



INTERNATIONAL TEACHER TRAINING COURSE  
BYRON BAY AUSTRALIA  
7th September - 30th October 2009

**GLENN & MARGARET CERESOLI**  
certified Iyengar yoga teachers



constant integrated awareness

[www.yogamind.com.au](http://www.yogamind.com.au)  
[yogamind@aapt.net.au](mailto:yogamind@aapt.net.au)  
tel: 61 (02) 97000558  
mob: 0418 999 108

yogamind



## Integrity in Teaching

*The path of yoga is to know ones Self. It provides the means to systematically explore, observe, enquire and inwardly experience the many facets of our being, physically, physiologically, psychologically and spiritually.*

The intention of this course is to establish the essential principles of practice in the Iyengar yoga method. These principles form the foundation for the 'practice' of yoga. Invaluable experience is gained through the understanding of how to practice systematically and progressively. It is the practice that provides substance and integrity to one's experiences as a teacher. *It is through the practice, that the body and mind becomes sensitive and subtle, enhancing ones perception and making it possible to experience our spiritual nature.*

This course will be intense, challenging and extremely rewarding, on all levels, physically, mentally, and emotionally. It will provide you with the tools, skills and understanding necessary to be a sincere practitioner, an aspiring teacher or for any teacher wanting to progress and refine beyond their current ability and understanding.

**THE THREE GUNAS: Create, Sustain and Transform.**

*To be in harmony as part of the whole with these three basic principles of existence, we must learn how to create an effort (practice), learn how to sustain it, and in so doing, immerse oneself in a process of transformation. This course is aimed at setting up the process for this transformation.*



## AIM OF THE COURSE:

- Clarify, inform and give a practical foundation and experience to yoga practice and teaching.
- To assist in creating an intelligent effort toward a sustaining practice.
- As a further extension of the above to develop skills in teaching.
- Integration as a means to self-development and application to everyday life.



## COURSE CONTENT

- Philosophy: Yoga Darshan: Ethics, Patanjali's sutras.
- Ashtanga – the eight limbs of yoga.
- Self-reflection and development. Nature of Mind/Man
- Yogic physiology and Cosmology of nature. Gunas, Elements Kosas.
- Asana practice and principles: methodology, process, categories, sequencing.
- Teaching principles and practice: role, intent, observation, demonstration, adjustment, skills communication, student and teacher evaluation and assessment..
- Pranayam and introduction to Bandhas
- Mantra and guided meditations.
- Restorative, prop usage and introduction to therapeutic considerations.
- Women's needs – menstruation, pregnancy and menopause
- Anatomy and physiology - 36 hours.



## ESSENTIAL READING:

Light on Life, Light on Patanjali's Yoga Sutras, Light on Yoga, Light on Pranayam, all by BKS Iyengar and A Gem for Women – Geeta Iyengar



## PRE-REQUISITES:

Two years practice of Iyengar Yoga and a proven interest and dedication to one's development through Yoga and regular practice.

References on application required.

Course recognition: 250 hours toward Iyengar Yoga Certification with 36 hours of required Anatomy and Physiology.



## PAYMENT:

**DATE:** 7th September – 30<sup>th</sup> October 2009

**FEE:** \$6000AUD

**DEPOSIT:** \$600AUD required to book placement.

**BALANCE:** \$5400AUD required by 3<sup>rd</sup> August 2009

Non-refundable deposit: If a student withdraws from the course before the course commences, the deposit is non-refundable and non-transferable. The balance of the course fee must reach Yogamind by the 3<sup>rd</sup> August 2009. If not, your place may be offered to someone else and you will forfeit the deposit.

If a student withdraws from the course, the following refund policy applies to the balance of the course fee (not the deposit). If the student withdraws 28 days or more prior to course commencement – the student will receive the course fee balance minus an administration fee of Aus \$150. If the student withdraws 15 – 27 days prior to the course commencement, the student will receive 75% of the course fee balance. If the student withdraws 5- 14 days prior to course commencement, the student will receive 50% of the course balance. If the student withdraws 1-4 days prior to course commencement or withdraws after the course starts, the student will receive no refund.



