



## Inclusive Chair Yoga

### **Teacher Training Program Description (30–65 Hour Certification)**

#### **Learn to confidently teach Chair Yoga for everyBODY**

Welcome to our Chair Yoga Teacher Training, designed to give you everything you need to confidently teach Chair Yoga for everyBODY.

This comprehensive 30–65 hour certification pathway is designed for yoga teachers, health professionals, carers, corporate workers, and community leaders who want to teach Chair Yoga confidently and professionally across a wide range of settings including aged care, disability support, workplaces, studios, community programs, and online environments.

Created by Claire Cunneen, this training draws on more than 30 years of experience in the fitness and wellbeing field, including over 12 years specialising in Chair Yoga teaching and teacher training. It combines real-world teaching experience with practical, accessible methodology and a deep understanding of how to make Yoga truly inclusive.

Every module has been carefully developed from years of teaching experience, as well as in direct response to the most common questions and challenges teachers have shared over time. The result is a supportive, practical, and easy-to-follow training that builds your confidence step by step.

By the end of the training, you'll be able to confidently plan, adapt and teach inclusive Chair Yoga classes for a wide range of students and settings.

This CPD / CEC recognised training is approved for continuing education with Yoga Australia and Yoga Alliance.

## **Chair Yoga Certification Course Overview**

This comprehensive Chair Yoga Teacher Training will give you the knowledge, structure and practical skills to confidently teach safe, inclusive, and accessible Yoga for everyBODY.

You will learn how to:

- Teach Chair Yoga classes confidently and professionally
- Adapt traditional Yoga postures from the mat into fully accessible seated practices
- Deliver Chair Yoga in aged care, disability support, workplace, studio, and online settings
- Teach trauma-informed and inclusive Chair Yoga classes
- Build foundational knowledge in anatomy for movement and Yoga teachers
- Develop breathwork (pranayama) and meditation practices for Chair Yoga
- Sequence, cue, and confidently deliver Chair Yoga classes
- Sequence, cue, and teach Chair Yoga classes effectively

This training is suitable for both new and experienced Yoga teachers looking for CPD/CEC recognised professional development both with Yoga Australia and Yoga Alliance.

### **Choose Your Training Pathway (30–65 Hours)**

Our flexible structure allows you to complete the foundational Inclusive Chair Yoga Teacher Training course, then expand your learning with elective modules to deepen your knowledge and expertise.

We offer 30, 40, 50 or 65 hours Chair Yoga Training pathways. Opportunity to add single elective modules is available as well.

## **30 Hour Foundation Training**

The 30-hour foundation is your entry point into our Chair Yoga teacher training.

It includes:

- 15+ hours of in person, live on zoom or pre-recorded online training videos with Claire Cunneen
- 15 hours of guided home study

This foundation is a complete Chair Yoga Teacher training course. It builds essential knowledge and practical teaching skills and forms the basis for CPD eligibility and certification as a Chair Yoga Teacher. Once completed, you can then continue into the elective modules and continue to expand as a confident and successful Chair Yoga Teacher.

## **Chair Yoga Course Modules**

### **Core Training Modules (30 Hours)**

Your foundation training includes:

- All the Chair Yoga Teacher essentials
- Teaching Inclusive Yoga for everyBODY - how to adapt ALL poses to the chair with options for everyone
- Adapting all Yoga poses for the chair (single and multiple chairs)
- Teaching mixed seated and standing Chair Yoga
- Anatomy and movement principles for Chair Yoga teachers
- Teaching Chair Yoga for aged care, disability, and workplace settings + bonus mental health/trauma section
- Wheelchair Yoga practices and tips
- Chair Yoga pranayama (breathwork) foundations
- Chair Yoga meditation foundations
- Yoga philosophy and it's applications for Yoga teachers

- Teaching skills, cueing, and sequencing Chair Yoga classes
- Getting started in your Chair Yoga work
- Full Chair Yoga class sequences and teaching resources

## **Elective Chair Yoga CPD Modules (Additional Training Hours)**

Once you complete the foundation course (or if you have completed the LV Chair Yoga training previously), you can expand your training with specialised modules designed to deepen your expertise.

### **Chair Yoga Teaching & Methodology**

Develop your teaching skills, sequencing, and class design, including:

- Teaching Skills, Cueing, and sequencing for Chair Yoga teachers
- Creating Chair Yoga flows and class design
- Teaching Chair Yoga online and hybrid classes
- Teaching Standing & Seated mixed classes
- Teaching Warm Ups & Cool Downs
- Sun & Moon Salutations on the Chair
- Teaching Chair Yoga with Props

### **Teaching Chair Yoga for Specific Populations**

Learn how to adapt Chair Yoga safely and confidently for diverse communities:

- Trauma-informed Chair Yoga training
- Chair Yoga for disability services and wheelchair users
- Chair Yoga for corporate workplaces
- Chair Yoga for aged care (including dementia support)
- Chair Yoga for stroke recovery
- Chair Yoga for Parkinson's disease
- Chair Yoga for arthritis, osteoporosis, and joint conditions

- Chair Yoga for kids
- Teaching Inclusive Size Chair Yoga

### **Chair Yoga Anatomy Modules**

Build confidence working with the body in a functional, accessible way:

