

Course Structure



A Teacher Training designed to fit in with your life

The Course runs over a space of 10 months, consisting of both Online and In-person (hybrid) modules.

There are 4 terms :

1. Foundations of Practice
2. Fundamentals of Teaching
3. Intermediate Teaching & Practice
4. Advanced Teaching & Integration

Contact days are held (mostly) fortnightly on Saturday & Sunday, with online modules accessible in the 'off' weeks over the space of 10 months.

The 2025 course term dates are :

1. January 11th - March 16th
2. March 29th - June 8th
3. July 12th - September 7th
4. September 20th - October 26th

The course is held on the Southern Gold Coast. Exact location TBC.

Brief Overview of Modules

*** Note - we have not included all of our modules for privacy & exclusivity of our training. Copycats are a thing!*

Term 1 - Foundations for Practice

- An evidence based approach to the History & Evolution of Yoga
- Ethics for the Yoga Teacher
- Applied Anatomy, Physiology & Biomechanics
- The science behind Meditation, Pranayama, Mudra, Chanting & Kriya
- The Energetics of Yoga
- Yoga Asana & the foundations for practice
- A deep dive into the Yoga Sutras
- The neuroscience & methodology of teaching Meditation effectively

Term 2 - Fundamentals of Teaching

- Advanced Philosophy
- Development of Meditation, Pranayama, Mudra, Chanting & Kriya practice
- Advanced Applied Anatomy and Physiology
- The Art of Adjustments
- Classroom Management & Standards of Teaching
- A deep dive into Trauma Informed Yoga & Trauma Informed Care
- Yoga, Mental Health & Social Justice
- Ayurveda & Yoga
- Teaching Pranayama ethically & safely
- Functional Mobility, Asana & Tissue Adaptation
- A review of current Yoga Research & Research Literacy for the Yoga Teacher

Term 3 - Intermediate Teaching & Practice

- TCM & Yin Yoga
- Yoga & Business
- Prenatal & Postnatal Yoga
- Yoga for Pelvic Health
- Advanced Trauma Informed Yoga and application
- An evidence based approach to Psychological Disorders & Yoga
- Burnout Prevention for the Yoga Teacher
- The Art of Sequencing
- The Art of Cueing & Language
- Musculoskeletal Triage for the Yoga Teacher
- Teaching Private Yoga
- Yoga for Invisible Illness & Chronic health
- Advanced Philosophy
- **** BONUS QUALIFICATION ** - Mental Health First Aid Australia**

Brief Overview of Modules

Term 4 - Advanced Teaching & Integration

- Adaptive Yoga & Chair Yoga
- Cultural Safety for Aboriginal & Torres Strait Islander students
- Yoga Business Immersion
- Ethics for the Yoga Teacher
- Ayurveda & Lifestyle - cooking class included
- Introduction to Zazen Meditation
- A deep dive into the Upanishads & Bhagavad Gita
- Silent Day Retreat

Course Dates

The Jala Yoga Teacher Training is designed to fit in with your life, regardless of if you work a full time job, have children and a house to manage, or if you are studying another course simultaneously. We have had students study majority of this course remotely, as well as another student falling pregnant AND delivering her baby while completing their course. This program can bend to suit your unique lifestyle.

Term One : 11th Jan - 16th March

11th January : 10:30am - 2:30pm

12th January : 8:30am - 3:00pm

13th January : An Online Module released to complete by the end of term

18th January : 10:30am - 3:30pm

19th January : 8:30am - 3:00pm

20th January : An Online Module released to complete by the end of term

1st February : 10:30am - 3:30pm

2nd February : 8:30am - 3:00pm

3rd February : An Online Module released to complete by the end of term

15th February : 10:30am - 3:30pm

16th February : 8:30am - 3:00pm

17th February : An Online Module released to complete by the end of term

1st March : 10:30am - 3:30pm

2nd March : 8:30am - 3:00pm

3rd March : An Online Module released to complete by the start of next term

15th March : 10:30am - 3:30pm

16th March : 8:30am - 3:00pm

Course Dates Continued

Term Two : 29th March - 8th June

29th March : 10:30am - 3:30pm

30th March : 8:30am - 3:00pm

31st March : An Online Module released to complete by the end of term

12th April : 10:30am - 3:30pm

13th April : 8:30am - 3:00pm

14th April : An Online Module released to complete by the end of term

EASTER WEEKEND OFF

26th April : 10:30am - 4pm

27th April : 8:30am - 3:00pm

28th April : An Online Module released to complete by the end of term

10th May : 8:30am - 4:00pm

11th May : 11am - 3:00pm

12th May : An Online Module released to complete by the end of term

24th May : 10:30am - 3:30pm

25th May : 8:30am - 3:00pm

26th May : Online Modules released to complete by the end of term

7th June : 10:30am - 3:30pm

8th June : 8:30am - 3:00pm

Course Dates Continued

Term Three : 12th July - 7th September

12th July : 10:30am - 3:30pm

13th July : 8:30am - 3:00pm

14th July : An Online Module released to complete by the end of term

26th July : Mental Health First Aid Certification - 10:30am - 5:00pm

27th July : Mental Health First Aid Certification - 10:30am - 5:00pm

28th July : An Online Module released to complete by the end of term

9th August : 10:30am - 3:30pm

10th August : 8:30am - 2:30pm

11th August : An Online Module released to complete by the end of term

23rd August : 10:30am - 3:30pm

24th August : 8:30am - 3:00pm

25th August : An Online Module released to complete by the end of term

6th September : 8:30am - 4pm

7th September : 10:30am - 3:00pm

Course Dates Continued

Term Four : 20th September - 26th October

20th September: 10:30am - 3:30pm

21st September: 8:30am - 3:30pm

22nd September : An Online Module released to complete by the end of term

4th October : 10:30am - 3:30pm

5th October : 8:30am - 3:00pm

6th October : An Online Module released to complete by the end of term

18th October : 10:30am - 3:30pm

19th October : 8:30am - 3:00pm

25th October : 10:30am - 3:00pm

26th October : 8:30am - 12:30pm - Graduation Day

(**Dinner Celebration at 6pm - Optional)