

so you want to be a yoga teacher?

writer Insiya Rasiwala-Finn

Kerri Kelly experienced the power of yoga firsthand when she mourned the loss of her stepfather after the September 11, 2001 tragedy in New York. “I was in one of the many yoga classes I attended during this painful time, when I realised how my yoga practice gave me the space I needed to cry, to mourn my loss and eventually to heal.” That was the transformative ‘it’ moment for Kelly, who quit her corporate advertising job and moved out west with the intention of studying yoga more deeply and eventually teaching. Today, 10 years after taking her first yoga teacher training course, she is a well-regarded teacher in the San Francisco Bay area. Her dream of teaching yoga is a reality.





氣貫长虹
神清氣爽



THIS PAGE: Nigel from Centreed Yoga at Samahita Retreat, Koh Samui. OPPOSITE PAGE: Yoga teacher Lara Baumann from Kamalaya. OPENING PAGE: Women practicing yoga.

While your yoga epiphany may have been more subtle than Kelly's (or perhaps it is still to come), you may harbour hopes to teach this transformative practice that has in the last decade defied all predictions and moved far beyond a trend. Today, even sceptics would agree that yoga is a full-blown movement, with more than 1.5 million practitioners in the USA alone. And if, like me, you've been lulled by a teacher's mellifluous tones during savasana or the end of yoga class relaxation and experienced a little voice inside you crying out, "I want to teach, in fact I know I can," know that you are not alone.

Yoga teacher training courses are some of the most popular offerings at yoga studios globally (the Yoga Alliance Association lists over 1,500 yoga teacher training schools on its website as of 2012) and hundreds of yoga students are lining up each year to sign up. However, before walking down the teaching path, here are a few things you may want to consider.

1. BE CLEAR OF YOUR INTENTION

Yoga as a practice forces us to unmask our intentions. Be honest with yourself. Do you want to teach? Why do you want to teach? If teaching is simply a way for you to deepen your yoga practice, a yoga teacher training course may not be the best option for you. Many studios as well as independent teachers offer programmes for advanced/intermediate practitioners, as well as study groups. These also work out to be less costly than a yoga teacher training. If you do however want to teach and are passionate about studying further, this may be the right path for you.

2. TEACHING YOGA CAN BE COMPETITIVE – CREATE A FOCUS

NAMASTA, an independent health professionals alliance in the US recently numbered yoga instructors in the US alone at 50,000 and counting. What differentiates you? Yes, you are and always will be a unique individual, but as yoga teacher Kerri Kelly says, "It is essential to have a focus." Do you have a special interest in your life that you could bring yoga to? Many successful yoga teachers align their existing interests with yoga and in doing so, can bring yoga to various other populations. For example, Ryan Leech is a student of Canadian yoga guru, Eoin Finn, a professional mountain biker. After completing Finn's 200-hour yoga teacher training, he now runs yoga and mountain bike retreats and teaches yoga at bike festivals around the world.

If you don't already have a focus for your teaching goals, or a ready audience, allow one to emerge. It will allow you to channel your energies and commit toward a path. Perhaps you want to teach children, or athletes, or practitioners with physical disabilities. Ask yourself what is important to you.

3. THE POOR GLOBAL ECONOMY = MORE YOGA TEACHERS

The global recession has prompted many a career change as well as soul searching, resulting in more yoga teachers. *Yoga Journal* magazine blogged on Dec 28, 2011 that many yogis are turning to teaching yoga as a second source of income in an uncertain economy. The magazine has seen direct evidence of this trend, experiencing a 300-percent increase in subscriptions since 2002 at a time when most other print publications have shrunk.

4. YOGA TEACHING IS HARD WORK

While teaching yoga may seem like it involves drinking many cups of chai, meditating and enjoying a leisurely yoga practice each day, the reality is quite different. As a yoga teacher starting out, your chai drinking days may not be over, but know that making an impact as a yoga teacher takes time, passion, persistence and hard work.

A genuine love of people and a desire to help others are key. After all, if you are teaching yoga, you are building relationships with people, with a community and with all the enmeshed, intertwining of their lives. As Yoga Programme Director of Pure Yoga, Hong Kong, Patrick Creelman says, "A good yoga teacher is someone who really wants to help people find happiness, joy in life again, clear pain from their body, and to move themselves, physically, creatively, spiritually into a new level of life."

