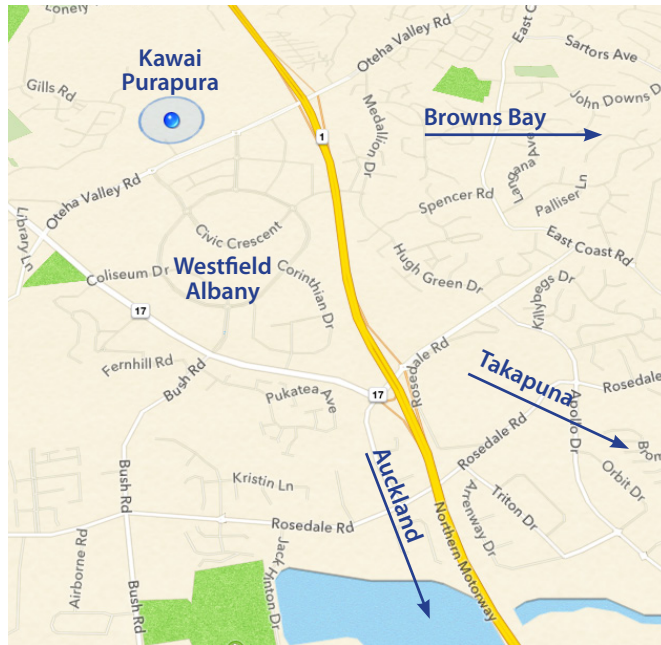


## Accommodation and Catering

Kawai Purapura also offers accommodation and catering for trainees. \$40 per night for a share twin room. Single rooms provided only if available. \$60 per night for a private room. \$40 per day for full catering which includes breakfast, lunch and dinner. Self-catering is available. \$5 per day for kitchen use. Twelve nights with accommodation + fully catered: \$960 Each weekend with accommodation + fully catered: \$160 Further details available from Akiko: [accommodation@kawaiipurapura.co.nz](mailto:accommodation@kawaiipurapura.co.nz)



## Registrations

Full details of courses and pricing are on our website, along with Registration and Payment procedures:

[www.kawaiipurapura.co.nz](http://www.kawaiipurapura.co.nz)

or enquiries can be sent to:

[yoga@kawaiipurapura.co.nz](mailto:yoga@kawaiipurapura.co.nz)

## Upskill

If you have a teaching qualification you can use our programs to expand your knowledge and skills. Modular units from both the 200 and 500 Hour programs can be taken individually.



## Key Benefits of Kawai Purapura Yoga Teacher Training

**Flexible** training options. Weekends and intensives available.

**Experience** the synergy of a team of highly experienced teachers

**Thorough and comprehensive** holistic curriculum

**Transform** your yoga practice through investigation and enquiry

**Strengthen** your teaching skills through a mentored apprenticeship

**Yoga Alliance** accreditation for 200 Hour and 500 Hour

**Cross Credit** into a 720 hour NZQA Yoga Qualification with Wellpark College.

**You can discuss all options with your teachers at any time.**



## Yoga Alliance Accredited Training

Graduates of Kawai Purapura Yoga Teacher Training courses can apply for international accreditation through Yoga Alliance:

**200 hour accreditation as a Registered Yoga Teacher (RYT 200)**

**500 hour accreditation as a Registered Yoga Teacher (RYT 500)**

See more details at [www.yogaalliance.org](http://www.yogaalliance.org)

# Kawai Purapura 200 Hour and 500 Hour Yoga Teacher Training

The Kawai Purapura Yoga Teacher Training allows you to:

- embark on a flexible and meaningful career, enabling you to help others
- enhance personal development and deepen your transformational journey
- gain international recognition to optimise worldwide opportunities

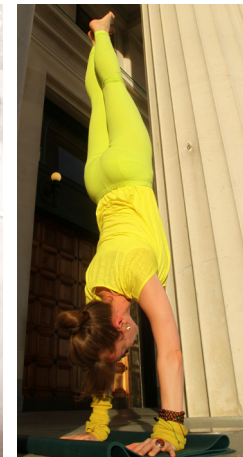
The 200 Hour Training is a foundation-for-teaching program. The 500 Hour refines and expands your expertise and proficiency in teaching and deepens your personal practice.

