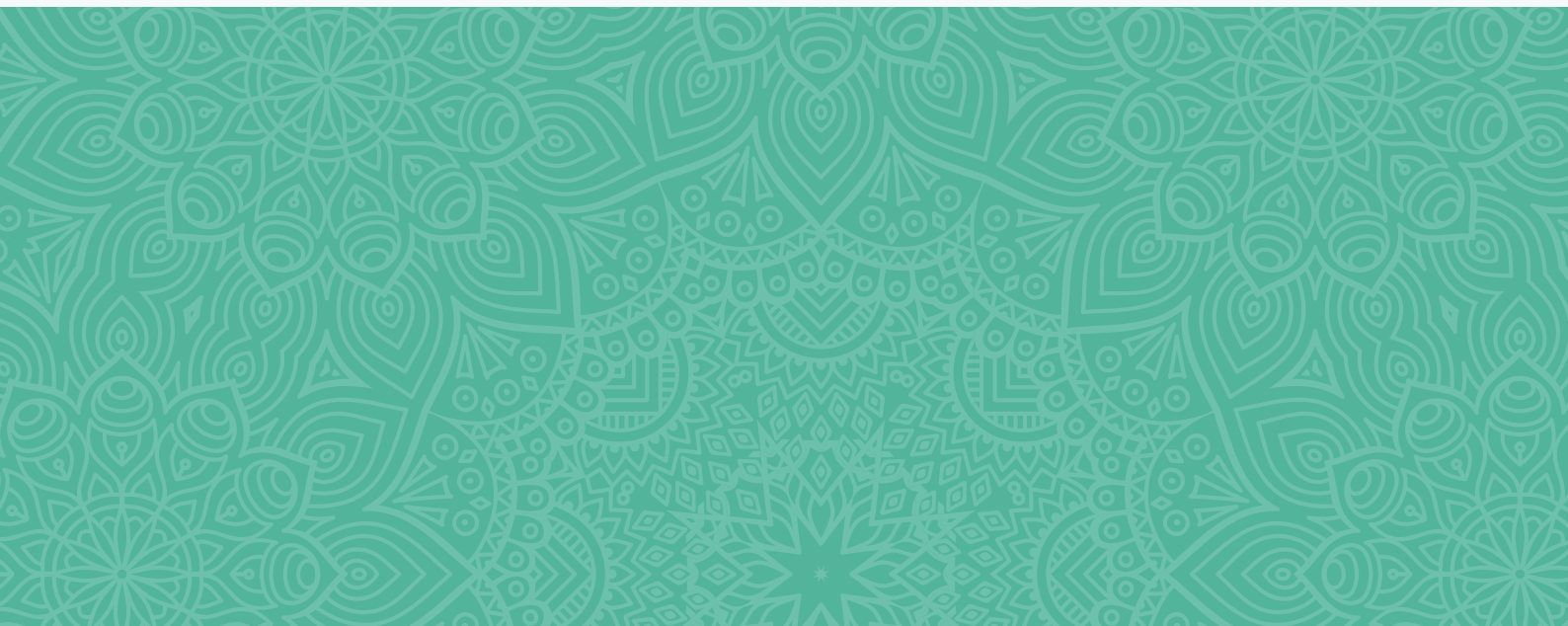




200 | TEACHER HOUR | TRAINING

Spectrum of Care Yoga

Course Prospectus





200hr SPECTRUM OF CARE YOGA



Atha yoga anushasanam - Yoga Sutra 1.1
(Translated: "Now the practice of yoga begins")

So let's begin now.

SPECTRUM OF CARE YOGA

Every body is different and this makes all the difference in how one should practice their yoga. The Gecko Yoga Spectrum of Care 200 hour Yoga Teacher Training programme offers students in-depth skills to explore yoga as a vehicle for personal empowerment. Become a Yoga Alliance Registered Yoga Teacher with this fully comprehensive curriculum.