5. YOGA TEACHING IS A LIFELONG STUDY

The global standard for a qualified yoga teacher is 200 hours, as defined by the Yoga Alliance, an independent accreditation body in the US, whose goal is to continue to make yoga more professional. Yoga Alliance does this by creating strict guidelines by which they attempt to regulate the teaching programmes on offer. However, as many a yoga teacher will tell you, a 200-hour course is simply the beginning. As practised in the original guru/shishya model (that's teacher/student for the Sanskrit newbies), where the student apprenticed for many years with an experienced teacher, the study of yoga is a life-long journey.

Frances Gairns, a yoga teacher as well as editor and publisher of Hong Kong yoga magazine *Namaskar*, concurs, "Jimmy Barkan, one of Bikram's first teacher trainees, once told me it takes 10 years of teaching before you have an idea of what you're doing. Ironically

that coincides with what Malcolm Gladwell talks about in his book *Outliers*. In it he suggests 10,000 hours is how long it takes to become really good at something. So roughly that works out to be about five hours teaching a day, five days a week, 10 months a year for 10 years! Certainly something to think about for anyone considering becoming a yoga teacher."

Yet, says Louisa Sears, the pioneering teacher from Australia who founded Yoga Arts, "If the student has a good understanding of the essence of yoga and has been practicing already for some time (ideally two years), then the 200-hour training can be sufficient to begin to teach. Of course you can only teach what you know, so this is where you start, just teaching what you know. Everyone has to start somewhere."

Yoga teachers are impassioned about their art and craft and good teacher training programmes offer programmes and workshops that continue to fuel your evolving interest as well as the needs of your evolving student body.

6. CHOOSE YOUR YOGA TEACHER TRAININGS WISELY – THEY'RE AN INVESTMENT

While most yogis with aspirations to teach the practice are in it for much more than the money, the reality is that somehow even as a yoga teacher, you do have to make a living. As Teachasana (www.teachasana.com), a website for and by yoga teachers, pointed out in 2011, yoga teacher training courses can set you back anywhere from USD\$3,000 to USD\$10,000 depending on the teacher, school, duration of the programme and certification. Consider your yoga teacher training to be an investment: emotionally, spiritually and in the physical/material world.

When you're choosing a programme, ask about the current rates of employment of past graduates, speak to someone who has studied at the school — most yoga studios will give you some referrals to previous students upon being asked — and ask how they will assist you post the programme with apprenticing or volunteer teaching as well as securing teaching jobs. Another tip: be sure to ask how much emphasis your teacher training places on practicing the craft of teaching. Certain schools of yoga are strict about such delineations. For example, in the Anusara Yoga method, immersion courses teach more depth and practice of asana and philosophy, while the teacher training foundation courses emphasise instruction and the practice of teaching.

Joseph Campbell, the late philosopher best known for his 'follow your bliss' mantra, predicted that yoga would be one of the callings of the new millennium. With its remarkable growth come cautionary stories, such as the recent piece in the *New York Times* entitled "How Yoga Can Wreck Your Body." Yet, yoga continues to be one of the fastest-growing forms of wellness and fitness in the world today, an antidote to our modern troubles of too much technology, constant stress and an increasing pace of life. If you're interested in pursuing this powerful, transformative and beautiful path, inhale deeply and read on. Here's a guide to our favourite yoga teacher training programmes offered in Asia.



BALI

YOGA ARTS, UBUD

Founded by Australian yoga teacher Louisa Sears, who was introduced to yoga as a young child by her mother and who began teaching at the age of 21, Yoga Arts offers Yoga Alliance accredited 200-hour and 500-hour certified yoga teacher trainings across Southeast Asia with a group of select master teachers with 10 to 30 years of teaching experience.

In Sear's words, "Yoga Arts is focused on bringing yoga into our life, so it is our life, encouraging living in connected presence with ourselves. We are more concerned with using tools that support this, instead of focusing on historical information and complex philosophical terms that many do not understand."

Offering a comprehensive curriculum, the courses teach the methodology of asana, pranayama and other yogic techniques, and also present the complex principles of Advaita/Tantric/Bhakti philosophy in a manner that is easy to understand as well as relevant to our contemporary lives.

WHY CHOOSE THIS TRAINING?

To study with a dynamic team of teachers, develop and hone your own personal practice, which Sears believes is fundamental to teaching and following a comprehensive curriculum to further your studies. You may also enjoy the option of taking continuing study modules in different Asian countries (including Bali, Malaysia, Japan, Goa and Sri Lanka).

