



2024 PROSPECTUS

Awakening to the Divine

Yoga Immersion & 200Hr Yoga Teacher Training

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AWAKENING TO THE DIVINE
YOGA IMMERSION & 200HR TEACHER TRAINING 2024
With Amanda Zdanowicz & Sheila Ferguson

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INTRODUCTION

“Uniting individual consciousness with divine consciousness and awakening to the truth of existence, achieved through physical, mental, and spiritual practices.”

Are you ready to take your yoga practice to another level? Do you yearn to delve deeper and discover the richness of this centuries' old tradition? Do you feel a desire to share your passion for yoga with others, or are you simply seeking more meaning, purpose, and peace in your life? Join senior teacher Amanda Zdanowicz & Sheila Feguson for a transformative journey to the self in 2024.

Our training model is a part-time modular course delivered over one weekend per month for 8 months, enabling students to integrate the learnings from each module between sessions. We focus on creating and holding a safe space for students from all walks of life to fully immerse in the timeless teachings of yoga, to experience personal growth and transformation, to feel inspired and empowered to live a more mindful and compassionate life, and to develop the skills to share the fundamentals of a safe and authentic yoga practice with others.

We are pleased to offer two formats to suit individuals' needs. For those purely seeking personal growth and development our 16-day yoga immersion is the first step towards a more profound understanding of the path of yoga and integrating it fully into your life. Immersion students will be required to attend Saturdays and Sundays for 8 weekends.

For those with a strong desire to teach, our 24-day (200hr) level 1 teacher training will in addition provide students with the practical skills, techniques & knowledge to be of service to others. You will be qualified to register with Yoga Alliance as a RYT-200. Teacher trainees will be required to attend Saturdays, Sundays & Mondays for 8 weekends.

Our training is unique in that it is based around the Chakra system and takes students on a progressive journey from the fundamentals of yoga theory and practice towards a more profound state of higher consciousness & sense of connectedness to the world around us. We explore tantric philosophy & energetic anatomy in detail and overlay the metaphysical foundations with a sophisticated system of alignment principles applied to the asana practice. The result is a heart-oriented, spiritually inspiring vinyasa yoga method grounded in alignment.

Students will graduate with an in-depth knowledge of yogic philosophy & practice as well as the tools to take charge of their own physical, emotional & mental health, and the skills to teach a heart-oriented, alignment focused vinyasa yoga class with confidence & integrity.

COURSE CURRICULUM

Our 16-Day Yoga Immersion curriculum includes:

YOGA HISTORY, PHILOSOPHY & LIFESTYLE (24 HRS)

- Overview & History of Yoga
- The Path of Tantra
- The Yoga Sutras of Patanjali & The 8 Limbs of Yoga
- The Bhagavad Gita
- Introduction to Ayurveda
- Introduction to Sanskrit
- The Radiance Sutras by Lorin Roche
- Developing a Home Practice & Self-Care Rituals

PRINCIPLES OF ALIGNMENT IN YOGA ASANA (24 HRS)

- Introduction to the Universal Principles of Alignment
- Principles of Alignment in Surya Namaskars
- Principles of Alignment in Standing Poses
- Principles of Alignment in Hip Opening Poses
- Principles of Alignment in Twists & Core Poses
- Principles of Alignment in Backbends & Forward Folds
- Principles of Alignment in Inversions
- Principles of Alignment in Supine & Restorative Poses

APPLIED ANATOMY & PHYSIOLOGY (12 HRS)

- Planes of the Body, Key Actions & Joints
- Applied Anatomy of the Core Muscles
- Applied Anatomy of the Hips & Lower Body
- Applied Anatomy of the Shoulders & Spine
- The Major Systems of the Human Body

ENERGETIC ANATOMY & CHAKRA YOGA THEORY & PRACTICES (24 HRS)

