

Y O G A 

200 HOUR

HAPPY YOGA

TEACHER

TRAINING

VINYASA + HIP HOP YOGA

WITH STEVE ROSS, SAMMY VEALL AND AMELIA SCHRADER



DATE

MARCH 1st - MARCH 31st 2019

LOCATION

YOGA 213 2/14 LAMBERT AVENUE, GEELONG, VICTORIA +
DESA SENI VILLAGE RESORT CANGGU, BALI

COURSE STRUCTURE

GEELONG FRIDAY MARCH 1st - SATURDAY MARCH 23rd

MON TO FRI 9.30am - 4.45pm SAT 10.30am - 5pm SUN 11.45am - 6.45pm

BALI MARCH 24TH - MARCH 31st FULL TIME

COST

FULL PRICE: \$4,299

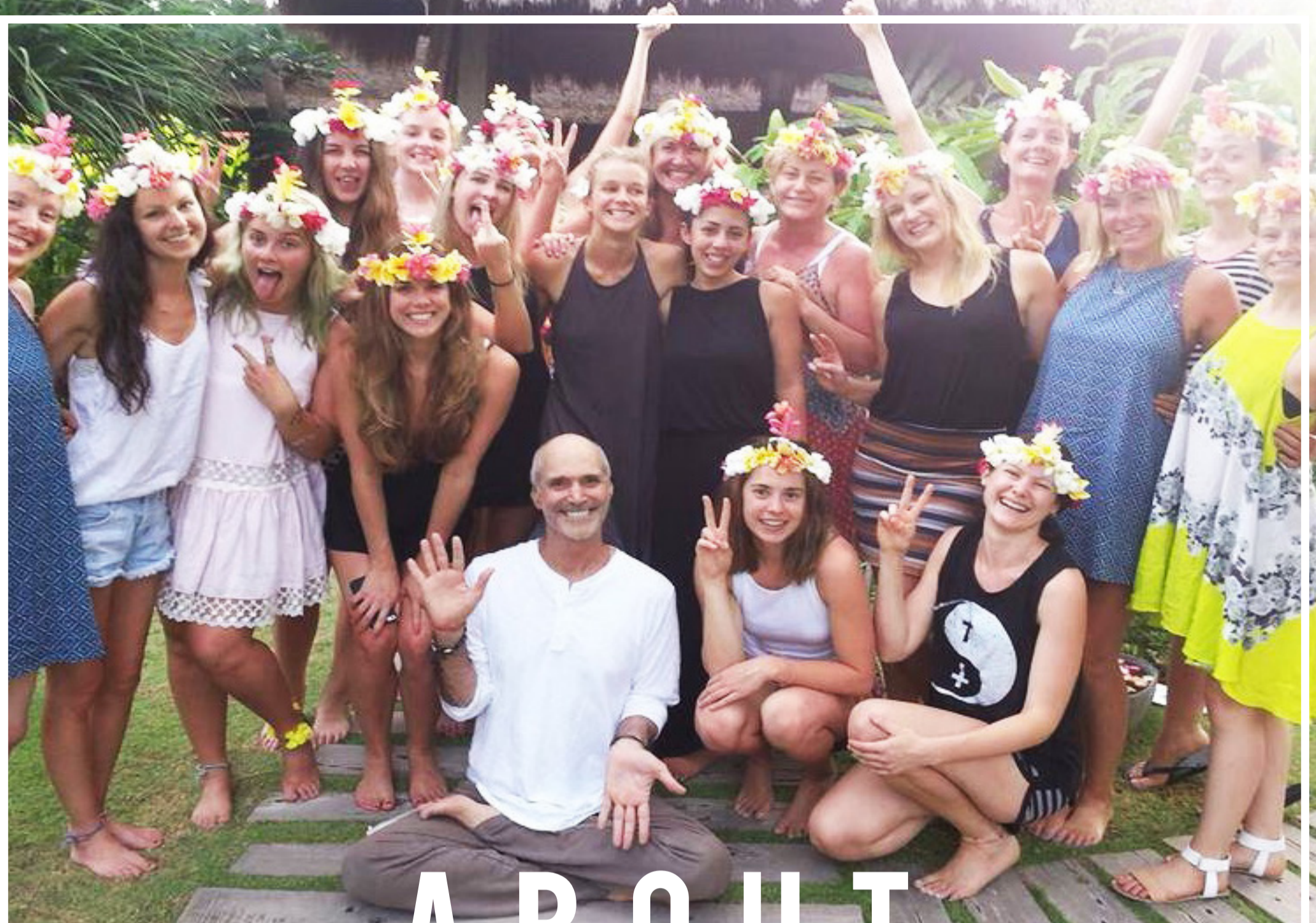
EARLY BIRD: \$3,989 *VALID UNTIL THE 1st OF DECEMBER 2018

NON-REFUNDABLE DEPOSIT: \$500. PAID WHEN YOU APPLY FOR THE COURSE

EMAIL SAMMY@YOGA213.COM.AU TO APPLY NOW!

