



335 Elkington Road
Bellbrae 3228
Phone 03 5261 5351
SMS 0418 113 362
www.sallylouiseyoga.com
[sally louiseyoga@gmail.com](mailto:sallylouiseyoga@gmail.com)

ADVANCED DIPLOMA OF HATHA YOGA

Dear Yogi

As you have completed your Diploma of Hatha Yoga with us, I would like to invite you to continue your yoga studies at SL Yoga by completing your Advanced Diploma of Hatha Yoga in 2020.

This will be a 10-month course, running from February – December.

The course will include:

- One weekly advanced teacher training tutorial covering the following:
- A deeper exploration of the yoga asanas, including modifications, variations, loads of hands on adjusting experience, addressing special needs in a class environment, and time answering the many questions you will have from teaching your classes.
- Class specifics such as: catering for a multi level class; helping people with limited mobility; structuring your own yoga courses–beginners/intermediate/ advanced; how to meet the needs of each individual, etc.
- Teaching of advanced asanas and sequences and how to best prepare the body for these.
- A study of the effect of yoga asana on the digestive, circulatory, lymphatic and nervous systems.
- Yoga and its effects on the subtle energies of the body..... and more! See course outline below.

This will be taught in 1 weekly 1 ½ hour tutorial, during school terms. Our 2020 class will be held on Mondays at 5pm.

Investment is \$2,600. (Bookings via email or phone. \$500 payable upon booking)

Repeating students Investment \$1300

It's been so great watching you evolve as teachers and students as so many of you have begun passing on the gift of yoga to others, some of you have even opened your open studio! Thank you for all you are doing for yoga.

Namaste

Sally Louise

Course Outline

Module A Topics

Topic 1 – ASANA. Adjusting, cueing & improving personal practice. Our Anatomy and physiology expert will be giving us a detailed teaching on exactly what is happening in selected postures.

Topic 2 – Catering for a multi-level class

Topic 3 – NADI anatomy and The Pranic Body

Topic 4 – Advanced Pranayama Techniques

Topic 5 – Yoga and the Central Nervous System

Topic 6 – Yoga and the Digestive System

Topic 7 – Yoga and the Endocrine System

Topic 8 – Yoga to access and clear the Astral and Mental

Topic 9 – Yoga In To Deep Meditation

Topic 10 – (guided by student requirements)