The course offers a solid foundation in Hatha breath centred yoga, and 200 hours of instruction within a therapeutic framework. The instruction will cover a wide range of yoga techniques including yoga postures, anatomy, restorative principles, breath awareness practices and meditations.

Students explore concepts to deepen their understanding of what are the major causes of resistance to movement, the extent and consequences of human variation, and their implications for our yoga practice. Other topics will be introduced including Ayurveda, Patanjali, and the chakra system as frameworks for the application of yoga as a journey towards health and wellbeing. The asana emphasis includes pathways to an integrative, intelligent and centred body sequencing as well as gentler and restorative variations. Rather than offer standard sequencing or rigid



methodologies, students are exposed to frameworks that inspire each trainee to adapt the practices, awaken their creativity, and find their own authentic voice as a teacher. Graduates of this programme feel empowered to teach a variety of yoga class types, including, moving with ease based classes: yoga for beginners, Hatha level one, women's, gentle, and restorative.

The course is scheduled as a twenty-one-day modular programme with an online Yoga Anatomy component. While the programme days are full, the activities of the day are kept diverse and active. The days really are a wonderful mix of digesting concepts intellectually, applying the concepts experientially, and diving into the practices of yoga. Care is taken within the programme schedule to ensure that students have a healthy experience both physically and mentally as well as time for self practice. Teaching students, journal reflection, and online studies are all included to gain the at-home practicum requirements of the course certification.



200hr Yoga Teacher Training Hong Kong

Starts August 2019

Courses are taught over selected weekends, with 7 Friday night Study Group Sessions.

Graduation Teaching Practicums are in January 2020

Early Bird Offer Ends June 18th

The Gecko Yoga 200hr Teacher Training is not simply teaching you the how of yoga, how to pose 'properly' and the names of the asanas. We will teach you the why of yoga, how it is beneficial and how you can use your unique skills and perspectives to improve people's lives through yoga. Our goal is to give you the skills and confidence needed to teach others.

This is how we do it:

- 100% teacher training - we are teaching you how to teach yoga, not how to do yoga
- Teaching practice - every class includes enough time for all students to practice teaching what they have learned and your homework includes teaching 10 hours of yoga classes
- Learn to teach everybody - uncover the skills to guide people of all ages, abilities and circumstances in their individual practice of yoga
- No cookie cutter yoga teachers - we teach you to teach your style of yoga by being true to yourself!

The unique features of this course also include:

- Weekend training hours
- Small group size for personalised learning
- A dedicated learning academy with all necessary equipment, supporting you for your own teaching practicums
- Topics include: Yoga Therapy, Ayurveda, Chakras, Sequencing, Adaptive Yoga Poses, Functional Movements, The Importance of Breath, Meditation Techniques, Philosophy & History of Yoga, Journalling & Teaching Tools, Business of Yoga & so much more!
- Yoga anatomy from the authors of Yoga Anatomy Book
- Online learning components for self-study
- Developing & transforming your own sadhana, with a 30-day practice that is part of the homework
- Teachers who are all Gecko Yoga Graduates themselves.

Our earlybird offer ends June 18th 2019 and we would love to see you join us on the next course at the Gecko Yoga Academy starting August 2019.

Join Gecko Yoga 200hr Teacher Training and become the yoga teacher you dream of being.

Friday Evening Satsangas

As part of our 200-hour Yoga Teacher Training, we include Friday evening Satsangas, a study and reflection group with your fellow yoga trainees.

In Sanskrit, *sat* is 'the truth' and *sang* refers to 'a company of seekers'. Together it means like-minded individuals coming together in search of the truth. For your Gecko Yoga 200-hour Teacher Training, Satsangas are a way for us to sit with one another and discuss our practice, the training, and the philosophy of yoga without the constraints of the classroom.

The first one or two Satsanga sessions will be teacher-led, focusing on discussion and question topics offered on the previous weekend module. As the course and weeks progress, we'll be encouraging more open discussion and give everyone the chance to teach one another.

