



TEACHER TRAINING *Course outline*

Has Yoga enhanced your life? Has it had a positive influence, empowering you, and increasing your own sense of being? And has all of this allowed you to be more mindful in almost all aspects of your life? If YES to any of those, why not learn to inspire others to venture down their own Yogic path? Or for yourself, grow to the next level in your own practice; with an internationally recognised certificate.



WHY CHOOSE MZANSI SCHOOL OF YOGIC ARTS

Becoming a great teacher is challenging and requires an incredible commitment, both from student and teachers. The Mzansi Team are eager and able to explore this path with you, to teach and guide you to master the art, technique, and principles of becoming an amazing Yoga teacher.

Our course material delves deep into teaching techniques (encouraging your own individual teaching style), philosophical and physiological (and how these two are married) as well as the practical aspects of how to professionally manage the business of Yoga in this competitive industry.

We've been blessed with an inspiring team of teachers to guide you on this journey; each adding a wealth of knowledge and experience to your qualification.

Upon successful completion of this program, you will be a well-versed Yoga instructor with a rich understanding of several aspects of Yoga – allowing you a powerful platform to go in almost any direction with your practice.

An added element is you will be permitted to register with The Yoga Alliance Int. A globally recognised institution attempting to manage the maze that has become Yoga Teacher Training.

Mzansi School has spared no expense to become registered with Yoga Alliance to give our students a solid, reputable start to their Yoga future.

OUR DEDICATED TOUCH;

Mzansi School manages Yoga in several environments and industries, including fitness centres, luxury hospitality, Grapevine Yoga, festivals, Yoga experiences, Workplace Wellness, Yoga for Sports, workshops & continuing education, public & private classes, fundraising events; our vision here is to provide student teachers the opportunity to teach in an environment that inspires them.

We pride ourselves on our post-grad program with a family-network of teachers ever ready to assist and support.

Included in our teacher training is an Adult & Child CPR & AED certification, this is important to us, and should be considered the bare minimum for any person managing physical activities

YOUR TEACHING TEAM



LAUREN MENSIKOVAS CO-FOUNDER, LEAD INSTRUCTOR & COURSE FACILITATOR

Lauren first started practicing Yoga in 1998, exploring various styles, including Ashtanga, Sivananda & Vinyasa. After moving to the USA in 2007, she completed her 200 Hour Teacher Training through the Baptiste Power Vinyasa Institute.

Lauren finds that Yoga encourages an appreciation towards community and connection to others, re-awakening our inner curiosity about ourselves and our world as well as being a powerful way to develop and maintain physical vitality, mental clarity and a joyful engagement with life.

Lauren is passionate about the practice and especially loves the strength aspect of playing with arm balances and inversions. As a Yoga instructor, Lauren has had experience working with pre & post natal Yoga, Yoga for babies & children, Yoga for sports to name only a few. Lauren's goal is to help provide students with a safe haven where they can benefit from the grounding, stress-reducing gifts of Yoga as well as develop both strength and flexibility. Her classes are challenging and allow for a deeper level of physical and mental power.



NICK DA SILVA

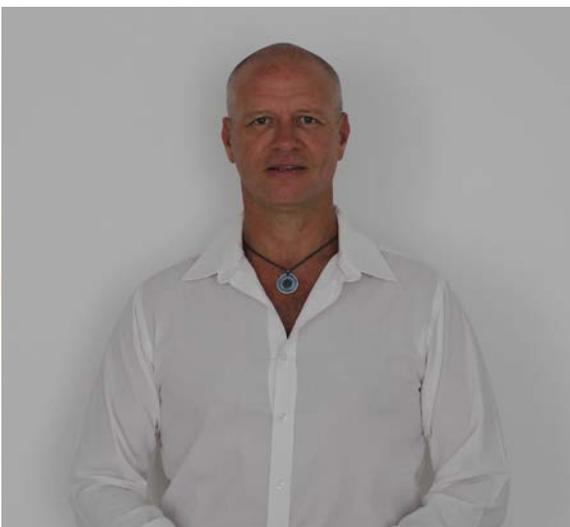
ANATOMY & PHYSIOLOGY

Nick is an expert in the field of corrective and high-performance exercise and is a registered Biokineticist

Nick has been in private practice for 4 years and takes a unique, client focused approach to the treatment and education of his clients. Nick has changed the lives of many clients during his time as a coach.

