

Training to become a teacher is conducted over time. It takes dedication and perseverance. Developing a depth of understanding and learning to communicate from direct experience is a lifelong journey. At Yoga Mandir our program to train teachers is grounded in a commitment to practice and is an expression of, and contribution to, community; working alongside colleagues under the guidance of experienced teachers, day-by-day and week-by-week. Our program for Teacher Trainees includes the following:

1. Teacher Development Weekends

- Our Teacher Development program for Teacher Trainees is structured over 12 terms. (ie: four terms per year over three years).
- Trainees attend Teacher Development (TD) weeks for seven days (Monday to Sunday) once every ten-week term. Details can be found on the [Teacher Development page](#) on our website.
- The TD program includes exposure to and participation in teaching exercises, assessment practice, teaching under "assessment" conditions, theory and practice sessions and class attendance with Alan. An example of the 7-day timetable can be found at the end of this document.
- Trainee attendance at TD weeks must be in-studio as online participation is not an alternative to in-studio attendance. Exceptions will be made for those in extreme circumstances (eg: where borders are closed and travel impossible).

2. Personal Practice

- Trainees are required to develop a home practice of 1½ - 2hrs x 6 days per week and to keep a log of their practice.

3. Classes

- During the training period, a trainee must refrain from attending classes with other teachers.
- Attendance in weekly classes of asana and pranayama with Alan is recommended.
- Classes with Alan are offered both in studio and online and can be booked and paid for through our website. <https://www.yogamandir.com.au/timetable/>

4. Interviews

- Trainees can book thirty-minute interviews (in studio or virtual) with Alan .
- Practice logs and a practice review sheet must be submitted 48 hours prior to an interview.
- Bookings can be made through our website. <https://www.yogamandir.com.au/teacher-interviews/>

5. Assisting Allocations

- Canberra-based trainees are allocated to assist in weekly classes with Alan each term.
- Interstate trainees assist throughout their TD week.

6. Internships

- External Trainee Teachers who wish to do an internship are allocated to assist in classes, along with access to the school for their own practice.
- In exchange, Interns are allocated responsibilities, which include cleaning and other weekly tasks to maintain the smooth function of the school while they are here.

7. Online Resources

- Each term will focus on several subjects available on Yoga Vidya. This includes one philosophy subject, a Pranayama subject, and a teaching subject. Additional related subjects are highly recommended.
- The table below presents these subjects and when they will be delivered. The subject codes relate to the subjects on Yoga Vidya. If you have already covered any subject, you have the option to repeat it or to pass over that particular subject.



- A key element to the Yoga Vidya platform is that anyone can enrol in a subject at any time. This allows participants to move at their own pace. For example, through a busy period you may elect to skip a subject and pick it up in a holiday period. Please be aware that the philosophy and the pranayama subjects named are linked to the reflective practice subjects covered each term in the Reflective Practice-Series (RP-S) and are covered in Teacher Development weekends.

| Teacher Development | Philosophy | Pranayama | Yogasana, Teaching | Recommended But not essential |
|---------------------|------------|-----------|--------------------|-------------------------------|
| Term 2024-01 | | P-04 | Y-02 | T-Ph11 |
| 02 | T-Ph23 | P-10 | | T-Ph10 |
| 03 | T-Ph25 | | T-T07 | T-Ph05 |
| 04 | T-Ph19 | P-03 | | T-Ph08 |
| Term 2025-01 | T-Ph01 | | T-T01 | P-14 |
| 02 | T-Ph04 | | T-T02 | P-02 |
| 03 | T-Ph03 | | T-T03 | P-01, T-Ph06 |
| 04 | T-Ph02 | | Y-01 | P-07 |
| Term 2026-01 | T-Ph17 | | T-T04 | P-05, T-Ph22 |
| 02 | T-Ph07 | | T-T08 | P-12, T-Ph21 |
| 03 | T-Ph09 | | T-T06 | P-09, T-Ph24 |
| 04 | T-Ph20 | | T-T05 | P-08, T-Ph26 |
| | | | | |

Application Process

Step 1. Attendance at a Prospective Applicant Intensive

Prior to submitting an expression of interest, applicants must participate in regular face to face classes with Alan. This is particularly relevant for prospective applicants from outside of Canberra. This may be achieved by attending classes for up to a week. During this time Alan will arrange to meet with you directly to discuss your participation in the program.