- Architecture of the Subtle Body
- Muladhara (Base) Chakra Theory & Practices
- Swadhisthana (Sacral) Chakra Theory & Practices
- Manipura (Navel/Solar Plexus) Chakra Theory & Practices
- Anahata (Heart) Chakra Theory & Practices
- Visuddhi (Throat) Chakra Theory & Practices
- Ajna (Third Eye) Chakra Theory & Practices
- Sahasrara (Crown) Chakra Theory & Practices

THE ART & SCIENCE OF PRANAYAMA & MEDITATION (12 HRS)

- The 10 Types of Prana & Pranayama Techniques

- Mudras, Mantras & Chanting
- Mindfulness Meditation Practices & Yoga Nidra
- The Yoga Brain & Neuroplasticity

Our 24-Day (200hr) Yoga Teacher Training curriculum includes (in addition to the above:

TEACHING SKILLS (24 HRS)

- Seat of the Teacher; Ethics & Attributes
- Observing, Assisting & Modifications
- Positioning, Mirroring & Demonstrating
- Health Concerns & Contraindications
- Creative & Intelligent Vinyasa Sequencing
- Finding Your Voice – Language & Cues
- Planning, Theming, Music & Inspiration
- The Business of Yoga: Starting Out & Creating a Sustainable Career

TEACHING LAB (24 HRS)

- Instructing the Breath & Surya Namaskars
- Instructing Standing Poses
- Instructing Hip Openers
- Instructing Twists & Core Poses
- Instructing Backbends & Forward Folds
- Instructing Inversions
- Instructing Meditation, Yoga Nidra & Restoratives
- Practical Assessment

Teacher Trainees will also be required to:

- Attend 20 additional classes at SoHo Yoga or another approved/accredited yoga studio
- Complete 24 hours extra-curricular study & assessment
- Teach a one hour community class at SoHo Yoga

DIRECTORS OF TRAINING

AMANDA ZDANOWICZ

ERYT-350/RYT-500 Registration No AZ26102018

Amanda Zdanowicz initially stepped onto the mat in her twenties inspired by the physical benefits of the practice, but soon discovered a sense of peace and grounding that has kept her returning to the mat ever since.

Her passion for yoga developed as she experienced different styles and traditions and began to explore the deeper teachings, and for 15 years she became a dedicated practitioner while maintaining a successful corporate career.

After completing her first teacher training in the Anusara tradition with Julie Smerdon in 2011, Amanda eventually left the corporate world in 2014 to realise her dream of establishing SoHo Yoga. She has since completed over 1000+ hours of training and studies with local and international teachers including Shiva Rea, Sarah Powers, Elena Brower and Anodea Judith.

Amanda's mission is to awaken her students to their own intuitive wisdom and the underlying nature of the universe. Her classes incorporate contemporary themes that empower students to take their practice off the mat and into their daily lives. She teaches heart-oriented, alignment based vinyasa yoga, and mindfulness-based yin & restorative yoga for all levels and regularly runs workshops and hosts retreats.

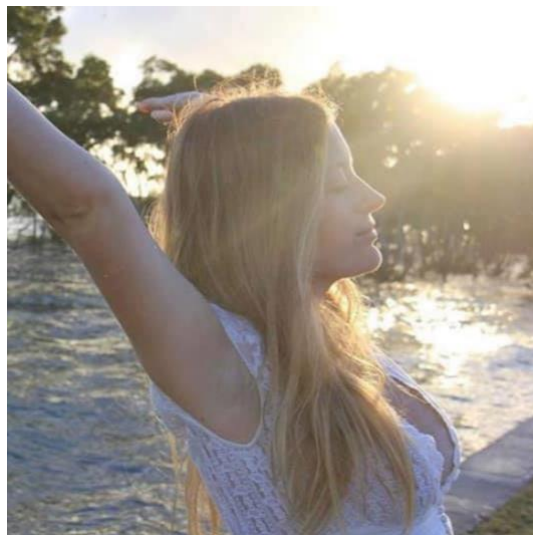


SHEILA FERGUSON
ERYT-350

Sheila has been weaving her way through Brisbane's yoga community since landing here from her home in Nova Scotia, Canada. With her teachings rooted in the Anusara lineage you can expect a strong focus on alignment and expansion, while Sheila's powerful yet accessible classes and grounded translation of esoteric prose are just some of what she's come to be known for.

