

## **MOSMAN VILLAGE YOGA Japanese Yoga Teacher Training 200 Hour Foundation Course**

**with Peter Masters and Anne Bailey**

**Commencing OCTOBER 12, 2019**

The 200-hour Japanese Yoga Foundation Course, registered with Yoga Australia, is experiential in nature. It's designed for people wishing to teach and share Japanese yoga, as well as for those looking to enhance their overall quality of life by expanding their knowledge, understanding and practice. The course is held on weekends in Sydney over a 6 month period with a further 6 months supervision and mentoring to follow. You'll be able to register for Provisional Membership with Yoga Australia, including teaching insurance, after the 12 months has been completed.

Japanese Yoga (Okido and Ki Yoga) is grounded in classical yoga and combined with the Japanese Zen tradition. This unique yoga incorporates elements from many disciplines including Hatha yoga, Zen, Taoism, traditional eastern medicine, martial arts and shiatsu. Its original inspiration comes from the late Japanese Zen Yoga Master, Masahiro Oki, and is a holistic way of cultivating the life force that addresses four main areas: movement, breathing, mind-heart and diet.

### **WHY JOIN OUR TRAINING?**

- Led by two senior Australian Japanese Yoga teachers with more than 45 years combined experience, you'll be guided and supported safely in a step by step way, covering the basics first which will hold you in good stead whether you wish to become a teacher, or simply take your personal understanding and practice to the next level.
- Learn unique Japanese yoga and self-healing concepts and practices.
- The training is held in a well-established, fully equipped studio specialising in Japanese yoga with access to additional workshops with international teachers in this lineage.
- Opportunities to gain student teaching experience in the studio where you train. This will include opportunities to assist in classes, and on Intensives and Workshops gaining more practical experience.
- Ongoing mentorship providing support, encouragement, and inspiration.
- Recognised qualification with Yoga Australia, with further modules available to reach Level 1 membership if desired.

## DETAILED COURSE CURRICULUM

### YOGIC PHYSIOLOGY

As this style of yoga originated in Japan, the Yogic Physiology component of the course comes from Taoist and Zen philosophy. In particular, the course will cover:

- Hara and Bussho
- Ki
- Yin Yang
- Five Element Meridian Theory

#### **Hara and Bussho**

One of the key points of study in Japanese Yoga is Hara. **Hara** is located in the lower belly and has a strong influence in Japanese culture from the martial arts and zen training to ikebana and calligraphy. The concept and practical application of Hara are applied to the traditional Indian asanas. There is a connection between Hara and the mind or brain. This mind-heart aspect of the training is known as **Bussho** (natural mind or Buddha mind). Specific exercises are used to demonstrate Hara and build Hara strength.

#### **Ki**

Ki is a fundamental concept in Japanese Yoga. Everything in the universe, organic and inorganic, is composed of and defined by Ki. Ki is the source of all movement in the body and accompanies all movement. Ki protects the body. It is the source of harmonious transformation in the body. It warms the body. A key practice in Japanese Yoga is to gather, cultivate and move Ki energy.

#### **Five Element Meridian Theory**

Five Element Theory, coming from TCM and Taoism, is an important aspect of Japanese yoga study and practice. The five seasons and related organs and meridians are:

Earth – Summer - Stomach and Spleen

Metal – Autumn - Lung and Large Intestine

Water – Winter - Kidney and Bladder

Wood – Spring - Liver and Gall Bladder

Fire – Late Summer - Heart & Small Intestine and Triple Heater & Heart Protector

With each season the study includes related foods, cooking styles, emotions, supportive lifestyle practices, times of day, associated colours and tastes. Yoga asanas that support and stimulate each of the meridians are also studied and practiced in detail.

### TECHNIQUES OF YOGA

#### **Asanas**

Traditional Yoga Asanas are studied using the Japanese yoga approach.

1. Yoga for the Seasons Asana Practice – 5 Element Way. Learn effective Ki Yoga & Okido yoga sequences that will enhance your understanding of meridians in the body.
2. Hogushi Self Massage for Asana Preparation and self-care
3. Creative or Zen aspect where the imagination is used to visualize the Asana
4. San Mit Su or Mind Body Breath. The aim of Japanese Yoga is to unify mind, body and breath. In Zen practice, Zazen is sitting meditation whilst Dozen is the word used to describe moving meditation. All of the physical practices in the training aims to have the quality of Dozen.

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## Do-In

Do-In, with a history dating back 5000 years, are gentle exercises that cultivate mental, physical and spiritual wellbeing. There are 63 movements in the Do-In routine studied in the course, with each movement performed 12 times using an ancient Japanese counting system that is both calming and energizing. The sequence covers the whole body and stimulates many major tsubos along the meridians. This Do-In sequence was originally passed on by Urata Sensei, the wife of Dr Oki.

