

January 2-25, 2015  
Christchurch, New Zealand



YOGA  
TEACHER  
TRAINING

WITH DONNA FARHI  
& FACULTY

~ LISA PETERSEN  
~ NEAL GHOSHAL  
~ KARLA BRODIE



Donna Farhi is a Yoga teacher who has been practicing for 36 years and teaching since 1982. She is one of the most sought after guest teachers in the world, leading intensives and teacher training programs internationally. Donna is best known for her unique ability to help students and teachers embody their spiritual practice. Her work focuses on the refinement of natural and universal movement principles that underlie all Yoga practice. This concentration on fundamental principles allows student of all levels of experience and from all traditions to build their own authentic Yoga practice.

Donna has been the asana columnist for both Yoga Journal and Yoga International Magazine (U.S.A.), and has been profiled in four separate publications on exceptional contemporary teachers of our time, including *Yogini: The Power of Women in Yoga*. Donna is the author of the contemporary classics, *The Breathing Book*, *Yoga Mind, Body & Spirit: A Return to Wholeness* and *Bringing Yoga to Life: The Everyday Practice of Enlightened Living*. Her fourth book *Teaching Yoga: Exploring the Teacher-Student Relationship* is a curricular text for teaching trainings worldwide. American born, Donna now lives on a 30-acre farm in Christchurch, New Zealand where she pursues her passionate study of dressage and horsemanship.

*"It feels like every sentence Donna writes or says has depth. I don't know if I have ever met someone with as much integrity and with such depth of knowledge and experience, and an absolute gift in sharing that knowledge. When I am in her company I feel an immense gratitude and respect for human life, I feel like I am becoming, or perhaps I am returning to the person I want to be."*

~ Anna Jakes, New Zealand

## 21-day Course Content

### Stage I of Training: (Weeks 1 & 2)

This training is offered in two stages. The first two weeks of the training focus on developing the teacher's own direct experience of integrated embodiment. In the third week this material is then incorporated into a template 8-week course, showing how the material can be practically applied in a class setting.

The body organizes itself around patterns. In this unique training module, we investigate the development of human movement patterns from infancy to adulthood, learning to see and understand body structure and movement from this more comprehensive perspective. The training will progress sequentially through each stage of development. As we explore the physical organization of each pattern (as well as the states of consciousness that accompany them), we will look at the specific application of each pattern for teaching and practicing Yoga, as well as the problems that occur when certain patterns are absent, poorly developed or overused. Instead of overwhelming the student with a "check-list" of corrections and details, we can guide our students through

the cohesive support of patterns that evoke whole body integration.

Participants can expect to come away with a more acutely honed ability to see and understand body structure and movement, a precise language to understand and verbalize what they see, and hands-on techniques and principles that will help them elicit healthy movement patterns in their students. Past participants have found that incorporating these principles into their instruction has helped their Yoga students develop a more dynamic and fluid practice, as well as greater stability, balance and increased range of motion without injury.

This training is a movement toward a new pedagogic model for the teacher/student



relationship within the Yoga tradition. We assess each technique in terms of the independence it affords the student. We will look at cultivating a way of interacting that allows for a free flow of communication between student and teacher as equals, and the development of the student's own inner reference system. As a result, the student learns to question information, analyze it in terms of his or her own experience and to formulate a way of practicing that reflects individual needs and goals.

### Stage II of Training: (Week 3)

The focus of Stage II is on learning to apply basic movement principles within the context of an 8-week beginning level Yoga course. We will look at the essential movement skills, postures and breathing practices that should be a part of any fundamental course as well as intelligent use of movement sequences so that material can be learned in a step-by-step fashion. We will also study the adaptation of postures for those with special problems – particularly common spinal conditions. You will come away from this module with an 8-week course plan that has been developed over two decades in Donna's own public classes.

An integral part of the Stage II module will be spent in small teaching practicum groups where participants are given specific assign-

ments and an opportunity to improve teaching skills in a supportive environment. Many participants have found this one of the most valuable parts of the training, as even very experienced teachers rarely receive peer review on their teaching. Emphasis is placed on both giving and receiving constructive feedback in the spirit of supporting each other to become better teachers.

There will also be opportunities within the third week to become familiar with common anatomical terms with an emphasis on the more prevalent spinal conditions that present in public classes.

Depending on Donna's interest at the time of the training, as well as the special skills of our teaching faculty there will be several

elective talks and topics offered.

The training fees include a 200 page training manual and a certificate of completion for the 150-hour training.



## What kind of experience do I need to attend?

Because we are working with principles, this material will be useful to any Yoga teacher, regardless of the particular style or tradition currently practiced. While you need not have begun teaching, participants should have an established personal practice of at least two years and be conversant with the basic Yoga asanas.

An important aspect of this training is its highly experiential nature. You will be working deeply with yourself and closely with other individuals and the group as a whole. You will be presented with a range of different teaching and learning styles, some of which you may be unaccustomed to. Course participants need to have experience in processing, expressing appropriately and containing their experiences with the view to respecting the integrity of the training group. Previous attendance at one of Donna's workshops is recommended and may be a condition of acceptance.

It is *not* necessary to be able to do advanced Yoga asanas but *it is essential* to have a certain level of physical health and fitness to

participate fully. If in doubt about your ability to meet this requirement please contact our office so we can help you to assess your suitability.

Please note that this 21-day module is not intended to be a complete Yoga teacher training. Such a training would require many years of comprehensive study in many different subjects. Rather it is intended to give anyone either intending to teach or already teaching Yoga a comprehensive understanding of the conscious use of movement and asana as a transformative practice.