With over 500 hours of training Sheila has taught thousands of classes over the past decade under the principal guidance of Julie Smerdon for her initial 250 hours and thereafter, along with Noah Maze, BJ Galvan, Lizzie Lasater, Lorin Roche, Meghan Currie and Elena Brower.

Sheila's teachings are inspired by the great outdoors, her relationships, grief, and most recently motherhood. She lives and teaches from a place of compassion, and it is her greatest hope that her offerings highlight the divine in all bodies, experiences, and challenges that life has to offer.



Amanda & Sheila will be joined by guest teachers from the SoHo community and beyond to lead specialist modules including Anatomy & Physiology, Introduction to Ayurveda and Mantra & Chanting.

2024 COURSE DATES & PROGRAMME

Our training is offered as progressive programme corresponding with the 7 primary Chakras over 8 weekends. Training will be delivered over 2 tuition days per weekend if choosing the 16-day Yoga Immersion, or 3 tuition days per weekend (including Mondays) if choosing the 24-day (200hr) Yoga Teacher Training.

Sat 17 Feb	Sun 18 Feb	Mon 19 Feb
Yoga History, Philosophy & Lifestyle (1): Overview & History of Yoga	Energetic Anatomy (1): Architecture of the Subtle Body	Teaching Skills (1): Seat of the Teacher, Ethics & Attributes
Asana (1): Intro to the Universal Principles of Alignment	Asana (2): Principles of Alignment in Surya Namaskars	Teaching Lab (1): Instructing the Breath & Surya Namaskars
Sat 16 Mar	Sun 17 Mar	Mon 18 Mar
Anatomy & Physiology (1): Planes of the Body, Key Actions & Joints	Energetic Anatomy (2): Muladhara Chakra Theory & Practice	Teaching Skills (2): Position, Mirroring & Demonstrating
Asana (3): Principles of Alignment in Standing Poses	Yoga History, Philosophy & Lifestyle (2): The Path of Tantra	Teaching Lab (2): Instructing Standing Poses
Sat 20 Apr	Sun 21 Apr	Mon 22 Apr
Anatomy & Physiology (2): Applied Anatomy of the Hips & Lower Body	Energetic Anatomy (3): Swadhistana Chakra Theory & Practice	Teaching Skills (3): Observing, Assisting & Modifications
Asana (4): Principles of Alignment in Hip Openers	Yoga History, Philosophy & Lifestyle (3): The 8 Limbs of Yoga	Teaching Lab (3): Instructing Hip Openers
Sat 18 May	Sun 19 May	Mon 20 May
Yoga History, Philosophy & Lifestyle (4): The Bhagavad Gita	Energetic Anatomy (4): Manipura Chakra Theory & Practice	Teaching Skills (4): Health Concerns & Contraindications
Asana (5): Principles of Alignment in Twists & Core Poses	Yoga History, Philosophy & Lifestyle (5): Intro to Ayurveda	Teaching Lab (4): Instructing Twists & Core Poses
Sat 15 June	Sun 16 June	Mon 17 June
Anatomy & Physiology (3): Applied Anatomy of Shoulders & Spine	Energetic Anatomy (5): Anahata Chakra Theory & Practice	Teaching Skills (5): Creative & Intelligent Class Sequencing
Asana (6): Principles of Alignment in Backbends & Forward Folds	Pranayama & Meditation (1): The 10 Types of Prana & Pranayama	Teaching Lab (5): Instructing Backbends & Forward Folds
Sat 13 July	Sun 14 July	Mon 15 July