Nick also teaches at the Health & Fitness Professionals Academy, for the final year students completing their advanced certificate in exercises science: exercise specialist diploma. Nick's passion for movement culture and the optimization of health & performance has been the focus of his attention for as long as he can remember.

Over the past several years he has been studying ancient principles of longevity in health & fitness and integrates what he has learnt into his own practice. This has inspired him to incorporate breathe work, bodyweight calisthenics, fasting, meditation, and mindfulness into his daily life. Therefore, the opportunity to take part in the teacher training Yoga course offered by Mzansi School made perfect sense to add another layer in establishing a whole and balanced life. He is both really excited to learn the principles of Yoga and teach the anatomy side of the course using his physiology & anatomy knowledge as it is directly related to the practice of Yoga. Nick feels most alive when he is engaging with people about living a better, stronger and more balanced life. He believes that in order for us to make the most of our lives we need to challenge ourselves daily and constantly seek out the unknown – where we may learn and grow. When he is not spreading 'his' message about health and fitness he is best found in nature.



CRAIG HOGGINS

BUSINESS OF YOGA

Craig became a student of Yoga in 2010 when he started practicing with Lauren Mensikovas. He completed his 200 hour Yoga teacher training with Jim Harrington and an additional 120 Yoga Synergy hours, a Yoga discipline developed by Simon Borg-Oliver and Bianca Machliss.

Craig has started multiple businesses over the years and currently runs a successful Digital Marketing Agency called Online Marketing Guys that was founded in 2008. He has a diverse client portfolio all over the world and has a passion for working in the health, wellness and mindfulness industries. He also hosts a weekly business, marketing and tech radio show on One fm 94.0 where he helps entrepreneurs start and grow businesses.

Apart from Yoga, Business and Marketing, Craig has a few other passions, of which inspiring and motivating people is one of them as well as playing the guitar, drums, singing and writing music and lyrics. He has a keen interest in nutrition and how food and our environment affect our health and state of being.

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GILLIAN VOSLOO

MINDFULNESS, INTUITIVE WELLNESS & VOICE COACH

Gillian is a Magnificent Mum to Darling Daughter and practices Mindful Parenting with her 13-year-old teenager. She teaches an Introduction to Metaphysics at Metaversity which introduces working with karma and other subjects to develop conscious awareness of the self and others, mind control, energy perception and intuitive abilities. She is an Intuitive Empath and combines her many years of experience in the corporate world of training and education to facilitate adult learning. She facilitates programs in Voice, Public Speaking; Women's Empowerment and many more for The Voice Clinic and mentors young adults in various fields. She writes training material and has recently written a Mindful Parenting

Program which she plans to market. She aims at helping; guiding and inspiring everyone to embrace and expand their Soul awareness.

As a Facilitator of the Introduction to Metaphysics, Gillian teaches students about the energy centres known as Chakras, how to determine the size, colour; condition; direction and how to clear chakra blockages as well as the development of chakras for intuitive work. She is currently working with energetic cord cutting which is directly linked to the chakras and is excited to share her knowledge of chakras and how they assist with processing incoming energy.

Her vision is to demonstrate that you can reach new levels of awareness in all aspects of life through scientific use of thoughts, words; deeds and action. This is knowledge and this knowledge propels you forwards. She understands that the world is changing and that we all need to change and develop conscious awareness in order to evolve into the 21st Century.

EVA-MELITTA RAAL

SANSKRIT STUDIES



Eva has been practicing Yoga since 2006 and teaching since 2015. Through her extensive travels she has had the privilege to train with a variety of teachers around the world and explore a number of different styles, including Ashtanga, YogaSynergy and Budokon.

Eva also has an academic background in classical literature, and she lectured Latin, Ancient Greek and Biblical Hebrew at the University of Stellenbosch for eight years. Her passion for ancient languages and her love for Yoga have in recent years led her to the study of Sanskrit and she has been a guest teacher on this subject at several Yoga teacher trainings. By sharing her knowledge of this language, she hopes to awaken in her students a deeper appreciation and curiosity for the teachings of Yoga beyond the physical practice.