For more information: www.yogarts.com.au

RADIANTLY ALIVE, UBUD

Led by the charismatic yoga teacher and raw foodist Daniel Aaron, this accredited 200-hour intensive yoga teacher training is offered in a retreat setting in the environs of Ubud Bali over a span of a month. As Aaron puts it, the training offers "a multi-style fusion of several great forms with heavy Vinyasa influences. In addition to the phenomenal academic curriculum, enlightening philosophy, pranayama and meditation, the asana practice pulls from Ashtanga, Jivamukti, Iyengar and other playful and creative vinyasa influences." Warning against those looking for a leisurely yoga holiday in the tropics, Aaron emphasises that this training requires commitment: to be present, to be on time and to be open to the practice and teachings of a disciplined yoga lifestyle.

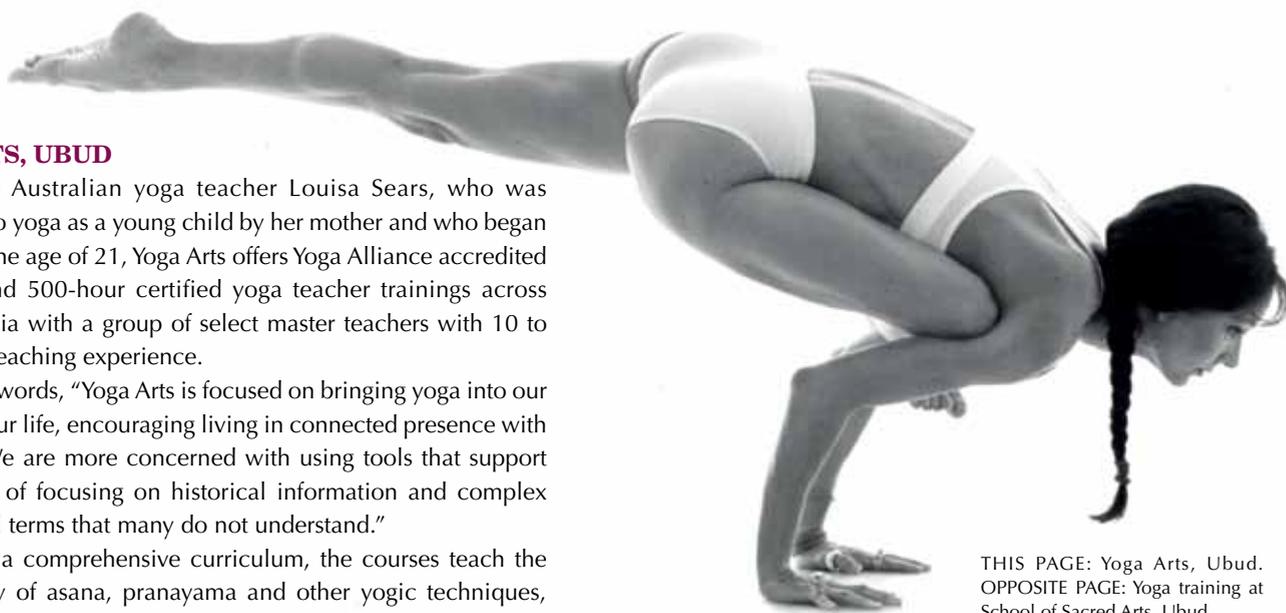
WHY CHOOSE THIS TRAINING?

For the dynamic teaching with Aaron and visiting world-class teachers as well as an introduction to a raw foods lifestyle.

For more information: www.radiantlyalive.com

SCHOOL OF SACRED ARTS, UBUD

Featuring the gifted instructors of Bali's world-renowned Yoga Barn, this 200-hour Yoga Alliance accredited training programme emphasises the practical, theoretical, and the experiential aspects of this ancient art and science. The curriculum includes Vinyasa/Hatha Flow and Yin yoga as its foundation, honouring both the classical as well as the Tantric approach.



THIS PAGE: Yoga Arts, Ubud.
OPPOSITE PAGE: Yoga training at School of Sacred Arts, Ubud.

WHY CHOOSE THIS TRAINING?

Experience your training with a group of wonderful international teachers in the yoga hub of Ubud, Bali.

For more information: www.schoolofsacredarts.net

CHINA

FINE YOGA, BEIJING

At this busy Beijing studio, founded by dynamic yogini Sherri Rao, you can find various styles of yoga, including Ashtanga yoga, classical Hatha, Hot and Vinyasa. Rao leads Fine Yoga's 200-hour yoga alliance certified teacher training and draws from her study and practice not only of Ashtanga yoga — she's had a daily Mysore practice since 2002 — but also her training in Anusara, Vinyasa and other styles of yoga. Rao found her life transformed through the study of yoga and her goal is to turn on anyone regardless of fitness level, practice or ability to its healing benefits. Reflecting her approach, Fine Yoga's teacher training is focused on making the yoga practice accessible and approachable. Hong Kong-based yoga teacher Patrick Creelman offers a 100-hour advanced Anusara yoga teacher training at Fine Yoga each year, while fellow Pure Yoga Hong Kong teacher, Wendy Wyvill, offers a yin yoga teacher training intensive.