ATTENDANCE POLICY

You must be present for all tuition classes, yoga classes + the full seven days of the retreat to receive your 200hr YTT certificate. There will be reading materials, homework, home practice and studio practice involved in this 200hr YTT.



ABOUT



ARE YOU READY TO BECOME A YOGA TEACHER?!

We have designed a unique, fun and comprehensive YTT program to prepare you to share the practice you love with the world! Our experienced teaching team, LA yoga guru, **Steve Ross**, Yoga 213 owner and founder **Sammy Veall** and yoga anatomy teacher **Amelia Schrader**, will help you develop your own authentic style so you leave the training confident, happy and ready to teach.

The course is full time working with **seven to nine hour days** where you will be totally immersed in the practice. You will be exposed to the true meaning of yoga from the mind of Steve, author of best selling book - **Happy Yoga**. Steve will share his endless knowledge on the history and philosophy of yoga while opening your eyes to meditation and the ancient art of pranayama. He will also share his love of music and teach you how to incorporate this into your own classes.

The first three weeks of the training are held at our **Geelong studio** followed by a retreat immersion at the beautiful **Desa Seni resort in Canggu, Bali**. This training is open to all levels of yoga experience and is recommended for those wanting to teach yoga professionally, along with those wanting to deepen their practice, or simply change old habits and go on a journey of self-exploration.



COURSE OVERVIEW

COURSE PRICE INCLUDES

ASANA MANUAL

ANATOMY MANUAL

PHILOSOPHY AND MEDITATION
MANUAL

7 NIGHTS ACCOMMODATION
AT DESA SENI IN BALI

7 BREAKFASTS, 6 LUNCHESES
AND 6 DINNERS AT DESA SENI
FOR THE DURATION OF THE
RETREAT

MEMBERSHIP AT YOGA 213
FOR THE DURATION OF THE
TRAINING

***PLEASE NOTE:** Flights and transfers to and from Bali are not included in the course price and will need to be organized individually. Any additional food consumed at Desa Seni will need to be purchased. Any food consumed outside of Desa Seni is not included. All yoga textbooks are not included and will need to be purchased individually, prior to the first day.

COURSE CONTENT COVERED

- ☆ YOGA PHILOSOPHY
 - ☾ ASANA
 - ☆ PRANAYAMA
 - ☾ SEQUENCING AND CREATING CLASSES (VINYASA FLOW STYLE)
 - ☆ YOGA ANATOMY
 - ☾ INTELLIGENT ADJUSTMENT AND CUEING
 - ☆ MEDITATION
 - ☾ HAPPINESS
 - ☆ KIRTAN (CHANTING)
 - ☾ YIN YOGA
 - ☆ MUSIC AND YOGA
 - ☾ BUSINESS AND YOGA
- + MORE!



THE DETAILS

PAYMENTS AND CANCELLATIONS

CANCELLATION POLICY

CANCELLATION POLICY

Cancellations can be made **four weeks prior to the course commencement date** and no later otherwise you will forfeit all monies paid outside of your \$500 deposit money which is non refundable. If serious illness occurs inside four weeks prior to the course commencement date, **a 50% cancellation fee applies**. All other cancellations will be non refundable.

PLACES ON THIS TRAINING ARE LIMITED!

TO RESERVE YOUR PLACE AND FOR MORE INFORMATION PLEASE EMAIL:
SAMMY@YOGA213.COM.AU

PAYMENT OPTIONS

- ☆ **Early Bird Price of \$3,989 must be paid in full on or before December 1st 2018.** Non refundable.
- ☾ **A non refundable deposit of \$500** is required to secure your position.
- ☆ **Payment plans are available if you choose to pay the full rate.** After submitting the \$500 deposit the remaining balance is then divided up into **four payments**. These payments are to be paid over **four months on the first day of each month**. Payments will need to be clearly named and an email of remittance must be sent to sammy@yoga213.com.au to confirm.
- ☾ **The final payment is due on or before the February 1st 2019.**



TEACHING TEAM

STEVE ROSS



Steve has practiced various styles of yoga for many years and has been teaching for 40 years. He has explored the physical aspects of yoga as well as the philosophical and spiritual roots of yoga. Before embarking on his yoga career, Steve recorded and toured with bands such as **Fleetwood Mac, the Beach Boys** and **Men at Work**.