## TEACHERS

*Glenn Ceresoli is a Certified Senior Iyengar Yoga Teacher* and has been teaching the past twenty-fives years. Co-founder and Director of the Action School of Yoga in Melbourne before passing it on and becoming **Yogamind**. He is nationally and internationally renowned with many teachers coming to him for his knowledge and insight gained from the fruits of his practice. Aside from teaching from his own School base he has taught in many organizations, corporations and groups too numerous to mention. Elite athletes, sports people and those in the top of their fields have had private tuition from him. Glenn continues to teach teachers and others overseas having just completed courses in Switzerland Germany Norway Singapore, and annually the two-month international teachers course in Byron Bay. He also conducts retreats in Italy, Hawaii and the UK.

Whatever you do, yoga will help you do it better.....





**Margaret Ceresoli is a certified Iyengar Yoga teacher** and has been teaching yoga for the past 25 years. She was co-director of the Action School of Yoga in Melbourne for 18 years along with her husband Glenn. Her interest in yoga includes the ethical, philosophical and spiritual aspects, which all inform her life and give depth and meaning to her teaching. Margaret imparts this understanding in a practical and direct way. This has also led to her developing a yoga manual used for the International Teaching courses. Along with daily classes and private sessions Margaret conducts workshops and intensives involving yoga for:

- Developing her many students to deepen their understanding and enhance their practice both on and off the mat.
- Measuring and managing stress and increasing people productivity and well being in the corporate sector.
- Women's health and stage of life requirements.
- Yoga therapy and restorative practices.



*As yoga is a mirror to look at the 'Self' from within, its regular practice will help in facing the turmoils of life with steadiness and insight. – It is the intelligent persons map to skilful living.*



## TESTIMONIALS

This course has been one of the most worthwhile things I have done. It is far beyond just a Teacher Training course, it is a journey of Self inquiry. In the two months I learned more about life, my Self, my practice and how to teach than I have in the last several years. Glenn and Margaret not only offer a wealth of knowledge and understanding, they exemplify it. Glenn's teaching is accurate and insightful, opening the awareness to the many layers of yoga from the physical, through the energetic to the core of your being. It is a practical application of spirituality that allows you to bring the wisdom gained on your mat, into everyday life. As you are guided to your limit and beyond, you begin to have an understanding of what it feels like to function at your optimum on all levels.

Isabelle Luterbacher (England)

For me spending 2 months immersed in practicing yoga with a teacher of Glenn's caliber was an absolutely amazing experience and also a privilege. I had previously attended weekend workshops with Glenn and found those to be inspiring so 2 months was a completely transforming experience. The course allowed me to go deeper into my own practice and understanding of yoga than anything I had done before and also to begin to make breakthroughs on every level, physically,

emotionally and mentally. While the course was 2 months, I have taken away from it years worth of work to study and work with. I recommend to anyone to do this course, to be able to work so closely with teachers of Glenn and Margaret's standing and absorb their years of experience is an opportunity to good to pass up, and something that will stay with you for a long time after.  
Joel Hill (Melbourne Australia)

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## APPLICATION FORM:

**Please answer the questions below:  
This is an evaluation not a judgement, please be sincere.**

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**Name:**

**Address:**

**Email address:**

**Telephone:**

**Occupation:**

**Date of Birth:**

1. Please give a detailed outline of your yoga history and experience. How long have you been practicing? What is the frequency and duration of your practice? Please specify Asana, Pranayama and Meditation, other practices.
2. What type of yoga have you been exposed to and what method do you currently practice?
3. Who have your teachers been and how often do you attend classes?
4. Are you already teaching? If so were and how many classes do you teach?
5. Are you familiar with the Eight Limbs of Yoga?
6. What is the purpose of yoga, beyond the techniques?
7. Can you do the following asanas? Please state with or without support.  
Pincha Mayurasana.  
Adho Mukha Vrksasana  
Sirsasana  
Sarvangasana  
Virabhadrasana 3  
Ardha Chandrasana  
Urdhva Dhanurasana  
Padmasana
8. Do you have any injuries, illnesses or disabilities?
9. How do you prevent injuries in your practice?
10. How do you integrate yoga in to daily life?

11. What are your expectations of this course?

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Please keep in mind that in order to maintain a very high standard of quality, and interaction between teacher and student, there will be a limit of 12 places only available for this course. Book early to avoid disappointment.

Upon satisfying the requirements from this application form, you will be sent a registration form that you must complete, and submit together with your deposit to officially secure your place on the course. Further instructions for payment will be sent via email upon registration.

