

Yoga Immersion/Yoga Teacher Skills Training 2026

Policies and Procedures

Welcome to a year of learning, challenge and fun! Below are the Policies and Procedures required by Yoga Australia for a professional Teacher Training Course. They are designed to provide you with clarity and fairness.

Code of Conduct

To ensure that you and other students are safe, included, respected, accepted, and provided opportunities for growth during the year, we ask you to take responsibility for your own thoughts, speech and actions as follows:

- Arrive before the start time of class.
- Stay for the entire time of each workshop and class.
- Practice active inclusion and honest communication by expressing your thoughts and ideas from a non-reactive place, listening attentively, respecting other's experiences and ideas, and holding back at times to allow those who may need more encouragement or time the opportunity to voice their ideas.
- Respect pronouns – they/them, she/her, he/him or any variation the student requests.
- Practice 'mindful' impartiality - by not favouring one person or situation over another.
- Ensure that what is personally shared during the sessions remains within the group.
- Care for yourself by understanding and working within your physical, mental, and emotional limits by not ignoring, denying, trivialising, or minimising the truth of what's happening for you in each moment.
- Ensure consent-based touch by asking permission before touching another person and accepting their right to say no: and honouring your own boundaries in any given moment.
- Leave the space clean and tidy and respect the greater environment around you.
- Wear clothing that is modest and not distracting to others.
- Please do not wear scented body products to class as it may cause problems for others who have allergies.

Finally, have a positive attitude, an open mind, and have fun!

Requirements for Success

This section is applicable to those doing the Yoga Teacher Skills Training and the full Yoga Teacher Training.

To complete the course, you must:

- Complete coursework and assignments to a satisfactory level
- Demonstrate that your knowledge and practical skills are of a satisfactory level.
- Satisfy all financial obligations.

This course requires 100% attendance. In the event of unplanned events happening, you may miss 10 hours of the full course without penalty. If more than 10 hours are missed, you will be required to discuss with the teacher how to make the knowledge and hours up in your own time.

In the event of trainee behaviour breaching these requirements, the teacher will discuss with the trainee their behaviour, improvements required and consequences of continued breaches in behaviour. The details of the behaviour and actions will be documented. Any time an incident occurs it will be recorded and filed accordingly. If the identified improvements from trainee are not made, the trainee, and teacher and a Senior Teacher of the studio will meet to discuss the consequences of the continued behaviour.

Failure to Comply

The principal trainer reserves the right to suspend or expel trainees for the following reasons:

- Failure to uphold and maintain the Code of Conduct or Terms and Conditions.
- Misconduct and repeated disruption of the classroom.
- Cheating in an assignment.
- Threats to the safety or wellbeing of others. In this case the offending trainee will be asked to leave the training immediately. The teacher will speak to the offending trainee as soon as practical to discuss the incident and next steps. If the incident is significant enough to warrant police investigation (violence, theft, sexual assault, property damage), contact with police will be made as soon as practical.
- Non-payment of fees. Non-compliance will result in the student being ineligible to receive an Academic record or Statement of Achievement, until all outstanding fees have been finalized.

Depending on the severity of the incident, one repeat offence is considered sufficient to remove the trainee from the course.

Non-compliance will result in the student being ineligible to sit assessments. No student may practice as a Certified Yoga Teacher until fully qualified.

Complaints Policy

During your studies it is expected that your teacher trainers act in accordance with Yoga Australia's Code of Professional Conduct and Teacher Training Behaviour Policy, and that you and the other students act in accordance with the Code of Conduct. Any complaints should be made directly to your teacher trainer. If this is not suitable, you may direct your complaint to Camille Jeboult (contact details below), who is a Senior Level 3 teacher at Zen Space. If your issue is not resolved, seek support and advice from Yoga Australia.

Deferment of Course

If you cannot continue the course for unavoidable reasons, you may apply for deferment in writing and include supporting documentation (e.g., doctors' certificate). Courses can be deferred for a maximum of 2 years starting

from when the application to defer is made. Please note – a repeat of this course may not occur the following year in which case you may have to cancel.

Course Cancellation & Refunds

We reserve the right to cancel or postpone the course to an alternative date. In this event, all teacher trainees affected by such postponement or cancellation will be offered the opportunity to transfer to the next available training course. If you are unable to attend the next available training course or any training course thereafter, you will receive a refund calculated on a case by case, pro-rata basis with a non-refundable administration fee of \$350 from the course fee. The first payment of \$1,200 is non-refundable.