- Chair Yoga for Lower Back Care
- Chair Yoga for Hips & Spine
- Chair Yoga for Knees, Feet & Ankles
- Chair Yoga for Shoulders
- Chair Yoga for Hands, Wrists & Elbows
- Chair Yoga for strength and stability

### **Mind, Breath & Energy**

Deepen the inner practices of Chair Yoga:

- Chair Yoga pranayama training
- Mindfulness, relaxation & meditation for Chair Yoga
- Mudras, mantras, and chakras
- Chair reflexology for self-care

### **Chair Yoga Business Skills**

Learn how to grow your teaching practice:

- Building Community & Client Retention
- Social Media Marketing for Chair Yoga teachers
- Becoming a successful and confident Chair Yoga Teacher
- Client retention and community building

### **Creative Chair Yoga Offerings**

Add something fun and different to your classes:

- Teaching Chair dancing

## **What You Will Be Able To Do**

On completion of this Chair Yoga Teacher Training, you will be able to:

- Teach Chair Yoga safely and confidently across multiple settings
- Adapt traditional Yoga postures for seated and accessible practice
- Deliver inclusive, trauma-informed Chair Yoga classes
- Work in aged care, disability, workplace, and community environments
- Support improvements in mobility, strength, flexibility, and wellbeing
- Join a global community of compassionate and highly skilled Chair Yoga teachers

## **Which Training Pathway is Right for You?**

All pathways are designed to give you a strong foundation in Chair Yoga teaching, with the flexibility to choose how deeply you would like to study. If you are unsure which option is right for you, the guide below will help you choose.

### **30 Hour Foundation Pathway**

Best for you if you are:

- New to Chair Yoga and want a clear, supportive, and complete introduction
- An experienced teacher wanting to expand into accessible and inclusive Chair Yoga teaching
- Looking to build confidence in teaching Chair Yoga step by step
- Wanting a strong foundation you can immediately begin applying in real classes or personal practice
- Exploring Chair Yoga as CPD or personal development and wanting a clear structure and guidance

This pathway gives you a complete introduction to Chair Yoga teaching, including safe adaptation of poses, foundational sequencing, and accessible teaching principles. It is a well-rounded starting point that supports you to begin teaching with clarity and confidence.

## **40 Hour Pathway**

Best for you if you want to:

- Build on your foundation and feel more confident applying Chair Yoga in different settings
- Explore additional elective modules to broaden your learning and teaching toolkit
- Develop more familiarity with adapting classes for different needs and environments
- Expand your ability to draw from a wider range of teaching approaches
- Continue developing your skills whether you are new to teaching or an experienced teacher expanding your offerings

This pathway extends your learning beyond the foundations and supports you in developing more flexibility and confidence in how you teach Chair Yoga.

## **50 Hour Pathway**

Best for you if you are:

- Actively teaching or preparing to teach Chair Yoga and wanting more range and confidence in your approach
- An experienced teacher looking to expand your ability to work across diverse student needs and settings
- Looking to feel more comfortable adapting Chair Yoga for a wide variety of bodies, abilities, and environments
- Wanting to explore a broader selection of elective modules across anatomy, accessibility, teaching methods, and related areas
- Interested in developing a more integrated and adaptable teaching style to support a wider range of students

This pathway offers a broader and more integrated learning experience through a wider selection of elective modules, so you can feel increasingly confident responding to different teaching situations with clarity and ease.

## **65 Hour Pathway**

Best for you if you want:

- A complete Chair Yoga teacher training that includes the full foundation plus a wide range of elective learning areas
- A learning experience that brings together the full scope of questions, topics, and challenges that often come up when teaching Chair Yoga in real-world settings to diverse groups of people
- The confidence to draw from a broad range of approaches, tools, and adaptations when working with different bodies, abilities, and environments
- The opportunity to explore Chair Yoga more widely, including anatomy, accessibility, teaching methods, mindfulness, and specialised applications
- A training that feels thorough, supportive, and covers the areas teachers most commonly want clarity on as they begin or deepen their teaching

This pathway includes the full foundation training plus access to all elective modules, giving you the most complete learning experience available within this training.

If you are unsure which pathway to choose, many students choose the 65-hour option as it brings everything together in one place. You have lifetime access to the full training and can move through all areas at your own pace as your teaching develops. It also offers the strongest value across the full training, with everything included in the one pathway. Please reach out to us if you have any questions about the different options.

### **Course Investment (AUD)**

(all prices are gst inclusive)

- 30 hours – \$797
- 40 hours – \$899
- 50 hours – \$997
- 65 hours – \$1147

**Payment plans** are available at no extra cost. 3 or 6 months or create your own! Please contact us if any financial assistance is needed. Concession rates are available, along with partial scholarships for eligible participants.

Your course includes:

- 150-page training manual
- Video lessons and online content
- Class scripts, eBooks, and teaching resources
- Discounts on DVD, extra eBooks & resources, mentoring, and private sessions
- Ongoing support, monthly mentoring circles, and access to a private teachers' only Facebook group

**TEACHER:** Claire Cunneen

Please take time to read our Terms and Conditions

By the end of the training, you'll have the confidence, practical skills, and teaching tools to share Chair Yoga in a way that is safe, inclusive, and accessible for everyBODY. We look forward to welcoming you into our Chair Yoga teacher community and supporting you on your journey.