Yoga History, Philosophy & Lifestyle (6): Intro to Sanskrit	Energetic Anatomy (6): Visuddha Chakra Theory & Practice	Teaching Skills (6): Finding Your Voice, Language & Cues
Asana (7): Principles of Alignment in Inversions	Pranayama & Meditation (2): Mudras, Mantras & Chanting	Teaching Lab (6): Instructing Inversions
Sat 10 Aug	Sun 11 Aug	Mon 12 Aug
Anatomy & Physiology (4): The Major Systems of the Human Body	Energetic Anatomy (7): Ajna Chakra Theory & Practice	Teaching Skills (7): Planning, Theming, Music & Inspiration
Asana (7): Principles of Alignment in Supine & Restorative Poses	Pranayama & Meditation (3): Mindfulness & Yoga Nidra	Teaching Lab (7): Instructing Meditation, Yoga Nidra & Restoratives
Sat 7 Sep	Sun 8 Sep	Mon 9 Sep
Pranayama & Meditation (4): The Yoga Brain & Neuroplasticity	Energetic Anatomy (8): Sahasrara Chakra Theory & Integrated Practice	Teaching Skills (8): Starting Out & Creating a Sustainable Career
Yoga History, Philosophy & Lifestyle (7): The Radiance Sutras	Yoga History, Philosophy & Lifestyle (8): Home Practice & Self-Care	Teaching Lab (8): Final Practical Assessment

ATTENDANCE HOURS

Saturdays 10.30am - 5.30pm | Sundays 9.00am - 4.00pm | Mondays 9.00am - 4.00pm
(YTT students only)

LEARNING OUTCOMES

“Nothing in the world is greater than the self. All our joy, all our inspiration, and all our strength come from the self. It contains everything in the universe. You will experience this when you turn within and see it in meditation.” ~ Swami Muktananda

YOGA HISTORY, PHILOSOPHY & LIFESTYLE

Students will graduate with a solid understanding of the roots of yoga - where it came from and how it has evolved over time including yoga's journey from its origin in India to the West and its lineages. They will have an appreciation of the classical paths of yoga, the 8 Limbs and their application to the life of a modern yogi, and the classical texts including Patanjali's Yoga Sutras and the Bhagavad Gita. The focus of our philosophical studies however will be on the path of Tantra, centring on a non-dualistic vision and the concept of everything as an embodiment of Supreme (Shiva/Shakti) Consciousness. Students will also gain insights of the classical texts from a Tantric point of view, as well as develop a deep appreciation for the Vijnana Bhairava Tantra as interpreted by Lorin Roche in the Radiance Sutras. As students become progressively immersed in the teachings they will begin to awaken to their own divine nature and experience a massive personal transformation. They will feel empowered and inspired to lead an authentic yoga lifestyle, with a sense of connectedness to the world around them.

YOGA ASANA

Yoga Asana studies will provide students with the basis and context for performing and teaching yoga asana as both an art and a science. Students will gain a deep understanding of the Universal Principles of Alignment from the Anusara yoga tradition, biomechanics, modifications, use of props, use of the breath, postural sequencing and therapeutics as applied to the key families of poses. Students' performance of the asanas will be greatly enhanced with knowledge and understanding of the importance of attitude and energetics which create the foundation of a heart-oriented practice for self-expression. And those that choose to teach will be equipped with the skills, experience, and confidence to share this practice in service to others.

METAPHYSICS

Building on the non-dual philosophy of Tantra students will deep dive into chakra yoga and graduate with both an intellectual understanding and an embodied awareness of the concepts of the chakra system including the layers of the body, types of energy and movement of energy through the body, the energy pathways & the 7 main chakras. They will learn pranayama and meditation practices to facilitate them on their journey towards a more profound state of higher consciousness. Students will also explore the relationship between mind & body (the 'yoga brain' and the relationship to the central & autonomic nervous systems) and be equipped with tools to take charge of their own physical, emotional & mental health. Prospective teachers will have a string of integrated techniques at their fingertips that they can skilfully weave into their classes.

ASSESSMENT & EVALUATION

Teacher trainees will be required to complete and pass the following assessments:

- Short answer questionnaires to demonstrate their understanding of the modules/topics covered in each module.
- Practical assessment of teaching methodology leading a community class.