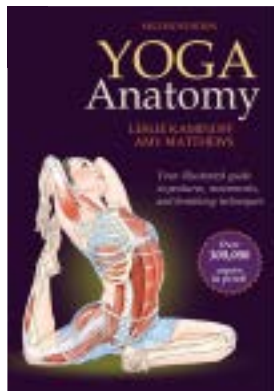
Friday evening Satsangas are your chance to reflect on your Teacher Training and ask questions in an open, supportive environment. We provide the space and the guidance, and you lead the content of inquiry and discussion.

These sessions are all included in the cost of the course and only open to the students on the 200hr TT.



Why Choose Gecko Yoga 200-hour Teacher Training?

- There is no other foundational training that innovatively teaches you both general teaching skills, and the skills to teach individualised practices.
- When our trainees graduate they are confident and inspired teachers.
- Our Modular course + Mentoring module is registered with Yoga Alliance at the 200-hour level, so upon graduation you can apply and immediately become a member of Yoga Alliance.
- The course has an innovative delivery and curriculum designed to help you work at your own pace and flourish as a teacher.
- Our programme has highly qualified presenters. The yoga teachers delivering workshops are also specialists in other fields and experienced teachers & trainers.
- You will get real life teaching experience through our mentoring programme so that you have potential job opportunities when you graduate and references from organisations you have taught for.
- This is the most comprehensive, most useful anatomy training available to teacher training programmes today. This full, online + in-person experience is only available through studios like ours in Hong Kong.



Included In Your Training, Study With Experts In The Field

For the anatomy component of your training, we're partnering with world-renowned Yoga Educators & best-selling authors of Yoga Anatomy, Leslie Kaminoff & Amy Matthews. This is the most comprehensive, most useful anatomy training available to teacher training programmes today, and this full online + in-person experience is available only through studios like ours in Hong Kong.

Using what they've learned in their combined 50-years of experience training yoga teachers, they've created a unique online + in-person course that's exclusively available through Teacher Training programmes: YogaAnatomy.net Fundamentals. This is not your average anatomy training. Don't expect hours of "which bone is which" that make you feel like you're back in high school science classes. Leslie & Amy spend time on the things that matter most to a yoga teacher and skip the memorisation. They'll help you establish a broad base of knowledge by sharing examples, analogies, stories, and guiding you through physical experiments that make the material helpful and applicable to teaching yoga to students.

Leslie & Amy will also share their own favourite teaching strategies like:

- How to make poses accessible for any student
- What to do when students have an injury and still want to practice
- Simple cues that help every student find success on the mat

Leslie and Amy's unique blend of humour and expertise make them the absolute best team to guide you through this phase of your journey.

How does it work? You'll join Amy & Leslie at home via your computer for 20 hours of guided lesson content, reflection, personal exploration, and teaching preparation. They'll lead you through movement experiments that will help you apply anatomy ideas to your own practice, and give you tools you'll be able to access as a teacher. You'll have time to soak up the material and try it out in your own asana practice.

This means that each time we come together as a group, you'll already have a strong foundation in that unit's content and we'll be able to dive even deeper into the material, rather than spend valuable group time on basic concepts and memorisation.

Our group time will be spent in hands-on application. We'll break into discussion groups, share movement exercises, and observe exactly how this information interweaves with our tradition. By the time we're finished, you'll have a broad understanding of the anatomical concepts that are most important to a yoga teacher so you can begin teaching with confidence.

Curriculum Covered

Each area of learning includes lecture, discussion, manual, practical and peer-supported learning activities to allow for different learning styles and keep you engaged.

