

# **Lakshmi Voelker Chair Yoga®**

## **One on One Online Teacher Training**

### **Program Description**

Thank you for your interest in Lakshmi Voelker Chair Yoga® (LVCY) One on One Online Teacher Training. This document gives you the details about our program.

#### **Why Get Certified?**

Everyone CAN benefit from yoga, but often students, patients or clients feel that they can't because:

- ✓ They are unable to get down to the floor for whatever reason, such as age, injury, body shape, different ability, mobility, strength or balance challenges
- ✓ They want to practice yoga but getting to the floor is impractical (at work, travelling, Doctor's office, etc.).

These groups of people have often been excluded from practicing traditional Yoga, and unable to experience the exceptional benefits that yoga brings to the body, mind, and spirit. Now, you can open this wonderful world to new audiences.

In this combined online video call and self-study program, you will add a new dimension to your teaching and/or care-giving. Our online teacher training program provides a firm foundation for teaching Lakshmi Voelker Chair Yoga®.

#### **Who Can Study With Us?**

- ✓ EVERYONE\*
  - ✓ Yoga teachers
  - ✓ Yoga teachers-in-training
  - ✓ Fitness or Pilates trainers with yoga experience\*
  - ✓ Healthcare professionals with yoga experience\*
  - ✓ Community workers or care providers with yoga experience\*
- (\*See the prerequisites section for our definition of yoga experience and how to obtain it if you do not have it).

#### **What is Lakshmi Voelker Chair Yoga®?**

Lakshmi Voelker Chair Yoga® is based on 5000-year-old yoga postures (called asanas) and breathing techniques, plus other Eastern and Western movements Lakshmi has found

beneficial to her students. Lakshmi has adapted these poses for the chair, making the health and wellness benefits accessible to everyone.

Lakshmi Voelker Chair Yoga® offers three key ingredients:

- ✓ Levels of flexibility (options for everyBODY)
- ✓ Focus on accessibility, inclusion and trauma-informed teaching
- ✓ Emphasis on breathing, foundation and functional movement

We have taken into account the fact that everyone has a different shape, structure, range of motion and level of experience. Therefore, LV Chair Yoga® is taught in various “levels of flexibility” that help your students to learn how to adapt each pose to suit their personal needs. We have even accounted for differences in student’s upper and lower body as well as their right and left sides. This innovative approach makes our chair yoga program suitable for all ages, levels of experience and ability.

You will learn how to use the “levels of flexibility” with each person you teach, making each person’s experience in your LVCY classes safe and enjoyable.

### **Objective:**

LV Chair Yoga® Teacher Training readies you to teach Chair Yoga to varied audiences with knowledge and confidence.

### **What You Learn:**

Along with meditation, breathing, and relaxation techniques, you learn how to adapt classical mat yoga asanas to the chair - what Lakshmi terms ‘the Chairasanas’.

You learn the five branches of Lakshmi Voelker Chair Yoga®:

- Single Chair Yoga™
- Double Chair Yoga™
- Pair Chair Yoga™
- Weighted Chair Yoga™
- Wheelchair Yoga™

You learn the Chairasanas contained in:

- Sun Salutation
- Moon Salutation
- Earth Salutation
- Warrior Sequence
- Balance Sequence
- Many more yoga asanas and yoga-related postures

You learn additional Eastern disciplines and modalities such as:

- Acupressure hand strengthening movements
- Acupressure knee strengthening exercises
- Breathing techniques for meditation, relaxation, and asanas
- 7 Chakras and their meanings, colours, sounds, and affirmations
- 5 Yamas and 5 Niyamas
- Do-In Chinese Self Massage
- Foot Reflexology
- Pa Tuan Chin (8 Essential Sitting Exercises)

You learn:

- Contraindications/precautions for each chairasana in the manual
- Communication skills based on inclusive and trauma informed language
- How to make your classes accessible for everyBODY
- Basic anatomy as it applies to chair yoga
- Plus introductions to outside study materials and resources

### **How It Works:**

You can start your training anytime. The 32 hour program consists of 26 hours of self-study and practice using our study guide, along with the online video content and our 200+ page manual. Your self-study is supplemented with 6 one-on-one online video calls with your teacher. Video calls are done over Zoom or another format that suits.