WHY CHOOSE THIS TRAINING?

If you happen to be in Beijing and are looking for experienced instruction in Hatha, Ashtanga and Vinyasa yoga, in a supportive, open community where there is much opportunity to take workshops and intensives led by visiting international teachers to further your yoga experience.

For more information: www.fineyoga.com

YOGA 109, SHANGHAI

At this tucked-away luxe, boutique yoga studio in Shanghai's French Concession, class sizes are small, and the emphasis is on hands-on instruction. Yoga 109's 200-hour RYT (that's Registered Yoga Teacher



according to the Yoga Alliance standards) training is led by Lorraine Aronson, a qualified Hatha, Ashtanga and Mindfulness Meditation teacher. Currently, she is part of the Iyengar Yoga teacher training programme — one of the longest and most rigorous.

The aim of the course is to establish a safe and immediate working knowledge of yoga with the wisdom to integrate its ancient techniques into daily life. It is designed to first help a student develop a proper personal practice and, later, to empower you to share your knowledge with others. First you learn to teach yourself and become aware and sensitive to the subtle power of yoga through regular, structured practice.

“As you progress,” believes Aronson, “you will also acquire the confidence and skills to grow your public presence.” The comprehensive course aligns with Yoga Alliance’s training standards and places a special emphasis on teaching methodology and developing your sense of presence as well as observation.

WHY CHOOSE THIS TRAINING?

You live in Shanghai and are interested in a safe, comprehensive training that offers small class sizes, a growing community and emphasis on nurturing your passion for your personal practice as a building block to being a great yoga teacher.

For more information: www.yoga109.com

Y+ YOGA, SHANGHAI

With two locations in Shanghai, Y+ Yoga offers a variety of yoga styles for students of all levels. A registered 200-hour Yoga Alliance school, Y+ Yoga has recently collaborated with yoga teacher Lance Schuler, founder of the INSPYA yoga training programme from Byron Bay, Australia. The courses on offer include a 200-hour yoga training, followed by an advanced training that includes a 120-hour module to teach hot yoga as well as a 200-hour INSPYA yoga advanced programme, which focuses on bringing the intelligent alignment insights of Iyengar yoga to the flow of Vinyasa style teaching and practice.

WHY CHOOSE THIS TRAINING?

You live in Shanghai and are interested in studying with an internationally recognised, experienced teacher in a training course that values postural alignment in asana practice, a focus on philosophy versus fitting into a specific yoga style.

For more information: www.yplus.cn

INDIA

ASHIYANA YOGA, GOA

What is the call to become a yoga instructor? The teachers at Ashiyana describe it as a sense of ‘waking up’. You will wake up your practice and your senses at this beautiful retreat centre in North Goa. Expect a 200-hour accredited training course that will allow you to explore the asanas and study yoga philosophy while focusing on self-discovery, contemplation and stillness within.

WHY CHOOSE THIS TRAINING?

To pursue teacher training in India in a natural setting, where you learn to get to know yourself as an individual and as a teacher.

For more information: www.ashiyana-yoga-goa.com

KRISHNAMACHARYA YOGA MANDIRAM, CHENNAI

Founded by yoga guru T.K.V. Desikachar, to continue the legacy of his father, T. Krishnamacharya, one of the founding fathers of modern yoga. He not only popularised yoga, but also presented it as a powerful tool in holistic healing. As a teacher, Krishnamacharya refused to standardise the practice of yoga. His principle was that yoga must be tailor-made to suit the needs of every individual and not the other way around.

That spirit of yoga for the individual infuses the Krishnamacharya Yoga Mandiram (KYM), which offers a variety of programmes for those interested in teaching the practice. The centre’s foundational training programme runs over the course of two years, and comprises three modules of classroom study of four to five weeks each allowing you to log more than 600 hours of training sessions.

The comprehensive course covers various aspects of yoga including Yoga Practice, the history of yoga, Yoga Philosophy, Classical Asana Techniques, Pranayama, Bandhas, Meditation, Anatomy and Physiology, an Introduction to Ayurveda, teaching methodology, an Introduction to mantras and chanting.

WHY CHOOSE THIS TRAINING?