You can cancel the training at any time by notifying us in writing. In this case you will receive a refund calculated on a case by case, pro-rata basis with a non-refundable administration fee of \$350. The first payment of \$1,200 is non-refundable.

Privacy.

We respect your right to privacy and are committed to safeguarding the privacy of our students. We adhere to the Australian Privacy Principles contained in the Privacy Act 1988 (Cth). This policy sets out how we collect and treat your personal information. “Personal information” is the information we hold which is identifiable as being about you.

To maintain secure custody, we have put in place suitable physical, electronic, and managerial procedures to safeguard and secure information and protect it from misuse, interference, loss and unauthorised access, modification, and disclosure.

All information collected is necessary for the conduct of this business as an educational institution. This information is used for a variety of purposes including:

- Student admission
- Enrolment and progression
- Archival purposes
- Mandatory reports to external agencies.

You may request details of personal information that we hold about you in accordance with the provisions of the Privacy Act 1988 (Cth). An administrative fee of \$50 is payable for the provision of information. If you would like a copy of the information which we hold about you or believe that any information we hold about you is inaccurate, out of date, incomplete, irrelevant, or misleading, please email us at zenspacesamford@gmail.com.au.

Prerequisites, Assessments and Accreditations

Training Prerequisites

It is desirable that applicants have practiced yoga regularly for at least 1 year before commencing this course. If you commence this course to deepen your practice, this requirement is more flexible. The course is designed for each unique individual person, so there is no requirement for a particular level of fitness or ability to “do” yoga postures. Acceptance into the course is at the discretion of the course director.

Training Assessments

For those who wish to gain certification as a yoga teacher, a variety of assessment requirements are necessary. These include demonstration of competencies relevant to each unit of study and teaching practice. This includes knowledge and understanding of the key concepts of yoga; commitment and competence in regular personal yoga practice; and competence in the skills required as a Yoga Teacher.

Students who participate for personal development and a deeper experience of yoga are not required to complete formal assessment.

Training Accreditations

This 350-hour Zen Space Yoga Teacher Training/Yoga Immersion is recognized and meets all requirements by Yoga Australia (YA). Yoga Australia is an independent association of yoga teachers, who establish the generally accepted standard requirements for Yoga in Australia. Membership of Yoga Australia provides the necessary eligibility to gain professional indemnity insurance in Australia.

Enrolment.

It is asked that you undertake the course with honourable intentions to concentrate, participate and complete. This course is not for the faint hearted, so please consider your time availability and commit fully to the course once your decision is made.

The price of the Yoga Immersion Course is \$4000, to be paid in 5 instalments of \$800 across the year.

The price of the Yoga Teacher Skills Training is \$4,000, to be paid in 5 instalments of \$800 across the year.

Do both components and qualify as a Level 1 Yoga Teacher in 2026 – the price is \$7,500 to be paid in 5 instalments of \$1500 across the year.

To enrol and reserve a place, a processing fee of \$250 is to be paid with your Application Form prior to the commencement of the course. A 14-day cooling-off period then applies. If you withdraw during this time a \$100 refund will be given. Upon acceptance for the training an additional non-refundable \$550 (for each

course; or \$1250 if you choose to do the full 350-hour Teacher Training, is to be paid 1 week before the start date (this constitutes your first instalment).

For the Yoga Immersion and the Yoga Teacher Skills Training, the outstanding \$3,200 is due in \$800 instalments on the first day of April, June, August and October.

For the full Yoga Teacher Training course, the outstanding \$6000 is due in \$1500 instalments on the first day of April, June, August and October.

If you are in financial difficulty and need to work out a more suitable payment schedule, please feel free to talk with the teacher.

By enrolling, students accept the Policies and Procedures as above.

Student Agreement

I have read and agreed to abide by the Course Policies and procedures outlined in this Course Prospectus.

