



byron **yoga** centre  
**Purna Yoga**

# New Zealand Level 1 Part Time & Level 2 Intensive Teacher Training Courses

Take the next step with your practice ... **in Auckland!**

The courses include training by Australia's leading yoga training academy with some of the world's most experienced trainers. Established in 1988 by John Ogilvie, Byron Yoga Centre is one of the longest running yoga schools in Australia.

When you make the pivotal decision to embark on yoga teacher training, you know you're in safe hands with Byron Yoga Centre. As one of the longest running yoga schools in Australia, as well as one of the few yoga teacher training organisations that operate as an RTO (Registered Training Organisation), offering the highest possible qualification in yoga teaching, you can feel confident you've chosen the best.

The courses are designed to deliver holistic training that encompasses the physical, emotional and spiritual aspects of the yogic path. The style of yoga taught on the course is Purna Yoga – integrating asana, breath, meditation and philosophy.



## Course Instructors

**John Ogilvie** is the founder and director of Byron Yoga Centre. John has been practicing yoga for 30 years and teaching for 25. He encourages a light heartedness in our approach to yoga and to ourselves.

**Jennifer Allen** (RYT 500/ E-RYT 200) Hailing all the way from the USA, Jennifer's journey began as a professional dancer and musical theater performer. She believes that the body is the vehicle through which we can express our deepest emotional selves, and the union of mind, body, and breath has the ability to connect us to our highest potential.



## Level 1 Part Time Teacher Training

### Course Structure

Byron Yoga Centre's part time Non-Residential Auckland Teacher Training Course is a complete experience with 6 weekends over 6 months.

**Course Dates:** Start date: 16 -17 November 2013 Weekend

**Tuition fee:** \$2950 NZD

For more info, scan this code:



## Level 2 Intensive Teacher Training

Byron Yoga Centre's 12 day Intensive Level 2 Teacher Training Course is part A of the fully accredited 300 hour (Yoga Alliance) course. Part B is conducted by correspondence and includes maintaining a journal of self practice. Completion of Level 1 and Level 2 will facilitate the 500 hours of yoga teacher training recognized by Yoga Alliance and eligibility for recognition by the Yoga Teachers Association of Australia.

**Course Dates:** 30 October - 10 November 2013

**Tuition fee:** \$3150 NZD

For more info, scan this code:



### Teacher Trainings Location

Yoga Sanctuary, 21 Bath Street, Parnell, 1052 - Auckland

### Enrolment and Registration

All bookings are made direct by email to: [yoganz@byronyoga.com](mailto:yoganz@byronyoga.com), or call Jennifer on **+64 21 031 9503**.