You are keen to study all aspects of yoga as well as the therapeutics of yoga asana imbued with the knowledge of one of modern yoga’s founding fathers. You prefer to work with small groups of students and find the idea of modules spread out over two years a convenient way to integrate your teaching studies into your life.

For more information: www.kym.org

SIVANANDA YOGA, NEYYAR DAM, KERALA AND UTTARKASHI

This one-month course is a profound experience that helps to establish a firm foundation of inner discipline. “I found it to be quite intense,” says Samanta Duggal, a Sivananda certified 500-hour yoga

teacher who currently heads up the Yoga and Meditation programme at Swawara a retreat centre in Southern India. The course is based on the traditional 'gurukula' system ('guru's house') in which students live and study with the teacher. "You are immersed in the ashram activity," continues Duggal, "where you practice everything from karma yoga, to Vedanta lessons, Vedic chanting and practice."

Sivananda offers both a 200-hour and 500-hour Yoga Alliance accredited YTT that imparts instruction in the traditional Sivananda style, with a focus on pranayama, kriyas and the study of the Bhagavad Gita. While there are many other international centres, the two primary Sivananda ashrams are located in India, one in Southern India at Neyyar Dam, Kerala and the other in Uttarkashi in Northern India.

WHY CHOOSE THIS TRAINING?

You love the idea of immersing yourself in the spiritual community of an ashram while studying and practicing the gentle yet strong Sivananda practice and would love to teach it.

For more information: www.sivananda.org

YOGA VISHIKETU ASHRAM, RISHIKESH

Both 200-hour and 500-hour Yoga Alliance-recognised teacher trainings are offered by Yoga Vishiketu Ashram through World Conscious Yoga family. With an emphasis on correct instruction, deepening your yoga philosophy, practicing the kriyas and Ayurveda, these teacher trainings allow you the yogi (or yogini) to experience life in an ashram setting on the banks of the Ganga downstream from one of India's holy cities of Rishikesh.

WHY CHOOSE THIS TRAINING?

You are inspired by the idea of learning at one of the seats of Yoga, India's pilgrim city of Rishikesh in a soulful, simple ashram setting from a revered classical Indian Yoga master.

For more information: www.akhandayoga.com

HONG KONG

PURE YOGA, HONG KONG

With large, sleek yet serene yoga centres in Hong Kong, Taiwan and Singapore, Asia's largest yoga studio chain is a registered 200-hour Yoga Alliance School and offers a variety of teacher training programmes. Choose from the Universal Yoga Training with Russian teacher Andre Lappa, study with Ganesh Mohan, a yogi and Ayurvedic doctor whose father A.G. Mohan was a direct disciple of yoga luminary T. Krishnamacharya, or immerse yourself in the foundation teaching course with Anusara teacher Patrick Creelman. "I cover all the basics from pose names through the history and literature of traditional yoga, to group exercises for empowering students who have never stood up and spoken in front of a crowd in public. It draws people from all walks of life and is a truly inspiring month of learning, and opening to the larger path of yoga." Further education is another hallmark at Pure Yoga, which continually offers courses for teachers to continue honing their skills and to further their knowledge. "This part never ends," notes Creelman.



THIS PAGE: Sudharkar teaching a yoga class at Pure Yoga

WHY CHOOSE THIS TRAINING?

You like the breadth and depth of various styles of yoga under the guidance of master teachers in the global community and want easy access to continued learning courses.

For more information: www.pure-yoga.com

ANAHATA YOGA, HONG KONG

At intimate and luxurious studio Anahata Yoga in Hong Kong, a qualified 500-hour Registered Yoga School through Yoga Alliance, you can choose from a variety of teacher training courses including the city's only Advanced Hatha Yoga training, run by yoga teacher Master Yogananth. Son of Indian yoga guru, Dr. Asana Andiappan, Yogananth began practising yoga at the age of two and is versed in classical Ashtanga yoga from India, yoga Science and naturopathy, bringing a well-rounded, holistic approach to his teaching. The course, which is divided into three 100-hour modules and qualifies for the Yoga Alliance accreditation, focuses on teaching advanced Hatha (physical) yoga asanas as well as understanding the philosophy and therapeutics behind each pose. Injury prevention and modifications in the asana practice is also a strong focus.

Anahata Yoga also offers teacher training in Yoga Therapy and Ayurveda to further your studies. Yogananth says, "My passion and mission in life is to spread the benefits of yoga to all those who are interested and open to its philosophy."

WHY CHOOSE THIS TRAINING?

