa Yoga. In 1991 she travelled to Maui, Hawaii to learn the 4th Series from Nancy Gilgoff and the other Ashtanga yogis there. In 1980, Nicky attended her first Vipassana Meditation Course with S.N. Goenka. Nicky attended many Vipassana 10-day silent retreats and also a 30-day retreat at Igatpuri, India in 1988.

From 1974 to 1984 Nicky taught yoga at the Crippled Children's Society in New Zealand, spending 4 years in Dunedin and 6 years in Auckland. This experience led Nicky to specialize in Yoga Therapy. In 1980, Nicky opened the first full-time yoga school in Auckland, the New Zealand School of Yoga.

In 1984 Nicky moved to Australia and opened the Queensland School of Yoga in Noosaville. In 1992 she moved to Cairns, and opened the Ashtanga Yoga Academy. In 2000, Nicky moved to Colorado, USA where she opened the Academy of Yoga. For the next 4 years, Nicky attended classes at many yoga schools throughout the United States and also the Yoga Journal Estes Park Convention for 4 consecutive years, where she studied with many very experienced yoga teachers.

Nicky returned to Australia in 2004 and is now based in Cairns, Far North Queensland where she runs teacher training courses, and teaches workshops, intensives, private classes, public classes and yoga therapy at the Knoff Yoga Headquarters. Through Nicky's passion for yoga, **The Knoff Yoga System** has evolved over 40 years and provides a unique program for better yoga practice and teaching.

## MISSION STATEMENT

Our passion is to share the physical, mental, and spiritual benefits of yoga.

Our goal is to offer training that is transformational, and imparts the techniques and philosophy of yoga as well as the enthusiasm to make yoga a life-long choice.

We understand that Knoff Yoga will grow and prosper in direct relation to the positive impact it has upon the lives of our teachers and students.



***Nicky Knoff & James E. Bryan***

### KNOFF YOGA CONTACT DETAILS

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