Yoga Philosophy, Ethics & Lifestyle	Study of the sacred & Yoga educational texts. Ethics for Teachers. Yoga as a living practice. Yoga Philosophy.
Anatomy & Physiology	Internationally acclaimed online module provided and delivered by YogaAnatomy.net Fundamentals.
Yogic Physiology	Study of subtle yogic physiology & energy fields, such as: Nadis, Koshas, Chakras, Gunas etc.
Techniques	Study & practice of Yoga techniques such as: Asanas, Pranayama, Relaxation, Meditation, Chanting, etc.
Teaching Methods	Study & practice of teaching methodologies such as: Principles of demonstration, communication, assistance, correction, adjustments, instruction, teaching styles, student learning styles, etc.
Integrative Practice & Teaching	Observation, supervised teaching practice, teaching classes & online courses.
Specialty modules / Further study	Including pregnancy yoga, relaxation, meditation, breathwork and chair yoga.



Teaching Faculty



Jenny Smith **LEAD TRAINER**

*E-RYT200, RYT500, RPYT, RCYT, C-IAYT, AAYT,
Level 2 member of Yoga Australia.*

Based in Hong Kong, this global citizen has taught thousands of hours of children's yoga classes to children of all ages in schools, community settings and conferences. An experienced teacher trainer for nearly a decade now and an energetic presenter, Jenny is passionate about helping young people build a healthy foundation for a lifetime of yoga.

Jenny is a mother of two, a prenatal and active birth instructor, a certified yoga therapist with IAYT, as well as holding certificates in Reiki I and II and Thai Yoga Massage.

As the founder of Gecko Yoga (a Registered Yoga School in Children's, Prenatal and Spectrum of Care Yoga), Jenny started Hong Kong's first dedicated, community-centered yoga academy in 2018. Gecko Yoga Academy is a space to inspire creative collaboration and a place to balance mind, body & spirit.



Alison Drake **ASSISTANT TEACHER**

RYT200, RCYT & RPYT

Alison is a former primary school teacher who made the decision to change from teaching in a classroom, to teaching from a yoga mat! She draws on her own experience of yoga as a means of self-discovery and acceptance when teaching. She is passionate about guiding students of all ages to learn about their bodies, to take time to breathe deeply, to let go of anything that no longer serves them and...to lead happy lives!

Alison completed her 95 hour Yoga for Children training under the guidance of Jenny Smith at Gecko Yoga in 2016 and was subsequently inspired to complete her 200 hour Yoga Teacher Training certification in the same year, training at Vikasa in Koh Samui. She has since gone on to study 150 hours specialising in Yin Yoga, including training with Bernie Clark and has completed her Pre-natal Yoga certification.

Alison teaches in a gentle and encouraging style, with a strong focus on connecting breath to movement and honouring each student's individual body and level of practise. Alison brings an element of playfulness and fun to her classes, for both children and adults.

Alison is also passionate about sharing yoga with runners and athletes, herself being an avid marathon runner.



Anna Little **ASSISTANT LEAD TEACHER**

RYT200, RCYT

Yoga has been a part of Anna's life since moving to Hong Kong 12 years ago. The first step onto the mat revealed that there is much more to the yoga practice than meets the eye. For Anna, yoga is the one constant amidst the hustle and bustle of Hong Kong life and the mat has time and time again proved to be her sanctuary.

A former Primary school teacher, after becoming a parent, Anna pursued a career teaching children's yoga. Anna completed her 95 hour Children's Yoga Teacher Training with Gecko Yoga in 2016 and her 200 hour "Yoga for the Life Spectrum" Teacher Training with Gecko Yoga in 2018. Anna teaches adults and children's classes in private settings, schools and yoga studios, and volunteers for the YAMA Foundation. She also works in the role of Yoga for Schools Account Manager with Gecko Yoga, spreading yoga to more schools and children around Hong Kong. Anna acted as an assistant teacher on the 2018-2019 Gecko Yoga "Spectrum of Care" YTT, leading monthly student Satsanga groups. Learning and teaching remain Anna's passions, whether in a classroom or on a yoga mat and to bodies of all ages!

Guest Faculty

We endeavour to invite guest teachers to present various modules in order to enrich students' learning experiences and to broaden our community.

Students can keep an eye on our social media channels for announcements on guest faculty and the topics they will be covering in scheduled teacher trainings.