You live in Hong Kong and you want to study classical yoga from India with an authentic yoga master. Flexible class schedules and the option of learning more about Ayurveda and yoga therapy are a welcome bonus.

YOGASANA, HONGKONG

Founded by yoga teacher Michel Besnard, who has experienced the lineages of Iyengar yoga from the master B.K.S. Iyengar himself, and has also studied the Ashtanga yoga system for many years with Shri. Pattabhis Jois, Yogasana reflects the diverse lineage that Besnard experienced through his study of yoga as well as other healing therapies such as gestalt as well as Tantric insights. Besnard is often known as a 'teacher's teacher' and has conducted various yoga teacher training programmes for many years. Yogasana is a certified 200-hour as well as 500-hour school with the Yoga Alliance and offers various training modules through the year both in Hong Kong as well as studios in cities ranging from Shenzhen, China to Koh Samui, Thailand.

WHY CHOOSE THIS TRAINING?

For a chance to study with a highly experienced teacher who brings intelligence, insight and dedication to the practice, in short intensive 100-hour modules. Being able to study further with Besnard and his team in various other locations in Asia, especially retreat settings, is also of benefit.

For more information: www.yogasana.com.hk

JAPAN

UNDER THE LIGHT, TOKYO

A soulful, community-oriented yoga studio close to Tokyo's beautiful Yoyogi Park, Under the Light offers an accredited 200-hour Hatha yoga teaching course certified by Yoga Alliance and recognised internationally. The emphasis is on small classes (the maximum number of students in a training is 24), as well as flexibility with on-going modules that allow students to complete the training at their own pace over a year. The studio also offers many opportunities for further study with great workshops by visiting yoga teachers from around the world.

WHY CHOOSE THIS TRAINING?

For the flexibility of the six-module system, perfect for busy schedules, access to a rotating roster of visiting teachers at Under the Light and an immersive teaching approach.

For more information: www.underthelight.jp

YOGA JAYA, TOKYO

Founded by veteran yoga teacher Patrick Oancia, who has dedicated more than two decades to the study and practice of Yoga, Yoga Jaya, one of Tokyo's foundational yoga studios views yoga as a unifying force that transcends cultural divisions and integrates the elements of ancient traditions with modern life and offers both an introductory RYT 200-hour course as well as more advanced programmes to further your yoga knowledge.

Says Oancia, "We feel that learning is stimulated by interactive engagement. Effective advocacy of yoga as a lifestyle-enhancing wisdom philosophy calls for ethical self-reflection, intellectual and affective development, as well as close contact with communities of practice and traditions of thought."

With faculty such as yogi-philosopher Emil Wendel, yogi Simon Borg Olivier, author of *Applied Anatomy and Physiology of Yoga*, and Chris Kummer, a structural integration therapist who creates an intersection between yogic applications of anatomy and physiology with modern biomechanics, Yoga Jaya's teacher training promises to engage you spiritually, mentally and emotionally. As well, Oancia has created some innovative training modules, such as one on self-empowerment with Steph Davis, one of the world's best solo (free) rock climbers; and "Sustainable Ethics" to work with concepts about getting into the basic core issues of being human, and how our actions directly effect the environment that we live in, putting the 'union' right into yoga.

WHY CHOOSE THIS TRAINING?

For its diverse, immersive approach and focus on integrating the yoga practice and teachings into our life in a unique, contemporary way that is aligned with the ancient wisdom roots of this practice.

For more information: www.yogajaya.com

SINGAPORE

COMO SHAMBHALA URBAN ESCAPE, SINGAPORE

Tucked away on a quiet side street off Singapore's busy Orchard Road, COMO Shambhala Urban Escape, an offshoot of the luxe Asian wellness resort chain that spans from Bhutan to Bali, is a serene respite in the city. The studio offers a 500-hour teacher training course in the Hatha yoga style spread over a period of 10 months. Accredited by Yoga Alliance, this YTT's comprehensive syllabus includes the study and practice of Yoga postures, Meditation, Pranayama (breathing techniques), the history and philosophy of yoga, anatomy and physiology and a focus on teaching.

With an emphasis on small classes (teacher trainings take a maximum of 20 students for each course); and an interview process that screens applicants to ensure an adequate understanding of yoga as well as a two-year minimum daily practice requirement, you can expect an intimate and hands on approach that will also take you deep.

Says Patricia Yap, a spokesperson for COMO Shambhala, "Most other trainings worldwide and in Singapore are offered for 200 hours because it's more accessible. However, very few graduates of a 200-hour training will state they feel confident and ready to teach. Yoga is a very deep subject, and teaching it requires a lot of knowledge and experience, so in a 500-hour training we are able to offer the trainees both the theoretical underpinnings and lots of guided practice to develop their teaching skills."

