


# Yoga Teacher Training 200 hours





*“Yoga is the journey of the self,  
through the self, to the self.”*  
— The Bhagavad Gita

## Welcome Home



Om Sweet Om Milton opened its doors in 2016 as a sanctuary designed to cultivate well-being, connectedness and community. Om is a home away from home where everyone is welcomed and accepted to the practice of yoga, no fancy mats or active wear required. The Om studio is a humble sanctuary that prides itself on inclusive classes, yogic philosophy, traditional practice and one-on-one assists and support. Om's philosophies, principles and practices view yoga as a holistic approach to life that maintains balance and harmony between body, mind and spirit.



## Our Intention



To create community and a connection with one another.  
To hold space for personal growth and transformation  
and to create a place of belonging and acceptance.

### ***Learning Environment***

The intimate small group setting (maximum of 15 students) ensures personalised teaching and individual attention is delivered. The four-day immersive approach to learning allows you to soak in the wisdom of these ancient teachings and create friendships that will last a lifetime with fellow students.

### ***Style of Yoga***

Vinyasa Flow, the marriage of breath to movement.  
Incorporating traditional elements with intelligent sequencing, creativity and an uplifting approach that offers knowledge and reverence for yoga's deep roots.

## Our Team



The Om team share the common belief that yoga is a way of life and once the passion of yoga is ignited in one's heart, it will forever be a cornerstone of one's life.







## Chantal Pierce



Founder, owner and principle yoga teacher of Om Sweet Om Milton. Chantal is a firm believer in 'living yoga', a practice that extends beyond the mat. Chantal believes that the practice of yoga teaches you to go deeper and deeper within until you find your authentic self, once you become aware of this, you begin to live to your full potential. Chantal's journey with yoga, has taught her that every action is an act of yoga, it's not simply limited to the asanas we take on our mat. The practice is everywhere and once the student realises this, they can begin to use the teachings of yoga to enhance their lives in the most positive way.



Katie Rose



Katie has been teaching yoga and Ayurveda for over 20 years and holds the highest possible accreditation with both Yoga Alliance and Yoga Australia. Katie's passion is in yogic philosophy and the seasonal practices of Sadhana - bringing devotion and a sense of the sacred to everyday life, as well as compassion for animals and a deep reverence for nature. Katie is a published author of several books including the recent 'Mindful Living'.



## Maisy Waller



Deeply connected to the energetics behind the practice, Maisy seeks to find the ways in which your practice can serve you. Influenced by the principles of Traditional Chinese medicine, Tantric Hatha Yoga and the patterns of nature that surround us, Maisy attempts to weave together these elements to bring a sense of deep connection and reverence to your practice both on and off the mat.





Anna Moon



Anna graduated from Southern Cross University with a Bachelor in Clinical Sciences, majoring in Human Structure & Function, and a Masters in Osteopathic Medicine. Although yoga is her first love, Anna has also completed a Comprehensive Rehabilitative Pilates, and postgraduate studies in Thomas Myers Anatomy Trains. Anna believes that movement should be used as medicine and applies this philosophy to her work alongside hands-on treatment at the Jervis Bay Osteopathic Clinic in Vincentia.





## The Modules



- The History & Philosophy of Yoga
- Sutras & Scriptures - The Yoga Sutras, The Bhagavad Gita and The Hatha Yoga Pradipika
- Sanskrit - The Ancient Language of Yoga
- Sequencing Vinyasa Yoga
- Alignment, Assists & Hands on Adjustments
- Pranayama & Meditation
- Anatomy & Physiology
- Ayurveda - The Sister Science of Yoga
- Subtle Body & Subtle Anatomy - Chakras
- Establishing a Home Practice & Sadhana Lifestyle
- Pregnancy & Women's Health - Modifications & Safety Precautions
- Lineage
- The Yoga of Sound & Chanting
- Yoga in the Community
- Ethics & Skills for Teaching Yoga
- Tradition of the Practice in a Modern Context

## Requirements for Certification



- Completion of all homework requirements, 50-hours total.
- Class attendance of all training days and 25-hours of logged classes.
- All assessment tasks throughout the course must be completed to achieve certification at the end of the training.



Please note, 95% attendance is required for a teacher training certificate to be awarded. Students who miss more than 5% of the contact hours may request private tuition at their own cost to make up any missed sessions (costs are \$80-\$110/hour). This course is competency-based, which means there is no pass or fail. Students may re-sit their final assessment until they are deemed to be competent.



## Certification Received



On successfully completing the Teacher Training, you will be issued a Certificate of Yoga Teacher Training from Om Sweet Om. This is accredited by Yoga Alliance, the US based International Yoga Association at the 200-hour level. This means you will be able to get insurance and can start teaching.









## The Structure



The training is broken into four blocks and each block is four days of immersive training and education. Days are around eight hours long with breaks provided throughout. You will be supplied with an outline of each block in advance.

Please note, times may vary slightly from what is outlined in this info pack but you will be notified before each block. There are also three online training sessions that are scheduled between the in-person blocks.