## Hogushi Self Massage

Hogushi Self Massage is a body-mind care system with a focus on warming up and releasing key areas of the body including the hips, legs, abdomen, lower back, shoulders and neck. Hogushi means 'release the tension'. Hogushi practice results in better body temperature, circulation, lymph and hormonal flows. Yoga asana practice can be markedly improved with Hogushi and injuries avoided and alleviated. The text used is '**Stretching and Hogushi Massage**' by Saburo Ishii.

## Kyokaho

Kyokaho are strengthening exercises created by Dr Oki. Often done in partners, they derive their inspiration from animal and natural movements. Kyokaho exercises help with Hara training and adjusting the posture. The text is '**Kyokaho -Strengthen Your LifeForce**' by Masahiro Oki.

## Pranayama

The core pranayama practice studied in the course is a **9 Step Pranayama** that has as its focus the nourishment and balancing of the hormonal and nervous systems, lengthening the exhalation and bringing experiential awareness into the Hara. This pranayama was developed by Yuji Yahiro, the senior teacher of Okido Yoga in Italy and the author of '**Meiso Shiatsu**'.

## Meditation, AOM, Heart Sutra, Pledges, Laughing & Sound Exercises

These spoken, silent and sound-movement practices are integrated into the course. They develop breath, focus, expression, posture, mindfulness and positive intention.

## PHILOSOPHY, ETHICS & LIFESTYLE

The primary text relating to yogic philosophy, ethics and lifestyle studied in the course is '**Meditation Yoga**' by Masahiro Oki (Japan Publications 1978). Included in this study are the 8 limbs of yoga – Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dyhana and Samadhi. Also key Okido principles including Positive Mind, Gratitude, Hara, Smile-Laugh, Mindfulness and Wholeheartedness. Patanjali's Yoga sutras and the Bhagavad Gita are the other reference texts.

Another philosophical resource used is the **Okido Yoga Sutra Book** which is a practical manual of Okido Pledges and Chanting. These are used in classes and provide further explanation of yogic ethics and philosophy.

The **Okido Yoga Guidelines for a Yoga Leader** and the **YA Code of Ethics** are also studied and discussed during the course.

## ANATOMY & PHYSIOLOGY

Theory content will cover major body systems and associated musculo-skeletal anatomy:

- Cardiovascular | Lymphatic | Nervous | Endocrine | Respiratory | Digestive

## **TEACHING METHODOLOGY**

**Assisting and Observing** - The importance of assisting and observing is emphasised and practiced during the course.

**Adjustments** – the course covers how to gently support students during class.

**Class design** – Models of yoga class design and structure are given as templates for designing a class. These become the basis for teaching practical classes.

**Other Teachers** – Trainees get to experience different teaching styles during the course. Students are encouraged to see which style of teaching they relate to and why.

**Voice Projection** - We work with voice projection through sound exercises, AOM and chanting.

## **INTEGRATIVE PRACTICE & TEACHING**

**Regular review within the training** - At weekend sessions, the past month's work is reviewed and clarified and trainees are invited to lead individual practices.

**Small Teams** – The training group is divided into smaller groups on the weekends and given the opportunity to practice teach to each other.

**Assisting and Observing at Mosman Village Yoga** - teacher trainees are given the opportunity to assist the teachers at the studio in casual classes, intensives, workshops and courses.

### **Practical Class Preparation**

Towards the end of the course each student designs and leads a 30 minute class.

## **2019/20 Course dates: Session times - Sat 10am – 8pm | Sun 8am – 4pm**

Each weekend will have a combination of practices including chanting, pranayama, philosophy, anatomy & physiology, techniques and asana, combined with a 5 Element seasonal focus.

October 12 & 13	(Introduction to Japanese Yoga)
November 2 & 3	(Wood element)
30 Nov & 1 December	(Fire element)
January 11 & 12	(Earth element)
February 1 & 2	(Metal element)
February 22 & 23	(Water element)
March 7 & 8	(Integration)
April 4 & 5	(Practical Assessments)

- In order to meet the course requirements, it's important to attend all sessions. Should you be unable to attend for any reason, then a private session with one of the tutors will be required, at an additional cost.
- As well as the face to face weekends, additional home study, reading and personal practice is part of the course requirements.

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- For those wishing to become registered teachers, participation in our mentoring program from May till September 2019 is essential in order to continue learning under supervision, and to satisfy Yoga Australia registration requirements.
- Attendance at a minimum of one yoga class each week is required during the course, the cost of which is additional to the course tuition fees. Discounts are available for those trainees doing their classes at Mosman Village Yoga.
- Assessment is by assignments throughout the course, as well as a practical teaching component.

### **Course fees: (GST inclusive)**

#### **200 hr tuition fees :**

This includes all notes (printed and digital), and 4 required texts.