WHY CHOOSE THIS TRAINING?

If you live in Singapore and can commit to an accredited 500-hour YTT programme over 10 months that offers small classes, depth in the Hatha yoga practice, mentoring and a revolving panel of

renowned international yoga teachers such as Rodney Yee, Chris Kummer and Emil Wendel.

ABSOLUTE YOGA, SINGAPORE

Boutique yoga studio chain Absolute Yoga in Singapore was founded by Jeanne Chung in 2003. Chung, a San Francisco transplant and ex investment banker, wanted to share her love of yoga with her new hometown and today runs three busy centres in the city. Chung directs the studio's popular 200-hour Yoga Alliance certified hot yoga teacher training. Held twice a year at the beautiful Absolute Sanctuary resort in Thailand, the four-week-long in-residence programme, led by core teachers from Absolute Yoga, focuses on teaching the studio chain's in-house series of hot yoga poses. Says Chung, "the series was developed to 'evolve' the hot yoga experience for students. Expanding from the original hot yoga series, the Bikram yoga series, our absolute series adds more poses, moves a bit more quickly and is a bit more well-rounded." She continues, "We emphasise a 'real' teaching experience – getting up in front of people, speaking clearly, giving accurate instructions, learning how to 'deliver' a class and bolstering confidence."

WHY CHOOSE THIS TRAINING?

You want to teach hot yoga and prefer an intensive and focused residence course in a resort setting with a group of experienced teachers.

FOR MORE INFORMATION:

www.absolutesanctuary.com

www.teachhotyoga.com

www.absoluteyogasingapore.com

TRUE YOGA, SINGAPORE

Singapore's urban yoga studio, True Yoga offers both flow yoga as well as Yin yoga teacher trainings each year. The studio's 2012 calendar includes a Yin yoga training with master teacher Paul Grilley, while their Hatha/flow yoga teacher training runs from April through June and features intensive modules led by experienced yoga teachers such as Matthew Sweeney and Annie Carpenter. With 'hands-on' adjustments as well as practical lab sessions in actual 'live' True Yoga classes, this teacher training emphasises quality instruction and the craft of teaching. Says Jo McPhee, one of the faculty, "Yoga is a multi-faceted discipline encompassing not only asanas (yoga poses) but also philosophy, anatomy, etc. Since it is unlikely that even the best teacher is a master of all these different areas, we've designed a teacher training programme that assembles an international faculty of accomplished yoga luminaries in each area."

WHY CHOOSE THIS TRAINING?

If you want a variety of approaches from expert teachers and the flexibility of completing a 200-hour training on the weekends, this training could be perfect for you.

For more information: www.trueyoga.com.sg



THIS PAGE: Yoga class at Absolute Sanctuary, Koh Samui, Thailand. OPPOSITE PAGE: Patrick Creelman from Pure Yoga.

PURE YOGA, SINGAPORE

See the listing for Pure Yoga, Hong Kong above for information on yoga trainings offered in Singapore.

For more information: www.pure-yoga.com

THAILAND

CENTERED YOGA AT SAMAHITA RETREAT, KOH SAMUI

Founded by Paul Dallaghan in 1999, Samahita Retreat is a centre for yoga, holistic health and wellbeing located on the peaceful southern end of Koh Samui. Home to Centered Yoga, one of Asia's longest running yoga teacher training programmes, Samahita is highly regarded as one of the best training playgrounds by the yoga community around the region. Says Frances Gairns of *Namaskar*, "Paul Dallaghan is a very knowledgeable asana and philosophy teacher with a fantastic sense of humour, who lives and breathes his yoga. With a young family of his own, he puts yoga into a real-life perspective."

Dallaghan is a student of Sri O.P. Tiwari, head of the Kaivalyadhama Yoga Institute near Bombay, India known for examining yoga from both a traditional as well as scientific point of view, as well as the late Ashtanga master Gururji Sri. Pattabhi Jois. Centered Yoga combines the rigorous inquiry of yoga philosophy along with the flow of Ashtanga-influenced asana practice in its holistic style of yoga in trainings that range from Yoga Alliance accredited 200-hour and 500-hour courses to an advanced teacher course, which logs over 1,000 hours. The lush tropical setting of Koh Samui only adds to the appeal of these trainings.

WHY CHOOSE THIS TRAINING?

If you're looking to focus on intensive teaching study and practise far away from the distractions of your daily life, as well as imbue yourself in a healthful lifestyle while you're on this journey, this is definitely the place for you.