REQUIRED & SUGGESTED TEXTS

Recommended reading for immersion students and required texts for teacher trainees:

- The Truth of Yoga ~ Daniel Simpson
- The Bhagavad Gita ~ A New Translation by Stephen Mitchell
- Poised for Grace ~ Annotations on the Bhagavad Gita from a Tantric View by Douglas Brooks
- The Yoga Sutras of Patanjali ~ Translation by Alistair Shearer
- The Radiance Sutras ~ Lorin Roche
- The Key Muscles of Yoga ~ Ray Long
- Chakra Yoga ~ Anodea Judith

ELIGIBILITY & PRE-REQUISITES

All students should have a solid personal yoga practice and have been practicing regularly for a minimum of 12 months (immersion students) or 2 years (teacher trainees). It is recommended that all prospective students attend at least one class lead by Amanda Zdanowicz or Sheila Ferguson prior to enrolling. Most importantly students should have an open attitude and a willingness to learn.

MENTORING PROGRAMME

Graduates of the 200Hr teacher training certificate will be eligible to enter our continuing education programme. The mentoring scheme will pair each student up with an established SoHo Yoga teacher who they will be encouraged to meet up with for support and continuing professional development. The mentoring programme will include up to three 2 hour tailored sessions per year to suit individual needs.

TESTIMONIALS

“Anyone who has ever had even a fleeting thought about doing yoga teacher training, do it. Immediately do it. This has been the most transformative experience of my life and the beauty of sharing the space with incredible women, was life changing. Thank you Amanda & Sheila for your wealth of knowledge, experience and grace to share the teachings and wisdom of yoga. It has been life changing and I will be forever grateful to have you as my teachers and mentors.” ~ Libby Trickett, OAM, 2022 YTT Graduate

“When I signed up for this course I knew I was going to learn how to teach yoga, and I had obviously hoped there would be positive changes as a result. However, I don’t think I fully understood the way this yogic path was going to change my life. This is not just a course, it is a philosophy and way of life. Through this journey I feel more connected with myself, in my relationships and with my community. I have been given the skills and confidence to truly be myself and share this beautiful gift of yoga with the world.”~ Kelly H, 2022 YTT Graduate

“I loved, loved, loved this course! For the rich, deep dive it offers into the ancient tradition of yoga, for its firm foundation in alignment principles that have utterly transformed my practice, and for the generosity of spirit in which it was delivered by two very gifted teachers, Amanda and Sheila. A revelatory journey into the heart of yoga practice and philosophy, this course is expansive and enriching in every sense—physically, spiritually, intellectually, and emotionally. Can’t recommend it highly enough!” ~ Pip M, 2022 YTT Graduate

“This YTT has opened up the beautiful world of yoga. No longer will this ever be viewed as an asana practice for flexibility and strength, it has become a way of life. Amanda and Sheila in particular gave me a great gift of their presence and insight. As for gathering for sessions, I have met the most amazing women. It has been an opportunity to open my heart to possibility, to remember that we are each connected intimately with the universe and divine, a reminder that love is always present and we are enough. Highly recommend.” ~ Susan P, 2022 YTT Graduate

“A transformative yoga teacher training that will intelligently guide you through theory and practice within a warm and safe space. Amazing!” ~ Jennie S, 2022 YTT Graduate

“If you want to delve more into the world of yoga, this is the way to do it. Amanda and Sheila are incredibly knowledgeable, supportive and thoughtful and I can’t think of better teachers to go on this journey with. For me, the immersion course was a definite awakening to the divine as we explored the Chakra system and delved deeper into all yoga has to offer. I learnt so much and, most of all, had a wonderful time doing it. I highly recommend this course to anyone wanting to further their understanding of yoga and learn some new things about themselves and make new connections with like-minded people.”~ Jodie W, 2022 Immersion Student