## Training Dates



### ***Block 1 - April 2024***

Thursday, April 4th, 8:30am - 5:30pm

Friday, April 5th, 8:30am - 5:30pm

Saturday, April 6th, 8:00am - 5:00pm

Sunday, April 7th, 8:00am - 5:00pm

### ***Block 2 - May, 2024***

Thursday, May 16th, 8:30am - 5:30pm

Friday, May 17th, 8:30am - 5:30pm

Saturday, May 18th, 8:00am - 5:00pm

Sunday, May 19th, 8:00am - 5:00pm

***Block 3 - June, 2024***

Thursday, June 20th, 8:30am - 5:30pm

Friday, June 21st, 8:30am - 5:30pm

Saturday, June 22nd, 8:00am - 5:00pm

Sunday, June 23rd, 8:00am - 5:00pm

***Block 4 - July, 2024***

Thursday, July 25th, 8:30am - 5:30pm

Friday, July 26th, 8:30am - 5:30pm

Saturday, July 27th, 8:30am - 5:30pm

Sunday, July 28th, 8:30am - 5:30pm

6 hours of online learning, dates & times TBC





## Your Investment



**\$3,780**

*Save \$500 with the Early bird price, paid in full by  
February 29th, 2024*

**\$4,280**

*Full price, paid in full by August 20, 2023*

Please contact us for flexible payment options. We are more than happy to find a payment plan to suit your individual needs and only ask that you keep paying as we progress with the course and that the whole amount is paid prior to the END of the course. *Payment plans cannot be applied to the early bird pricing.*

Payment is final and secures your spot on our training. Payment does not include supplementary text books.

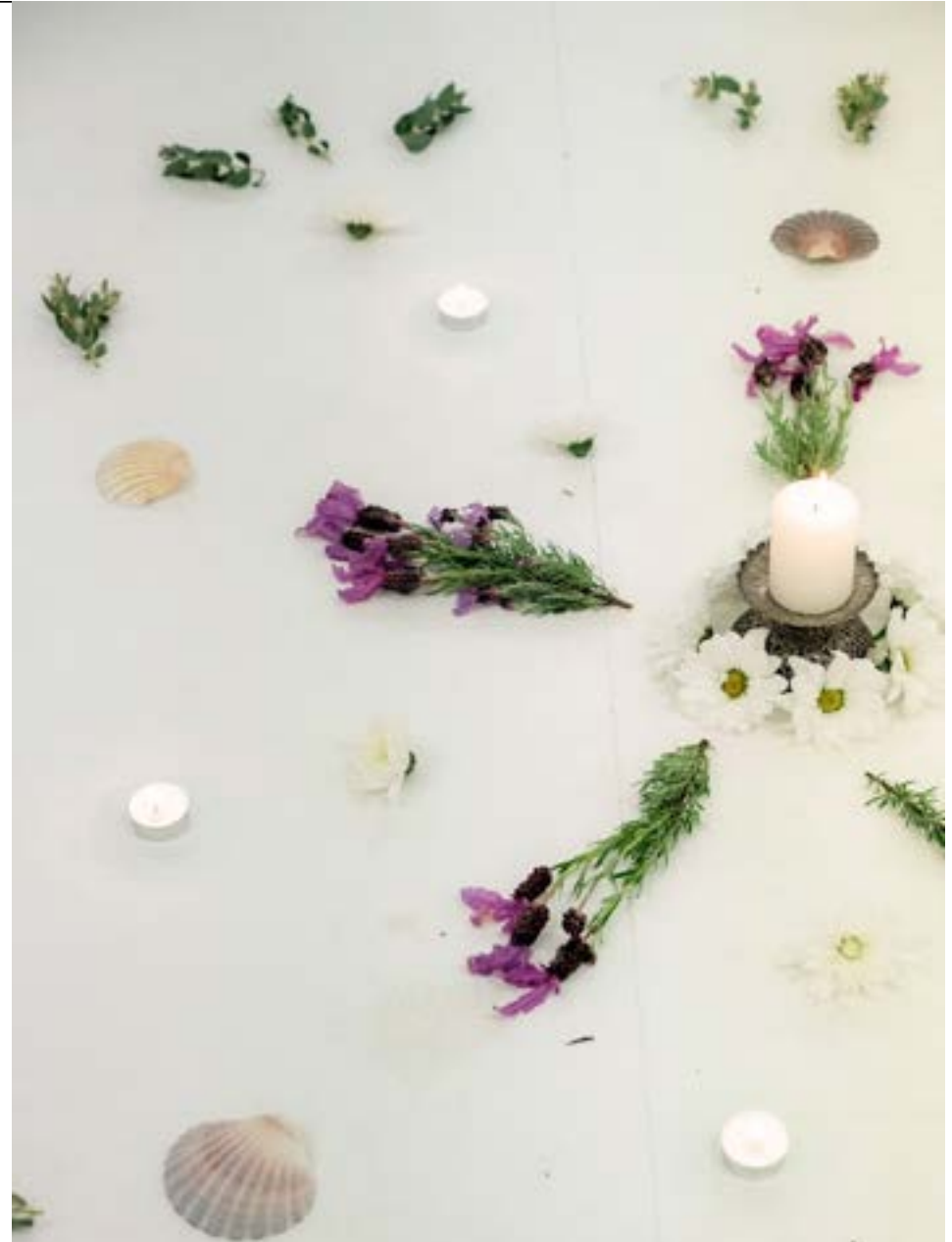
Please note that these will need to be purchased prior to commencement of the course. A book list will be sent to you upon enrolment.

## Cancellation or Withdrawal From Training



Course fee includes \$500 non-refundable administration fee in the event of withdrawal from course. Cancellations more than 30 days prior to course commencing - refund of full amount paid less non-refundable deposit.

Cancellations within 60 days of course commencing - 50% cancellation fee applies. Cancellations within 14 days of course commencing - no refund but credit can be applied towards any teacher training course within 2 years. Cancellations after course has commenced - no refund and no guaranteed credit towards any teacher training course within 2 years.







## Application Form



Please click on the below link to complete your application for the training.

***<https://forms.gle/4zSXStDovFN6MMQz7>***

omsweetomyoga.com.au

