

Lakshmi Voelker Chair Yoga®

Self Study Teacher Training

Program Description

Thank you for your interest in the Self Study option of Lakshmi Voelker Chair Yoga® (LVCY) Teacher Training. This document gives you the details about our program which is offered both in person and in our virtual classroom on Zoom.

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.

From this online training, you will add a new dimension to your teaching and/or care-giving. Our comprehensive, in depth teacher training program provides you with the skills and tools for teaching Chair Yoga safely and effectively to anyone, on any chair, anywhere.

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 and techniques that are beneficial for the individuals we teach. With LV Chair Yoga, you can adapt all Yoga poses to the chair, making the health and wellness benefits accessible to everyone.

Lakshmi Voelker Chair Yoga® offers three key ingredients:

- ✓ Levels of flexibility (different 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 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:

- The course consists of 32 hours of study including 16 hours of pre-recorded video content from our LIVE virtual classroom training
- First, you'll watch all the recorded videos of the training
- Then, there is 16 hrs of homework to be completed after you watch the video recordings (this homework is explained in depth in day 2 of the recordings). The homework includes some study of the manual and online content, along with some home practice, completing 16 question written assessment, lesson plan and preparation for your 15 minute practical assessment (this is explained during the training recordings). You may complete this at your own pace, within the one month time-frame (if you need more time for any reason, just let us know)
- Upon submission of the checklist of homework, lesson plan, 15 minute video* and a 16 question assessment, your certificate will be issued**.

* Your video may be sent to your trainer or completed via a Zoom call if you prefer

** Please allow 1-2 weeks for your certificate to arrive as all assessments are marked personally by your trainer with feedback provided.

Teacher Trainer Qualifications:

All LV Chair Yoga 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 have relevant Yoga and other qualifications in their respective fields and a minimum of 150 hours of LVCY teaching experience. You can see more about Claire here: <https://www.getfitwhereyousit.com.au/clairecunneen>

What's Included?

Tuition includes:

- 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
- 16 hours of live training with your teacher
- 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 circles and upskilling workshops
- Job opportunities (when we receive opportunities they are shared in the facebook group)
- 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/onlinechairyogatraining

We offer 3 and 6 month payment plans at no extra cost. If you require a payment plan, please email info@getfitwhereyousit.com.au with the payment plan option you would like. We will then be in touch to set up your plan.

Once your payment is made, your course materials are given to you at the training, sent to you in the mail or sent via google drive. There are no refunds once materials are sent and training has begun.

Questions?

Contact

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Email: info@getfitwhereyousit.com.au

www.facebook.com/lvcyau

www.instagram.com/lvcyau

You can also find information about LVCY at our website:

www.getfitwhereyousit.com.au

See you on the Chair soon!