“Masterfully put together syllabus with very stimulating topics, delivered in a comfortable studio setting by two of Brisbane’s best. Amanda and Sheila were very approachable and delivered yogic wisdom in a very practical and authentic manner. The yoga practices built on one and other ingeniously, bringing together esoteric concepts and the postures. With the alignment knowledge offered, I was able to access postures I haven’t been able to do in years and attempted others I have always been fearful of. This training solidified my previous yoga knowledge, transformed

my practice to be more introspective and playful and has stoked my craving for further yoga knowledge. On a physical and emotional level, this journey has been deeply healing for me. I would recommend this course without hesitation to anyone wishing to deepen their understanding of yoga or become a teacher. You won't be disappointed." ~ Sophie Kaplantzis, 2020 YTT Graduate

"An experience that I am so incredibly grateful for. Such a beautiful group of women coming together to share their passion of learning about the gift of yoga in the most perfect studio and space that is SoHo. I feel so blessed to have done this training with Amanda and Sheila, their comprehensive knowledge, passion for and delivery of the content for our teacher training was exceptional. A truly educational, expansive, and fulfilling journey. I AM a Yoga Teacher...woo hoo!" ~ Kirsty Hagan, 2020 YTT Graduate

"Thank you, Amanda and Sheila, for providing us with an incredibly thorough, well-organised, inspiring, and life-changing course! Every module was relevant and thought-provoking, and I loved the way the chakra system was interwoven throughout the weekends, forming the basis of our journey. The guest teachers were a wonderful addition, giving me further insight into areas of yoga that I otherwise may never have been exposed to. Thank you as well, for supporting me in such an amazing experience of personal discovery and awakening. I feel so prepared, not only as I begin my journey as a yoga teacher, but for life in general. Through your guidance I've learnt so much about myself and the ways to become a more conscious human being." ~ Donna Maher, 2020 YTT Graduate

COURSE FEES & REGISTRATION

24-DAY (200HR) YOGA TEACHER TRAINING **TOTAL FEES & PAYMENT OPTIONS**

\$4195 ~ Payable in full in advance. \$695 deposit payable on registration. \$1750 payable by 12/1/24. Balance of \$1750 payable by 9/2/24. (SAVE \$300)

\$4495 ~ Payable by 8 x monthly instalments*. \$695 deposit payable on registration. 8 x monthly payments of \$475 payable by direct debit prior to each training weekend. (Terms and conditions apply – see below)

Price includes 24 days (168 contact hours) training + comprehensive immersion manual + teacher training manual + 20 class pass (valued at \$320 & valid at SoHo Yoga for 12 months).

16-DAY YOGA IMMERSION FEES & PAYMENT OPTIONS

\$2750 ~ Payable in full in advance. \$500 deposit payable on registration. \$1125 payable by 12/1/24. Balance of \$1125 payable by 9/2/24. (SAVE \$150)

\$2900 ~ Payable by 8 x monthly instalments*. \$500 deposit payable on registration. 8 x monthly payments of \$300 payable by direct debit prior to each training weekend. (Terms & Conditions apply – see below)

Price includes 16 days (112 contact hours) training + comprehensive immersion manual.

To register and pay deposit to secure your spot visit:

<http://www.sohoyoga.com.au/teacher-training-fees>

Please note that once payment has been made no refunds can be offered. Please consider carefully before committing.

*Direct Debit Option Terms and Conditions

By entering into a direct debit contract, you agree to allow SoHo Yoga Pty Ltd to charge 8 x monthly instalments of \$300/\$470 to your nominated credit card or bank account in respect to full payment towards the SoHo Yoga 'Awakening to the Divine' Yoga Immersion/200hr Teacher Training. You may cancel, amend or dispute a direct debit payment at any time but you must make alternate arrangements for payment of your fees within a reasonable time. Once you enter into this contract no refunds will be offered. Please ensure you have adequate funds in your nominated bank account or credit card to ensure payment is processed. If payment falls due on a non-business day it will be processed on the following business day. Your personal information will be treated with the highest sensitivity in accordance with the MindBody Privacy Policy.