Upcoming Course Dates & Schedule:

Aug 2019 - Jan 2020

Friday sessions will be “Satsanga” (supporting your practice with a yoga study group).
Saturdays and Sundays are the teaching contact hours.

Dates		Times
2019 CLASSES		
Day 1	Saturday August 24th, 2019 - Introductions	09:00 - 17:30
Day 2	Sunday August 25th, 2019	09:00 - 17:30
	Friday September 13th, 2019 - Satsanga	19:00 - 21:00
Day 3	Saturday September 14th, 2019	09:00 - 17:30
Day 4	Sunday September 15th, 2019	09:00 - 17:30
	Friday October 4th, 2019 - Satsanga	19:00 - 21:00
Day 5	Saturday October 5th, 2019	09:00 - 17:30
Day 6	Sunday October 6th, 2019	09:00 - 17:30
	Friday October 25th, 2019 - Satsanga	19:00 - 21:00
Day 7	Saturday October 26th, 2019	09:00 - 17:30
Day 8	Sunday October 27th, 2019	09:00 - 17:30
	Friday November 15th, 2019 - Satsanga	19:00 - 21:00
Day 9	Saturday November 16th, 2019	09:00 - 17:30
Day 10	Sunday November 17th, 2019	09:00 - 17:30
	Friday November 29th, 2019 - Satsanga	19:00 - 21:00
Day 11	Saturday November 30th, 2019	09:00 - 17:30
Day 12	Sunday December 1st, 2019	09:00 - 17:30
	Friday December 6th, 2019 - Satsanga	19:00 - 21:00
Day 13	Saturday December 7th, 2019	09:00 - 17:30
Day 14	Sunday December 8th, 2019	09:00 - 17:30
2020 CLASSES		
	Friday January 3rd, 2020 - Satsanga	19:00 - 21:00
Day 15	Saturday January 4th, 2020	09:00 - 17:30
Day 16	Sunday January 5th, 2020	09:00 - 17:30
	Friday January 10th, 2020 - Satsanga	19:00 - 21:00
Day 17	Friday January 17th, 2020 - Practicums	09:00 - 18:30
Day 18	Saturday January 18th, 2020 - Practicums	09:00 - 18:30
Day 19	Sunday January 19th, 2020 - Practicums	09:00 - 18:30



Course Delivery

Our course is delivered in a monthly modular format in Hong Kong. Dates will be posted per training – please see the Gecko Yoga website for further information. The mentoring component of the course takes place throughout the duration of study, in person at Gecko Yoga Academy and online in the Gecko Yoga Zone.

Course Costs

Early bird tuition:	HK\$26,888
Full Price:	HK\$29,888

Payment Methods

Preferred method of payment is by direct deposit and or bank deposit. Credit card payments can be made by PayPal with fees applicable. Cheques can be made out to Gecko Yoga Ltd. and posted to the Gecko Yoga Academy address provided. Enquiries to info@geckoyoga.com for payment plan or other currency transactions.

Refunds and Transfers

Details are listed on the registration form in the terms and conditions. Please contact us directly if you have questions.

Apply Now

Email info@geckoyoga.com to request an application form.

Send the application form in once completed. Approved applications will be invoiced and places are only guaranteed upon full payment. Settlement is due prior to the commencement of the course.

There are no qualification or course pre-requisites to join this training.

A Commitment to Learning

Interested students must:

- To be dedicated to the practice of yoga with a coachable attitude
- Have a deep desire to learn and personally explore the deeper dimensions of yoga
- Be free of major injuries going into the programme
- Students must be prepared to make personal sacrifices in order to achieve 100% course attendance
- Be willing to forgo most other personal or professional commitments for the duration of the programme



The Next Step...

Email info@geckoyoga.com to request an application form.



Follow “**Gecko Yoga**” and “**Gecko Yoga Academy**” on **Facebook** and **Instagram** and subscribe to our events.

For more information on the course, please visit:
www.geckoyoga.com



www.geckoyoga.com



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