Steve spent four years as a monk in the Vedic tradition, and since that time, he has ceaselessly sought out and reveled in the presence of some of the most notable masters of our time - in India and elsewhere. **He is honored to have the opportunity to share his knowledge and experience with other spiritual seekers.**



MODULES WITH STEVE

COURSE MODULES



YOGA PHILOSOPHY



HAPPINESS AND YOGA



**VARIOUS MEDITATION
TECHNIQUES**



PRANAYAMA



KIRTAN (CHANTING)



HIP HOP YOGA + YIN YOGA



YOGA DIET AND NUTRITION



MUSIC AND YOGA

TEACHING TEAM



SAMMY VEALL



Sammy is the owner and founder of Yoga 213. When she was just 21, a fire exploded on her leaving her with 3rd degree burns to 35% of her body. After a month in hospital and learning to walk again she moved to LA and was **introduced to Hip Hop Yoga by yoga guru, Steve Ross.** After her first class she fell in love with the happiness of yoga and signed up for Steve's 200hr training the next day. After the training and eager to continue learning, Sammy flew straight to Bali to complete a further 200hr's where both tradition and discipline were instilled in her. Two teacher trainings later Sammy returned to Melbourne and opened her happy home - Yoga 213 in March 2013.

Sammy's life experiences and time spent with Steve have made her realize that life is all about having fun and being happy! Basing her studios around her 'To be Happy' philosophy and easygoing nature, Sammy continues to share the happiness of yoga with hundreds of students everyday. Her classes are fluid, uplifting and heavily based around music. She also loves teaching mindfulness and meditation, giving her students space and time to turn inwards.

Training with Laughing Lotus (NYC), attending the Asia Yoga Conference in Hong Kong and completing various workshops and retreats with world-renowned teachers has left Sammy with a wealth of knowledge and unique approach to the practice. **She is honoured and humbled to be able guide others along their yoga journey.**



MODULES WITH SAMMY

COURSE MODULES



ASANA



SELF-DEVELOPMENT



**VINYASA + HIP HOP YOGA
SEQUENCING**



PRINCIPLES OF TEACHING



BUSINESS + YOGA



MUSIC + YOGA



ADJUSTMENTS



TEACHING TEAM

AMELIA SCHRADER



Amelia is a yoga teacher and qualified Naturopath (BSc) with a passion for health, movement and wellness. Amelia found her love for yoga in 2007 and has explored various styles from Vinyasa, Bikram, Barkan Method, Power, Ashtanga and Acro yoga. She later completed her 200 hour Yoga Teacher Training in the Barkan Method and is **currently studying Yoga Medicine with Tiffany Cruikshank to complete her 500hr YTT.**

With a background in dance, sport aerobics, gymnastics and Crossfit, Amelia draws upon her broad movement experience to bring a strong, dynamic and uplifting style to her classes. **She is passionate about creating an intelligent, conscious movement practice that is supported by her in depth knowledge of the body and yoga anatomy.** Encouraging her students to explore their edge, Amelia also gives them the tools to gain a deeper understanding of their practice and to continue to progress on all levels.



MODULES WITH AMELIA

COURSE MODULES



**ANATOMICAL TERMINOLOGY
AND ACTIONS IN THE BODY**



**THE FUNCTIONS OF THE JOINTS,
MUSCLES AND CONNECTIVE TISSUE
AND HOW IT RELATES TO YOGA
POSTURES**



**CONNECTING YOGA ANATOMY
AND INJURY PREVENTION**



**COMMON MISS ALIGNMENTS
AND HOW TO ADDRESS THIS
IN YOUR CLASSES**



**CREATING AN ANATOMICALLY
SOUND AND BALANCED PRACTICE
WITH A MODERN APPROACH TO YOGA**



BALI IMMERSION

DESA SENI VILLAGE RESORT, CANGGU BALI

After part one in Geelong, we fly to Bali with Steve for some much-deserved sunshine! Staying at the amazing Desa Seni Village Resort in Canggu, the Bali immersion will consist of a morning practice followed by lectures, meditation and yin yoga in our private open-air yoga shala. All students will teach a one hour solo class and complete written tests on anatomy, asana and yoga philosophy as part of their final assessment.

