



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 International Yoga Alliance. 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.

YOUR TEACHING TEAM



LAUREN MENSIKOVAS CO-FOUNDER, LEAD INSTRUCTOR & COURSE FACILITATOR

Delving deep into her personal practice, Lauren has explored the many styles of Yoga, finding Vinyasa resonating strongly. She completed her first teacher training in 2007 through the Baptiste Power Vinyasa institute and furthered her studies in the birthplace of Yoga, Rishikesh, India.

Lauren is an accredited 500 hour teacher as well as a 200 hour Yoga Teacher Training facilitator and principal of Mzansi School of Yogic Arts. As a Yoga teacher, Lauren has experience working with pre & post natal Yoga, corporate 'Workplace Wellness', Yoga for athletes and sporting teams and luxury hospitality; she has pioneered and successfully managed several events, workshops and retreats.

Lauren focuses her teaching style on a comprehensive physical awareness, paving the way to a spiritual discovery.

Through creative sequencing, students explore freedom of movement within a nurturing and safe space, grounded in the essence of Yoga. Lauren likes to spend time connected with nature, in the ocean, exploring forests and hiking the many trails of Cape Town as well as learning from her mini guru, her daughter Noa.



NICK DA SILVA ANATOMY & PHYSIOLOGY

Nick Da Silva has been in private practice as a registered biokineticist since 2014. He works mainly with clients who are looking to overcome health challenges & orthopedic injuries/limitations.

Focusing on science based principles and the natural laws of nature he develops exercise programs to correct imbalances and faulty biomechanics. Nick's passion and drive is to educate clients on how to manage injuries and learn from them so that the lessons learnt can create a more balanced and holistic life.

Nick is also passionate about lecturing and teaching. He currently lectures Yoga anatomy to students who are training to become Yoga teachers/ instructors through Mzansi School of Yogic Arts. He also teaches movement classes at Gracie Jiu Jitsu Cape Town.

Nick currently works for Zimmer Biomet as an arthroplasty representative. He manages the accounts of some of the best orthopedic surgeons in South Africa. The exposure to joint replacements in theatre gives him a deeper perspective to human health and well-being that adds fundamental values to his private practice.

Nick's passion for health and well-being allows him to balance coaching, teaching, orthopedic sales and being a father and husband so that he can commit his life to serving those around him in a positive way.



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.

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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 to cater for every-body.
- Students will explore and practice the benefits and principles of Yin Yoga.
- Students will learn about prenatal Yoga and how to guide parents-to-be through an intuitive based practice safely and confidently

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

10 March - 10 June 2023

TIMES:

- Fridays: 17H30 – 19H30
- Saturdays: 10H00 – 17H00
- Sundays: 09H00 – 15H00

WEEKENDS INCLUDED:

- March: 10th – 12th; 17th – 19th; 24th – 26th
- April: 7th – 9th; 14th – 16th; 21st – 23rd
- May: 5th – 7th; 12th – 14th; 19th – 21st
- June: 2nd – 4th; 10th (Graduation Ceremony)

WHERE:

Viva Gym Sunningdale

INVESTMENT:

Early Bird: ZAR 20 000.00 (Paid before January 1st 2023)

Standard: ZAR 23 000.00 thereafter

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

Full payment is due 1 (one) month prior to the course start date (10 February 2023).

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

Lauren Mensikovas | Lead Instructor

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