



300 Hour

Module One – Introduction

Jan 2022 – April 7th 2022 - Rolling Commencement

1. Anatomy & Physiology (36 hours)

~ An Online Course Available A-synchronously, 36 hours. Done in your own time. Needs to be done by April 15.

2. Privates with Holli (3 Hours)

~ Two 90-min privates with Holli.

~ The first private happens after being accepted into the training. This will focus on your personal practice.

~ The second private happens between April 10th – April 27th. You will audio record a class where you have implemented Anatomical Sequencing. Holli will review and you will go over the class together

3. The Enrollment into The Yoga Collective (40 Hours)

~ Starting in April you will be enrolled in The Yoga Collective – an online group of Yoga Teachers where we work with intentions, monthly themes and support needs of the group in their personal practice and teaching practice. This will also include check ins with Holli.

Module Two – Elemental Retreat

May 15th – 22nd

This is a 7-night retreat at Meander Valley Yoga
in Western Creek Tasmania.

1. Sunday 15th May. Arrive by 3pm.

Orientation, Elemental Theory and Intention Setting

2. Monday and Half of Tuesday, 16 - 17 May.

The Physical Body: The Earth Element Chakra theory basics, meridian theory basics, earth chakras, earth meridians, earth practices, review anatomic sequencing.

3. Half of Tuesday and Wednesday, 17 - 18 May.

The Physiological Body: Water Element Water chakras, water meridians, water practices, review physiology, yoga for women's cycle.

4. Thursday and Half of Friday, 18 – 19 May.

The Psychological Body: Fire Element Fire chakras, fire meridians, fire practices, psychology of yoga and yoga sutras.

5. Half of Friday, Saturday & Half of Sunday 19 – 22 May.

The Vibrational Body: Air Element Air chakras, air meridians, air practices, mantra, the vayus.

A Day's Schedule in Retreat

6 – 8 am Yang Practice

Breakfast Break

9:45 – 11:45am Lecture

Lunch Break

2 – 4 pm Lecture

Dinner Break

6:30 – 8:30pm Yin Practice

Module Three – Application & Expansion

June 2022 – April 2023

This is an 8-month application of what we learned with the first four elements at the retreat in Module 2. Students will apply their elemental knowledge to assignments and integrate the knowledge through weekend workshops.

After 8-months we will do a virtual retreat for the Space Element, followed by the same application through assignments and integrating through a workshop.

1. Earth Months: June & July 2022

~ Teach 1 Earth Yang and 1 Earth Yin Class; these will be audio recorded for your private with Holli.

~ Earth Dinacharya (self practice): a structured 2-week home practice of self-care and yoga.

~ A 2-hour mentorship private with Holli.

~ A 10-hour online weekend workshop deepening Asana and Earth Theory in July 2022.

2. Water Months: August & September 2022

~ Teach 1 Water Yang and 1 Water Yin Class; these will be audio recorded for your private with Holli.

~ Water Dinacharya (self-practice): a structured 2-week home practice of selfcare and yoga.

~ A 90-min mentorship private with Holli.

~ A 10-hour online weekend workshop deepening Asana and Water Theory in September 2022.

3. Fire Months: October & November 2022

~ Teach 1 Fire Yang and 1 Fire Yin Class; these will be audio recorded for your private with Holli.

~ Fire Dinacharya (self-practice): a structured 2-week home practice of self-care and yoga.

~ A 90 min mentorship private with Holli.

~ A 10-hour online* weekend workshop deepening Asana and Fire Theory in September 2022. *potentially in person.

4. Air Months: January & February 2023

~ Teach 1 Air Yang and 1 Air Yin Class; these will be audio recorded for your private with Holli.

~ Air Dinacharya (self-practice): a structured 2-week home practice of self-care and yoga.

~ A 90 min mentorship private with Holli.

~ A 10-hour online weekend workshop deepening Asana and Air Theory in February 2022.

5. Space Retreat & Assignments: March – May 2023

~ First we will have a three day virtual retreat with meetings online and recorded practices and lectures. Content will be on The Spirit Body: Space Element Space chakras, space meridians, space practices, closing Module Two.

~ Teach 1 Space Yang and 1 Space Yin Class; these will be audio recorded for your private with Holli.

~ Space Dinacharya (self-practice): a structured 2-week home practice of self-care and yoga.

~ A 90-min mentorship private with Holli.

~ A 10-hour online weekend workshop deepening Asana and Air Theory in February 2022.

Module Four – Integration Retreat

Late May TBD

This will be a 5-night retreat at Meander Valley Yoga in Western Creek Tasmania. The Schedule will be more detailed by November 2022 but here are the subjects we will cover:

1. Meditations & Stages of Samadhi
2. Elemental Integration
3. Seasonal Integration
4. Assessment: Teaching the Cohort
5. Acknowledgement Ceremony

A Day's Schedule in Retreat

6 – 8 am Yang Practice

Breakfast Break

9:45 – 11:45am Lecture

Lunch Break

2 – 4 pm Lecture

Dinner Break

6:30 – 8:30pm Yin Practice

Module Five – Final Assignments

June – November 2023

1. Book Review

This will be a text decided in consult with Holli. You will read and then write a five page review on the book. Lastly you will discuss it with Holli in your final private.

2. Integration Teachings

Teach 1 Integrated Yang and 1 Integrated Yin Class; these will be audio recorded for your private with Holli.

3. Integration Dinacharya

This will culminate all the dinacharyas and require the student to integrate elements and design their own sequences for self-practice.

4. Integrated Assessment

Teach the cohort online a 90-minute integrated class.

5. Final Take Home Exam

This is an open-book exam reviewing the course in all the facets. It will be due before you set your last private with Holli.

6. Privates with Holli

~ Two 90-min privates with Holli.

~ The first private will be the last private on self-practice and involve integration of two elements.

~ The second private will be to review and close all final assignments: the book review, integration teachings, assessment, integration dinacharya and final take home exam.