



LEVEL II/III TEACHER TRAINING ADELAIDE, AUSTRALIA

TRAINING DETAILS:

Cost \$1,500 (AUD)

Dates: November 4 – 10, 2018

Location: 14 The Parade Norwood
South Australia 5067
Phone: 0419 339 231
<http://www.yogafusion.com.au/>

About:

Thank you for your interest in the Barkan Method Level II/III Hot Yoga Teacher Training, recognized by the Yoga Alliance. This is the next step to advancing your practice, teaching abilities, and yoga aptitude, putting you on the path to your 300 hour Yoga Alliance Teaching Certificate.

Jimmy has been certifying Yoga Teachers since 1986. Jimmy's interactive approach of teaching goes beyond motivational; with compassion and understanding, Jimmy connects with each of his students on a personal level and offers a unique platform to explore their inherent skills and strengths as a teacher. Jimmy Barkan's Level II and III Training is considered the top-rated training in the United States and beyond. There are thousands of students and studio owners worldwide that got their start with The Barkan Method of Hot Yoga. Jimmy's extensive experience in teaching, guiding, body alignment and yoga history is what separates & distinguishes The Barkan Method Teacher Trainings from many others.

Teaching yoga teachers is something we can not take for granted. It is a responsibility that can not be taken lightly. There are too many teacher trainings programs out today lead by instructors with limited experience. This is what sets The Barkan Method apart. Jimmy has been practicing since 1980, was the only teacher allowed to certify Bikram Yoga Teachers besides Bikram! Jimmy started his own style of Hot Yoga called The Barkan Method back in 2002 and began his very own teacher training program after 22 years of teaching! Barkan has lead over 30 Level I and over 25 Level II/III teacher trainings with well over 1500 graduates who are now teaching all across the world. There are Barkan Method teachers and studios in: Australia, New Zealand, China, Japan, Thailand, Hungary, Vienna, Switzerland, France, England, Iceland, Greenland, Norway, South America, Costa Rica and of course the United States!

Come and discover what thousands already know – that The Barkan Method of Hot Yoga Teacher Training prepares you to be the best teacher you can be!

THE PREREQUISITES FOR THIS COURSE ARE:

- Six Month Consistent Yoga Practice
- Letter of Recommendation from a Certified Yoga Teacher
- Participants must be 21 years or older and be in good physical condition

CURRICULUM:

HISTORY OF YOGA

- Pre-Classical
- Classical
- Post-Classical

PATANJALI'S 8 LIMB PATH

Option #1

Must Already be a 200 Hr. Certified Instructor

Earn your certification to teach ***The Barkan Method Hot Vinyasa Flow***, if you're already a 200-hour certified Teacher in the Barkan Method or a similar style of Hot Yoga. Learn and Practice advanced hot yoga postures from our sacred lineage in Calcutta, India. Participants must mail in a copy of their 200-hour teacher training certification.

Option #2

For Advanced Students who are not Certified Teachers

Participate in the program as an advanced student and take your practice to the next level practicing Hot Vinyasa and advanced hot yoga postures from our sacred lineage in Calcutta, India. Participants must mail in a letter of recommendation from a 200-hour Yoga Teacher. For advanced practitioners only. Please note: You will not receive a certification to teach The Barkan Method Hot Vinyasa Flow in Option #2. Participants in Option #2 will receive a ***Letter of Completion***.

READING MATERIALS:

RECOMMENDED READING:

- [Barkan Method Hot Yoga DVD](#)
- [The Yoga Tradition: Its History, Literature, Philosophy and Practice](#)
- [The Encyclopedia of Yoga and Tantra](#)

- [Autobiography of a Yogi: with bonus CD](#)
- [The Key Muscles of Yoga](#)

RECOMMENDED READING:

- [The Complete Illustrated Book of Yoga](#)
- [Anatomy of the Spirit: The Seven Stages of Power and Healing](#)
- [Journey to the Heart: Daily Meditations on the Path to Freeing Your Soul](#)
- [Anatomy of Hatha Yoga: A Manual for Students, Teachers, and Practitioners](#)
- [Light on Yoga: The Bible of Modern Yoga](#)
- [Tantra: Path of Ecstasy](#)
- [Anatomy for Yoga with Paul Grilley](#)

WHAT YOU NEED TO BRING

- Sticky Mat
- Writing materials – 3×5 Notecards, Highlighter, Pens, Legal Pad
- Stamps, Postcards
- Folding Chair
- Meditation Pillow/Blanket (Optional)

HOUSING

Please contact Barkan Method Yoga Fusion if you require housing.

TERMS AND CONDITIONS

All applications will be personally reviewed by Jimmy. Upon acceptance to the training we will send you an email confirmation and require a \$500 non-refundable deposit. Submitting your application shows you have read and agree to all the requirements for the program. You will not officially be enrolled until we receive your deposit, and a letter of recommendation from a certified yoga instructor. Full tuition is due four weeks before the training. We are unable to offer refunds within three weeks of the training. Curriculum: You must meet all of the application requirements and fully participate in each and every aspect of the training. All participants are required to be on time, attend every class and event with an open mind and open heart. Continuing Education: Continuing education is an important aspect in any career. It keeps you up to date and

refreshed. You will inspire your students as well as yourself when you continue to grow and learn. Graduates will be required to submit a renewal application by the 31st of July of every two years along with a \$25 annual processing fee.

LEVEL I AND LEVEL II CONTINUING EDUCATION REQUIREMENTS

In order to keep your Barkan Method Certification current all graduates are required to participate in one CONTINUING EDUCATION PROGRAM at least every other year. The program must be conducted by Jimmy. Regular classes with Jimmy do not count towards your continuing education requirements. The required programs include posture and teacher clinics. The most important and effective continuing education programs are the Level II/III Teacher Trainings. We recommend that you participate in one Level II program per year. Returning graduates of Level II training participate at half price.

Re-visiting at least 2 posture clinics with Jimmy Barkan (or a total of 4 hours at the Level I Training Posture Clinics) will also count and your participation is always welcome and free of charge. Graduates are required to make a reservation in advance when they will be attending the Level I Clinics.