Step 2. Submission of an Expression of Interest

Application to the Teacher Development Program as a trainee is made via an expression of interest (EOI) emailed to the Training Coordinator at: training@yogamandir.com.au. EOI's can be lodged 6-8 weeks prior to the trainee intake date and should include details of your yoga history including when you started, your teachers, home practice (frequency, duration), injuries or other issues you are working with, as well as any other circumstances such as work or family conditions that may affect your practice. An outline of why you are interested in teacher training should also be included.

On receipt of an EOI, Alan will either provide an application form for enrolment into the program or make a recommendation for your ongoing development towards teacher training.

Step 3. Submission of an Application Form

Submitting your application for enrolment does not confirm a place in the program. From the applications received, a limited number of places will be offered in the program.

Step 3. Acceptance of Place

Applicants who are offered a place in the program, must then formally accept their place and complete their bookings for the coming term.

Important Dates: 2024 Intake

February 2024 (Start-of-year intake)

- **21 December** – Expressions of Interest (EOI) for February intake due
- **10 January** – Application forms due
- **14 January** – New trainees to accept place in program
- **23 January** – Teacher Development bookings for Term 1 close

July 2024 (Mid-year intake)

- **23 May** – Expressions of Interest (EOI) for July intake due
- **17 June** – Application forms due
- **1 July** – New trainees to accept place in program
- **10 July** – Teacher Development bookings for Term 3 close

Sample timetable. (Please note that the week schedule may vary from term to term)

| | MON | TUE | WED | THUR | FRI | SAT | SUN |
|-------------|---------------|---------------|---------------|---------------|---------------|---------------|--------------|
| 6.00-6.30 | | | | | | | |
| 6.30 - 7.00 | Session | Session | Session | Session | Session | | |
| 7.00-7.30 | 1a | 1b | 1c | 1d | 1e | | Session 9 |
| 7.30-8.00 | | | Syllabus | | | Developing | Asana class |
| 8.00-8.30 | | | Practice | | | Class | 7.00-8.30am |
| 8.30-9.00 | | | | | | 7.30-9.00am | |
| 9.00-9.30 | | | | | | | |
| 9.30-10.00 | | | | | | | |
| 10.00-10.30 | Developing | Slow Paced | Pranayama | Slow Paced | Developing | Foundation | Session 10 |
| 10.30-11.00 | Class | Class | Class | Class | Class | Class | Group work |
| 11.00-11.30 | 10.00-11.30am | 10.00-11.30am | 10.00-11.00am | 10.00-11.30am | 10.00-11.30am | 10.00-11.30am | 9.30-11.00am |
| 11.30-12.00 | Session 2 | Session 3 | Session 4 | Session 5 | Session 6 | Session 7 | |
| 12.00-12.30 | Theory | Group work | Group work | Group work | Yogasana | Review | Session 11 |
| 12.30-1.00 | 11.45-1.30pm | 11.45-1.30pm | 11.30-1.30pm | 11.45-1.30pm | 11.45-1.30pm | & | RP-S |
| 1.00-1.30 | | | | | | Yogasana | 12.00-1.30pm |
| 1.30-2.00 | | | | | | 11.45-2.15pm | |
| 2.00-2.30 | | | | | | | |
| 2.30-3.00 | | | | | | | |
| 3.00-3.30 | | | | | | | |
| 3.30-4.00 | | | | | | | |
| 4.00-4.30 | | Therapy | | | | | Restorative |
| 4.30-5.00 | | 4.00-5.15pm | | | | | class |
| 5.00-5.30 | | | | | | | 4.00-5.30pm |
| 5.30-6.00 | Developing | Developing | Foundation | Foundation | Mature | | |
| 6.00-6.30 | Class | Class | Class | Class | Class | Session 8 | |
| 6.30-7.00 | 5.45-7.15pm | 5.45-7.15pm | 5.45-7.15pm | 5.45-7.15pm | 5.45-7.15pm | RP-S | |
| 7.00-7.30 | | | | | | 6.00-7.30pm | |
| 7.30-8.00 | | | | | | | |