All course modes are held at Kawai Purapura, Albany, North Shore, just 20 minutes from Auckland CBD and 40 minutes from Auckland International Airport.

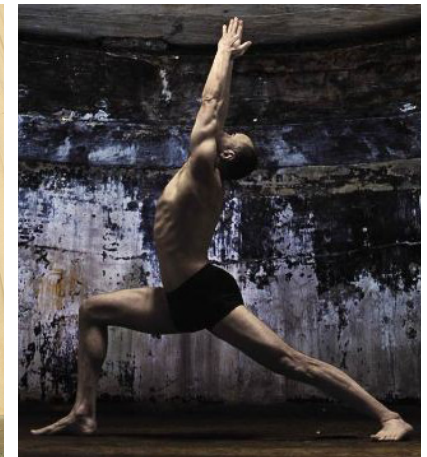
## Kawai Purapura's Primary Yoga Teachers



**Neal Ghoshal** (left): "Focusing on exploring and refining natural movement and alignment principles – learning to embody these principles in a way that takes our spiritual practice into our everyday lives."



**Karla Brodie** (centre): "Through consistent practice of yoga we may experience our life with ease and grace, and throughout difficulty feel well resourced to survive and accept any challenges free of fear."



**Vincent Bolletta** (right): "The practice of yoga must be adaptable, relevant and aimed to cater for all learning styles and abilities so that the most effective practice can be developed."

## INSIDE Teacher Training 2013 Course Details

INTEGRATED



YOGA  
TEACHER TRAINING



Registered Yoga School Registered Yoga School  
Yoga Alliance  
Integrity. Diversity. Community.

## Introduction

The Kawai Purapura Integrated Yoga Teacher Training Programs are flexible, affordable courses designed for the working person.

We have chosen specialist teachers and designed the programs to support you in an in-depth and comprehensive exploration of each of the eight limbs of yoga.

The 200 Hour Yoga Teacher Training provides excellent foundations in human anatomy and movement, increases your awareness and understanding of the postures and ensures your teaching is appropriate and safe.

## CHOOSE THE LEVEL TO SUIT YOUR PRACTICE

### 200 Hour Programs

#### Level 1 Weekend Mode

**9 weekends – Autumn/Winter**

*A. Developmental Movement Patterns in Yoga*

**May 4/5 • 18/19 • June 1/2**

*B. The Nuts and Bolts of Asanas*

**June 15/16 • 29/30 • July 13/14**

*C. Learning to Teach*

**August 3/4 • 17/18 • Sept 7/8**

#### Level 1 Intensive Mode

**two 9-day programs – Spring/Summer**

**Sept 14th – Sept 22nd**

**Nov 30th – Dec 8th**

#### Level 1 Intensive Mode

**one 18-day program – Summer 2014**

**Jan 4th – Jan 21st**

*(Intensives use the same course structure as Weekend mode above)*

**200 HOUR PRICING \$2,750 WITH THIS LEAFLET**

## Kawai Purapura Integrated Yoga

Your learning will include:

- The value of experiencing and investigating Functional Yoga
- Spinal Awareness and practices for Spinal Health
- Fluid Support - Breath and Vinyasa Flow – The Art of Salute To the Sun
- Teaching Inversions – Fundamentals, Safety, Contra-Indications, Set up
- Integrating meditation and pranayama into yoga practice
- Exploring Bhakti, Karma and Jhana yoga

### 500 Hour Programs

Levels 2, 3 and 4 over four months.

Prerequisite 200 Hour Yoga Teacher Training.

#### Level 2 Intensive

**9-day program – Spring**

*Principles of Natural Movement*

**Sept 14th – Sept 22nd**

#### Level 3 Intensive

**9-day program – Spring**

*Biomechanics of Movement*

**Nov 30th – Dec 8th**

#### Level 4 Intensive

**9-day program – Summer**

*Applied Yoga Practice*

**Jan 4th 2014 – Jan 12th**

*Graduates of 200 Hour and 500 Hour Yoga Teacher Training at Kawai Purapura can apply for Yoga Alliance accreditation, an accepted international certification.*

## Course Content 200 Hour Yoga Teacher Training

**Part A consists of a 180 hour intensive program which covers:**

- Human Anatomy and Physiology
- Biomechanics of Yoga
- Postural analysis and Yoga Therapy
- Pranayama and Meditation
- Yoga Philosophy and Psychology
- Teaching skills and teaching practice

**Part B consists of further 40 hours:**

- Teaching apprenticeship with a primary teacher
- Record and Analysis of your personal practice
- Record and Analysis of public classes
- Workbook homework covering yoga philosophy, anatomy and physiology, and integral aspects.