## Daily Schedule

### Stage I: Weeks 1 & 2

Each day of the teacher training will begin with a personal practice session (or class). The day will be divided into two morning and two afternoon sessions, with a total of 6-8 hours of class per day.

### Stage II: Week 3

Each day will begin with a personal practice session time for all trainees or an elective class taught by one of the teaching assistants. We will then experience the beginning level class for that day which is part of a template for an eight-week class series. After the class we will discuss the core principles, rationale and sequencing. In the afternoon we will reconvene to work on the individual components of the class, exploring alternative approaches

to teaching specific postures as well as some dyad and group teaching practicums.

### Training Numbers & Faculty

While Donna will be present for almost all sessions, three senior teaching faculty will also teach a substantial number of the training hours. In addition, we anticipate 4 - 6 additional training assistants in attendance to give hands-on help, and who will also be offering optional smaller group classes to assist participants in integrating the material. The rich and varied teaching presentations are designed to give trainees a sense of how this material can be incorporated into a Yoga class. We anticipate a group of 50 - 60 trainees, with a ratio of 1 teaching staff for every 6-7 students.

By learning to see the underlying patterns that support integrated movement, we can help students make changes more quickly and with less effort. These skills can then be applied not only to Yoga practice but to daily activities.

*"Donna represents the pinnacle of what teaching can be. She is constantly evolving."*

~ Janet Bhuyan, U.S.A.

*"This Yoga Teacher Training is priceless!"*

~ Lisa Fabry, Australia

*"Sometimes I feel that modern day Yoga is losing its soul and dumbing down to become just another workout or technical exercise. Using the human development movement patterns as my foundation I can truly experience Patanjali's combination of sthira and sukha in asana. This information should be part of every basic teacher training program."*

~ Jennifer Schrader, Australia

*"This training is a healing, radical, forward thinking and ground-breaking research laboratory into the future of Yoga."*

~ Jocasta Crofts, Australia

*"This training is phenomenal!"*

~ Mimi Kuo-Deemer, United Kingdom

*"I thoroughly enjoyed both Lisa and Neal's teaching. It seemed like Donna had picked them to create a perfect team, an amazing balance of knowledge, experience, humor, and enjoyment that catered for everyone's needs and learning styles."*

~ Anna Jakes, New Zealand

*"Donna was extremely generous with her time, knowledge and the sharing of her considerable experience. She gathered an equally experienced faculty and together they created a life transforming experience for me."*

~ Lea Maher, Australia

# General Information

JANUARY 2 - 25, 2015

BREAK DAYS JANUARY 8, 14 & 20

CHRISTCHURCH, NEW ZEALAND 21-DAY TEACHER TRAINING

## Fees:

Tuition for training: \$3,465.00 N.Z. This includes a training manual.

Cost for single bedroom & 3 meals/day: \$3,220.00 N.Z.

Cost for double bedroom & 3 meals/day: \$2,530.00 N.Z.

Total cost for single: \$6,685.00 N.Z.

Total cost for double: \$5,995.00 N.Z.

## Accommodation:

The venue for this training is Rangi Ruru Girls School Boarding House. You may choose either a single room or a spacious, shared double room. All rooms come with shared bathrooms.

## Food:

Three wonderfully fresh and delicious vegetarian meals are provided each day. Fish may be offered on some days for those that request it. Medical allergies can be accommodated. The menu selection allows for non-gluten and non-dairy diets to be accommodated.

## Application Process:

An application form can be downloaded from Donna Farhi's website. Please e-mail or snail mail the completed application form to Donna Farhi's office for processing.

## Payment:

- Deposit of \$1,500.00 N.Z. due when you register.
- Balance Payment #1 is due April 10, 2014  
\$2,593 N.Z. (single room) or \$2,248 N.Z. (double room)
- Final Balance Payment is due August 10, 2014  
\$2,592 N.Z. (single room) or \$2,247 N.Z. (double room)

## For more information or to register:

Contact: Melissa Gardiner

Phone: +64-3-3129-256

Fax: +64-3-3129-257

E-mail: [events@donnafarhi.co.nz](mailto:events@donnafarhi.co.nz)

Website: [www.donnafarhi.co.nz](http://www.donnafarhi.co.nz)

## SENIOR TEACHING FACULTY

# LISA PETERSEN, NEAL GHOSHAL & KARLA BRODIE



Lisa Petersen is a Yoga Teacher, Therapist, Somatic Movement Educator and Body Mind Centering specialist based in Ireland. With over a decade of teaching experience and a BSc. (Hons) in Communications, Lisa is known for her clarity, presence, and passion. Lisa offers workshops and Advanced Teacher Trainings in Yoga, Somatics and Embodied Anatomy internationally. Her style is personable and enriched by a deep understanding of anatomy, alignment and universal movement patterns. With a wealth of knowledge, her classes and workshops are innovative and authentic as she guides her students towards personal transformation on and off the mat. She is passionate about finding the balance between being and doing, movement and stillness, strength and fluidity, discipline and freedom. Lisa co-founded and runs Living Yoga.



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 refining natural movement and alignment principles - learning to embody these principles with kindness and in a way that takes our spiritual practice into our everyday lives. Neal is also an experienced Holistic and Thai massage therapist and an accomplished musician. He lives and teaches in New Zealand and internationally. Neal brings a compassionate open heart to his teaching and enjoys creating a warm and inviting space in which to learn, play and practice Yoga.



Karla Brodie is an experienced and qualified teacher who is inspired to share the practice of Yoga to enhance awareness of breath, movement and conscious rest in everyday life. Karla is dedicated to refining the art of sharing Yoga through mindful, inquiry-based language, subtle yet effective touch, and integrated embodiment through ease rather than effort.