These calls have specific tasks (spelled out in the study guide) for you to complete as well as giving you a chance to ask questions. The Study Guide explains how to arrange these calls. The first call will be made after you have completed the items in self study 1.

After Video Call 1, you continue to work through the Study Guide and Video Calls 2-5 with the objective of preparing a “30 minute Personal LVCY Class” to be given to your instructor. A 16 question assessment will also be given to you to complete and return before you present your class.

After you complete all the study, the questions and your 30 minute class, we send you your Lakshmi Voelker Chair Yoga® teacher certificate. You are then qualified to teach and may obtain insurance.

We are aware that everyone has different schedules, so we are somewhat flexible with how long you take to complete the course. To ensure flow, focus and completion, we strongly recommend completing the course within 90 days from when you receive your materials. If you took one video call per week – it amounts to an average of 5-6 hours study per week.

## **Teacher Trainer Qualifications:**

All our teacher trainers are Yoga Therapists with a minimum of 100 hours of direct working contact with Lakshmi (25 hours of their own live certification and a minimum of assisting Lakshmi at three other live certifications). Plus, they hold relevant Yoga and other qualifications, along with a minimum of 150 hours of LVCY teaching experience.

## **What's Included?**

Tuition includes:

- Study Guide
- Teacher Development Manual (200+ pages with 75+ illustrated asanas)
- Teacher Development Manual supplements
- Lakshmi Voelker Chair Yoga® Single Chair Yoga® Volume 1 DVD
- Lakshmi Voelker Chair Yoga®: The Sitting Mountain Series® CD
- Claire Cunneen's Chair Yoga DVD
- Six video calls with your trainer
- Your LV Chair Yoga® Teacher Certificate
- Ongoing support during and after your training from your teacher and the LVCY community
- Access to a teacher's only facebook group and community membership, resources, mentoring and upskilling workshops
- A listing on our website
- Rights to resell LVCY DVDs and other products we may offer at a discounted price to you
- 32hrs of Continuing Education hours towards your Yoga Alliance or Yoga Australia registration
- An amazing opportunity to be part of a worldwide community of highly skilled teachers who are sharing the benefits of Yoga with everyBODY on many chairs, everywhere!

## **Pre-requisites:**

- Yoga teachers and teachers-in-training
- Health care or Fitness professionals, care providers, or anyone with yoga experience (we require at least fifteen hours of yoga participation for basic understanding)

## **Continuing Education Credits:**

Our course is eligible for 32hrs Continuing Education Points with both Yoga Alliance International and Yoga Australia.

**Investment:**

\$725 AUD

Payment plans are available at no extra cost. We offer 3 or 6 month options and can also tailor one to suit your individual needs.

**How to Register:**

You can register and pay for the course via the website:

[www.getfitwhereyousit.com.au/liveteachertraining](http://www.getfitwhereyousit.com.au/liveteachertraining)

If you are choosing a payment plan, select the manual payment option and email [claire@getfitwhereyousit.com](mailto:claire@getfitwhereyousit.com) with the payment plan option you would like. We will then send you an invoice that you can pay off in your selected time frame.

Once your payment is made, your course materials are sent to you either in the mail or via google drive. There are no refunds once materials are sent.

**Questions?**

Contact

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[www.facebook.com/lvcyau](http://www.facebook.com/lvcyau)

[www.instagram.com/lvcyau](http://www.instagram.com/lvcyau)

You can also find information about LVCY at our website:

[www.getfitwhereyousit.com.au](http://www.getfitwhereyousit.com.au)

See you on the Chair soon!