For more information: www.yoga-thailand.com/training.html

ABSOLUTE SANCTUARY, KOH SAMUI

At beautiful, Moroccan-inspired luxury spa and detox retreat centre Absolute Sanctuary in Koh Samui, you can enjoy a respite from the chaos of modern life as well as expand your yoga horizons when you choose from an array of teacher training courses in disciplines ranging from Hatha yoga, Yin yoga and Vinyasa yoga, led by well-known faculty such as Tantric teacher Carlos Pomedá, Vinyasa 'teacher of teachers' Michel Besnard and Tomasz Goetel. With ongoing workshops with teachers such as yoginis Desiree Rumbaugh and Amy Ippoliti, there is much to choose from to further your studies as well.

WHY CHOOSE THIS TRAINING?

You'd like to focus in on an intensive teacher training study and practice in a remote, luxurious locale with state of the art facilities that is connected into a global community, while experiencing a lifestyle shift toward a healthier, more whole you.

For more information: www.absoluteyogasamui.com

AGAMA YOGA, KOH PANGAN

Specialising in Integral Yoga, a style of yoga based in the ancient, esoteric lineages of Indian and Tibetan Tantra Yoga, Agama Yoga's original centre is located on the beautiful island of Koh Phangan, Thailand, where you can take both workshops as well as a Yoga Alliance certified 500-hour, 12-week long intensive teacher training course led by Agama founder Swami Vivekananda Saraswati. Focusing on the divine spirit within and a strong connection to nature, Agama Yoga aims to align yoga with alternative healing therapies, Kundalini, Tantric teachings, astrology and a deep spiritual awareness. Class sizes are restricted to 24 students so you can be assured of personal attention.

WHY CHOOSE THIS TRAINING?

You are looking for a longer yoga teacher training that connects the physical, spiritual and esoteric aspects of yoga in a serene, natural setting.

For more information: www.agamayoga.com

BLOOMING LOTUS YOGA, KOH PANGAN

Blooming Lotus Yoga is a small intimate retreat centre on Koh Pangan, Thailand, that offers Yoga Alliance accredited 200-hour and 300-hour certified teacher trainings that teach the fundamentals of Hatha, Vinyasa Flow, Power, Yin, and Restorative styles of yoga. Directed by Lily Goncalves, a Vancouver, Canada native with a masters degree in counseling psychology and years of experience in various healing modalities; and yogi, mystic Vedic priest, astrologer and Ayurvedic medicinal healer Ramananda Mayi, the programme has a comprehensive curriculum that, in addition to the international yoga standards, also offers modules on Ayurveda, Vedic astrology, Yoga Nidra, an extensive teaching practicum that accesses your ability to teach verbally and nonverbally, to 'mirror' asanas, using metaphors and inspiration, while integrating hand mudras, poetry, music and dance into classes, as well as guidelines on teaching pre-post natal yoga.

Class sizes do not exceed 16 students, and you are guided with personal mentorship.

WHY CHOOSE THIS TRAINING?

You're interested in a well-rounded training in some core yoga practice styles such as hatha, vinyasa, yin and restorative, in an intimate, inspired setting.

For more information: www.thailandyoga.net

TAIWAN

SPACE YOGA, TAIPEI

One of Taiwan's premier yoga studios, Space Yoga offers 200 as well as 500-hour yoga teacher training courses led by teachers such as Paul Dallaghan, along with continuing education modules by a variety of teachers including hatha and pranayama teacher Stephen Thomas and vinyasa flow teacher Naichin Tang. In 2012, their ongoing 200-hour accredited yoga alliance teacher training with Dallaghan and his team of expert teachers covers the vital aspects of yoga, focusing on adjustments, pranayama and chanting and refining ones ability to communicate the yoga teachings to others.

The flexible format includes two modules in Taiwan, followed by a residential intensive at Samahita Retreat in Koh Samui, Thailand. Space Yoga also invites leading teachers from around the world from a variety of disciplines such as Yin Yoga teacher Sarah Powers, Ashtangi John Scott and Anusara™ teacher Christina Sell.

WHY CHOOSE THIS TRAINING?

For its flexible format of intensive modules culminating in a residential retreat module at Samahita, Thailand and for the ability to continue to study toward further accreditation in a dynamic studio community.

For more information: www.withinspace.com

PURE YOGA, TAIPEI

See the listing for Pure Yoga, Hong Kong above for information on yoga trainings offered in Taiwan.

For more information: www.pure-yoga.com