LEARNING OBJECTIVES

- Learn and understand the fundamental knowledge and 8 limbs of Yoga – what is it all about?
- Learn, in-depth, the poses and their benefits, modifications and variations, common misalignments and hands on adjustments and assists for each posture.
- Learn the basics of Pranayama, the art of breathing.
- Cultivate and deepen your own meditation practice while learning basic meditation techniques.
- Build and deepen your own Yoga practice.
- Learn to teach clearly and confidently.
- Understand different styles of Yoga, different kinds of students and bodies and how to create effective and safe Vinyasa sequences
- Gain applied and hands on experiences in teaching, adjusting and assisting.
- Learn how to market yourself as a teacher in this modern and intricate world of social media.
- Gain a solid understanding of anatomy as it relates to Yoga, including common injuries relating to the practice.

COURSE OUTLINE

FUNDAMENTALS – OBJECTIVES:

- Develop a personal pranayama & meditation practice.
- Learn to teach guided meditation and pranayama techniques.
- Learn how to guide students through relaxation.
- Students will be practicing asana as well as going over the guidelines for a daily practice.

ASANAS – OBJECTIVES:

- Students will develop knowledge of the asanas to include alignment, healthy and safe movement patterns, benefits, and contraindications.
- Understand the various categories of poses, and their benefits within a practice.
- Learn the postures clearly, through hands on adjusting and assisting for each posture.
- Learn modifications and variations so to cater for every-body.
- Students will explore and practice the benefits and principles of Yin Yoga.

THE INSTRUCTOR – OBJECTIVES:

- Students will be able to design and communicate a balanced, safe and well-sequenced class that teaches and inspires.
- Students will learn the art of observation and safe adjustment and assisting in asanas.
- Learn about and how to use bandhas.
- Learn basic Sanskrit sufficiently enough to use during class.
- Gain practical experience using kind communication.
- Learn to give verbal adjustments in common Yoga asanas.
- Find your voice.

ANATOMY & PHYSIOLOGY – OBJECTIVES:

- To provide the student with an overview of the anatomy and physiology relevant to safe teaching of Yoga practices.
- In-depth study of the main muscles of movement, and common ailments and injuries in relation to Yoga.
- Learn applied anatomy, so that the student will understand how to use it wisely in their teaching.
- Understand and know the bones, muscles, ligaments, tissues, tendons, fascia, and joints of the body in relation to Yoga.
- Know the planes of the body and how the body moves through them.
- Learn how to properly align the body in each asana.

YOGA PHILOSOPHY – OBJECTIVES:

- Discuss in depth the 8 limbs of Yoga, discovering how to implement these into daily life, Yoga teaching and personal practice.
- Gain knowledge on the routes and history of Yoga.
- Understanding the ethics of being a Yoga teacher.

THE BUSINESS OF YOGA – OBJECTIVES:

- Students will become knowledgeable on the basic skills in business and marketing management with special focus on online marketing.
- Understand how to enter the Yoga industry, while adhering to professional ethics and guidelines.

PRACTICUM – OBJECTIVES:

- Students will be able to demonstrate their knowledge of the asanas, sequencing, adjusting and assisting.
- Students will be able to teach inspiring classes based on the Vinyasa method, safely, effectively.

DATES & FEES

29 May - 29 August 2020

TIMES:

- Fridays: 18H30 – 20H30
- Saturdays: 09H00 – 16H00
- Sundays: 09H00 – 15H00

WHERE:

Where: TBC

WEEKENDS INCLUDED:

- May 29 - 31
- June 5 - 7
- June 12 - 14
- June 26 - 28
- July 3 - 5
- July 10 - 12
- July 24 - 26
- July 31 - August 2
- August 14 - 16
- August 21 - 23
- August 29 (Graduation Ceremony)

INVESTMENT:

Early Bird: ZAR 17 000.00 (Paid Before March 01 2020)

Standard: ZAR 20,000.00

Upon acceptance, a deposit of ZAR 5,000.00 is required to secure your place and prepare course material.

Full payment is due 2 (two) weeks prior to the course start date (May 15 2020)

Payment plans can be discussed. Please contact us in this regard

Lauren Mensikovas | Lead Instructor

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