### Daily Schedule 200 Hour Yoga Teacher Training

The sessions start at 7am and finish at 6pm each day. Example schedule:

**7:00–8:30am** Asana Class with a particular focus.

**8:30–10:30** Exploration of Asana

**11:00am–1:00pm** Anatomy and Physiology

**2:00–4:30** Yoga Philosophy and Applied Yoga

**4:30–6:00** Practical Applications of Yoga Philosophy. Teaching skills.

See the website for full details:

[www.kawaiipurapura.co.nz](http://www.kawaiipurapura.co.nz)

or enquiries can be sent to:

[yoga@kawaiipurapura.co.nz](mailto:yoga@kawaiipurapura.co.nz)

## Neal Ghoshal



Neal has been practicing yoga for fourteen years and teaching since 2003. He sees yoga as a map guiding us home to a place of peace and relaxed openness in each moment.

Neal's teaching focuses on exploring and refining natural movement and alignment principles – learning to embody these principles in a way that takes our spiritual practice into our everyday lives.

Neal creates a safe and inviting space in which to learn and discover yoga as a balance between effort and effortlessness, structural alignment and organic fluidity, mindfulness and spontaneity.

“Ultimately, the practice of yoga leads us to a place where we may respond to life's challenges with ease in our breath and body, with wise choices, and with kindness and an open heart.”

He has taught on training programs in Australia and New Zealand, and is a senior associate teacher with Donna Farhi, having completed Advanced Teacher Training.

Neal is also an experienced Holistic and Thai massage therapist, an accomplished musician and kirtan chant leader, and absolutely loves to dance!

You can read more about Neal at:

[www.sacredmoves.com](http://www.sacredmoves.com)

## Karla Brodie



Karla is an experienced and qualified yoga teacher. She is inspired to share the practice and philosophy of yoga in a simple, joyful, self renewing way. Her practical and intuitive approach leads students toward a deeper experiential understanding of breath, balanced posture and integrated movement.

“Yoga is a timeless art and science of arriving in the present moment with vivid aliveness. The tradition and practice of yoga provides us with a living map to deepen our understanding of ourselves, others, and our environment.”

The foundation of Karla's teaching is within the human developmental movement patterns. Embodying these self renewing patterns restores effortless breathing, ease, fluidity and cohesion in movement.

Karla is a senior associate teacher with Donna Farhi and interweaves the traditional and eternally relevant eight limbs of yoga, offering a holistic approach to the practice of yoga.

Karla specializes in restorative yoga, a deeply nourishing and balancing practice for the whole body and in particular the nervous system. She effectively works with students unwinding from high stress, fatigue and hyperventilation.

You can read more about Karla at:

[www.karlabrodie.co.nz](http://www.karlabrodie.co.nz)

## Vincent Bolletta



Vincent has been teaching and practicing yoga since 1990 and has also been involved with the health and wellness industry as a fitness consultant for the same period.

His area of interest lies in structural rehabilitation and integration using the methodology of Yoga asanas, Pranayama, sound and a variety of other bodywork methodologies.

Vincent was introduced to Yoga while working in England by mentor and friend Steve Sharp. On his return to New Zealand he continued his studies in Yoga with a two year teacher training course under Mike Byron-McKay and The New Zealand School of Yoga.

Vincent subsequently trained with numerous teachers incorporating a broad range of Yoga styles. Most recently he spent time with Gary Kraftsow and The American Viniyoga Institute.

Vincent was the founder/director of Yogashala, Auckland, NZ, a studio dedicated to teaching Yoga Movement Therapy.

Vincent is also a principle teacher for Yoga Ground, New Zealand, a studio dedicated to enriching people's lives through the practice of yoga.

You can read more about Vincent at:

[www.yogaground.co.nz](http://www.yogaground.co.nz)