FOOD

Seven breakfasts, six lunches and six dinners are included on the Bali immersion. Desa Seni serves an eclectic Asian-Western cuisine with a focus on organic, healthy and fresh food. They grow almost 80% of own produce and work with local businesses to create meals direct from farm to table. All dietary requirements can be taken into consideration.

ROOMS

While staying at Desa Seni, you will be provided with unlimited drinking water, free WiFi, complimentary in room tea and coffee, and the use of all services and amenities. All bedrooms are air-conditioned and include in-room safe, telephone, music system, bathroom amenities and mosquito nets.

Read more about Desa Seni here at www.desaseni.com



WORDS FROM PAST STUDENTS

"My life changed the day I walked into the training. I found out what it meant to be happy, what it meant to look at the world differently, and what it meant to really live the life of a yogi. There is so much more to yoga than the poses and once you learn that, a lot of things change. Steve's outlook on life shifted something in my mind and I don't think I'll ever look at anything the same again."

- AMY COLLINS, 2015

(NOW SENIOR TEACHER AT YOGA 213 RICHMOND)

"I walked into this journey with so much self-doubt, and walked away the happiest and most confident I've ever been. Yoga (and Steve) helped me ignite it."

- SARAH TURNER, 2015

(NOW SENIOR TEACHER AT YOGA 213 RICHMOND)

"The Yoga 213 training changed my life. It was an experience that challenged me, inspired me and left me beaming with happiness. The training teachers are highly knowledgeable sharing countless years of experience and I feel lucky to have learnt from them. Steve changed my outlook of the world and Sammy helped me understand the business side of yoga. After completing the training I was ready to jump straight into teaching and have been doing it full time ever since! For anyone who is looking for a career change, a challenge or to try something new I couldn't recommend this training more."

- TAYLOR HUNTER, 2016

(NOW STUDIO MANAGER AT YOGA 213 RICHMOND)

"The teacher training at Yoga 213 offered such a valuable insight to the world of contemporary yoga, while still honouring its traditions. It was a really valuable blend of history, anatomy, safe alignment in practice, and sequencing, but also offered important elements like engaging with students, the importance of body language and attitude, HOW to get a job teaching, and the 'business side' required of yoga. I came away from the training not only stronger, and more confident, but armed with a whole suite of tools beyond just learning the asanas and chants, I was able to go home and commence teaching straight away, and had developed the confidence to open my own studio. Most importantly, I learnt that you don't have to be an advanced yogi yourself, to be a damn good teacher!"

- KAYE WATERHOUSE, 2016

(NOW OWNER OF VITAL BEAT YOGA IN PERTH)



WORDS FROM PAST STUDENTS

"The Yoga 213 teacher training is a perfectly balanced program that teaches aspects of yoga from asana, anatomy and spirituality to accommodate modern yoga practice. The perfect end to the training was the Bali immersion. Days filled with laughter, friendship and growth, set in paradise with an endless supply of coconuts. Topped with a yoga exam by the pool. A magical experience I will never forget."

- VICTORIA ALESSI, 2017

"Training at Yoga 213 was a beautiful experience. It was a physical and mental challenge. I witnessed growth in myself and my teammates as we smashed any preconceived ideas we had about ourselves. We were blessed to have such supportive teachers and a group that felt more cohesive and welcoming than any family. We are forever changed and we know we can all teach and let our uniqueness shine through."

- DIONNIE FAHOUR, 2017

"I am so glad I choose to complete my YTT with Yoga 213. It made such a difference to be supported by the 213 family during the rollercoaster ride. I loved the immersion not to mention one week in the stunning Bali was the cherry on top - but truly made such an impact on my experience. The biggest thing I received and uncovered in this training was truly being happy, not to mention the confidence to start teaching from this training."

- MADDISON VERNON, 2017

"I was at a crossroads before I walked into teacher training. I was deciding on whether to further my design career or take the leap, and become a full-time yogi. To my surprise, during the training, I found happiness again with designing; I was sketching and journalling ideas in Bali! I learnt that the yogi journey can help you find your true calling. After walking away from the training, I realised it is possible to combine all of your interests with yoga, not only as a career but as a lifestyle too."

- MELISSA HIM, 2017



TO BE HAPPY



"You are already happy. The reason you don't experience it is that it's covered up by layers of suppressed emotions and negative thoughts. Shift your attention and your **inherent happiness flashes forth.**"

- Steve Ross