Early Bird Rate: if paid in full by 15 September, 2019 **\$4000**

A \$1000 non-refundable deposit secures your place, with the balance due by 15 September 2019

OR

#### **Payment Plan Option:**

**\$4400**

1. \$1000 non-refundable deposit to secure your place
2. \$1000 payable by 11 October, 2019
3. \$1200 payable by 1 December, 2019
4. \$1200 payable by 1 February, 2020

#### **Additional Costs:**

##### **Class attendance**

**\$15 per class**

Attendance at a minimum of one class per week (30 classes min) – if these classes are undertaken at MVY, a discounted rate of \$15 per class is available whilst enrolled in the course.

#### **For those intending to become registered teachers:**

##### **Mentoring (6 months following)**

**\$550**

Includes 20 hours supervised teaching, assisting & observing in weekly classes.

##### **First Aid Certificate:**

**\$100** (approximately)

Essential to register with Yoga Australia.

### **Course Pre Requisite:**

Be able to demonstrate you have a minimum 12 months of regular yoga practice before entering the course.

## ABOUT THE COURSE LEADERS:



**PETER MASTERS** – BA Communications, Dip.Shiatsu STAA  
Senior Level 3 Registered Teacher with Yoga Australia

Peter is a senior Australian Okido Yoga teacher with a wealth of experience to share. He was Director of Zen Central Yoga Studio in Brisbane from 2002-17 and has been leading the Yoga Life Training yoga teacher training course in Brisbane and Sydney since 2000. The East West Centre in Sydney was Peter's original place of training in the early 80's and he trained with Dr Masahiro Oki at the International Oki Yoga Dojo in Mishima, Japan in 1984. Peter's taught widely in Australia leading numerous workshops and retreats and he's also led many overseas yoga study trips to Japan, Italy, Bali and Hawaii. He's also organised and hosted many international yoga seminars and retreats in Australia with guest Japanese, European and Brazilian Okido teachers.

He studied and worked with Takao Nakazawa at the Melbourne Okido centre in the mid 80's and with Masako Kunino at the Sydney and Blue Mts Okido centres in the mid to late 90's. Peter's been teaching at Mosman Village Yoga in Sydney since it opened in 2012. Peter has a close working relationship with Saburo & Hisae Ishii at the Tokyo Family Yoga School and organised the translation and publication in English of '[Stretching and Hogushi Massage](#)' by Saburo Ishii. Peter is also a practitioner of Zen Shiatsu and other areas of study and practice include Qigong, Feng Shui and Meditation.



**ANNE BAILEY** – Senior Level 3 Registered Teacher with  
Yoga Australia, Director Mosman Village Yoga

Anne is the studio's founder and director. She has been practicing yoga since the mid 1990's, and completed her initial Ki Yoga teacher training diploma with Jack Marshall at the Zen Renaissance Centre in 2004 covering 700 hours over 2 years. She subsequently completed the 350 hr Yoga Life Training with Peter Masters in 2013, including assisting and delivering some aspects of that training course.

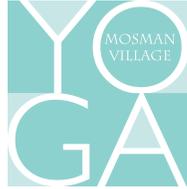
Anne has undertaken further training in Applied Anatomy & Physiology for Yoga, Restorative Yoga and Yin Yoga as well as completing a Certificate III in Psychosomatic Therapy. She has participated in approximately 10 specialised masterclasses with visiting Japanese yoga teachers. She has also completed studies in Naturopathy, Herbalism, Homoeopathy and Remedial Massage, and is a Reiki Level 1 practitioner.

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**VENUE:** Mosman Village Yoga  
 Level 1 (above Country Road)  
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## NEXT STEPS:

### To Find Out More

- Join one of our free **INFORMATION SESSIONS** where you'll have the opportunity to view the studio, meet the teachers, and have all of your questions answered. Please note this is a discussion forum only, there is no practical yoga undertaken.

**THURSDAY 11 April (7-8pm)**

**SATURDAY 4 May (1-2pm)**

**THURSDAY 6 June (7-8pm)**

**SATURDAY 6 July (1-2pm)**

**SATURDAY 3 August (1-2pm)**

- Attend a complimentary class at Mosman Village Yoga with Anne or Peter to experience the Japanese style first hand.
- Call or email with any questions

### To Register

- Complete the attached enrolment application and email to:  
**[stretch@mosmanvillageyoga.com.au](mailto:stretch@mosmanvillageyoga.com.au)**
- Pay the non refundable deposit to secure your place, either by direct transfer to the studio account below, or by EFTPOS/Cash in the studio

BSB: 012 352 ACCOUNT: 205290558 MOSMAN VILLAGE YOGA PTY LTD  
 REFERENCE: Your name+YTT deposit

Contact us if you have questions or to reserve your place at our Information Session:  
 ANNE [stretch@mosmanvillageyoga.com.au](mailto:stretch@mosmanvillageyoga.com.au) / PHONE: 0417 065 186

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PETER [info@zencentral.com.au](mailto:info@zencentral.com.au) / 0418 139 232