Signed and dated _____

Summary of Curriculum Areas and Associated Hours

Subjects	Content Description	<i>Yoga Australia's study hours requirement</i>	Zen Space Level 1 Yoga Teacher Training 2026 Study Hours
Anatomy & Physiology	Structural anatomy Functional physiology Mind-body inter-relationship	30	30
Yogic Physiology	Yoga framework and subtle systems.	20	20
Philosophy, Ethics and Lifestyle	Yogic philosophies and history Yogic lifestyle Ethics and code of professional conduct in teaching yoga Role of CPD Business practices Yoga teaching professions association of peers.	50	50
Techniques	Principles of yoga practices and techniques according to the chosen style or tradition	150	150
Teaching Methodology	Teaching methodologies appropriate to teaching yoga. Apply good teaching methods to teach yoga.	30	30
Integrative Practice and Teaching (Practicum)	Plan and develop yoga classes.	30	30
Remaining Hours or Specialities	May be distributed among the categories above or include one or more electives such as Yoga Therapy, Pranayama, relaxation, meditation, cleansing practices, yoga for special needs groups,	25	30
Total Hours		345	350

COMPETENCIES PROFILE & ASSESSMENT

Students will be assessed in each area of learning by the following means:

- Over 90% attendance to weekend workshops and weekly classes.
- Completing coursework, exams, self-study, and assignments to a satisfactory level
- Demonstrating knowledge and practical skills in teaching situations to a satisfactory level

Section 1- Anatomy and Physiology

Level 1 – 30 hours (Minimum of 5 hours must be spent applying A & P to yoga teaching)

Competency	Description
Structural anatomy	<ul style="list-style-type: none">• A demonstrated ability to apply knowledge of the circulatory, immune, reproductive, digestive, endocrine, and nervous systems of the body in relation to the principles and practices of yoga• A demonstrated ability to apply knowledge of musculoskeletal and respiratory systems of the body in relation to the principles and practices of yoga
Functional physiology	<ul style="list-style-type: none">• A demonstrated ability to apply knowledge of metabolism• A demonstrated ability to apply knowledge of the functional interrelationship between the nervous, respiratory, and musculoskeletal systems• A demonstrated ability to apply knowledge of life-stages and common conditions in relation to the principles and practice of yoga

Section 2 - Yoga Physiology

Level 1 – 20 hours

Competency	Description
Yogic framework and subtle systems	<ul style="list-style-type: none">• A demonstrated ability to apply knowledge of the major nadis• A demonstrated ability to apply knowledge of the 7 main chakras• A demonstrated ability to apply knowledge of the pancha koshas• A demonstrated ability to apply knowledge of the gunas• A demonstrated ability to apply knowledge of the pancha vayus

Section 3 – Philosophy, Ethics and Lifestyle

Level 1 – 50 hours (Minimum 30 hours philosophy)

Competency	Description
Yoga philosophies and history	<ul style="list-style-type: none">• A demonstrated ability to apply knowledge of the history of yoga• A demonstrated ability to apply knowledge of the paths of yoga• A demonstrated ability to apply knowledge of the yogic cosmological concepts• A demonstrated ability to apply knowledge of the philosophical principles of the Yoga Sutras of Patanjali

	<ul style="list-style-type: none"> • A demonstrated ability to apply knowledge of the philosophical principles espoused in other yoga texts such as: the Bhagavad Gita, the Upanishads, the Hatha Yoga Pradipika
Yogic lifestyle	<ul style="list-style-type: none"> • A demonstrated ability to apply knowledge of the role of nutrition/diet for yoga practitioners • A demonstrated ability to apply knowledge of the role of rituals for yoga practitioners
Ethics and code of professional conduct in the teaching of yoga	<ul style="list-style-type: none"> • A demonstrated ability to apply knowledge of ethical behaviour for teachers according to both the yoga tradition and Western expectations, including the application of some of the yamas and niyamas. • A demonstrated ability to apply knowledge of the yoga teaching profession's Code of Professional Conduct according to the peak body – Yoga Australia
Role of continuing professional development (CPD)	<ul style="list-style-type: none"> • A demonstrated ability to apply knowledge of the importance of CPD for yoga teachers • A demonstrated ability to apply knowledge of how to locate and undertake CPD
Business practices	<ul style="list-style-type: none"> • A demonstrated ability to apply knowledge of regulatory requirements in the conducting of a small business • A demonstrated ability to apply knowledge of insurance options for yoga teachers • A demonstrated knowledge of ethical marketing
Yoga teaching professions association of peers	<ul style="list-style-type: none"> • A demonstrated ability to apply knowledge of the role of the peak body Yoga Australia and the benefits of registration • A demonstrated ability to apply knowledge of how to become registered with Yoga Australia.

Section 4 – Techniques

Level 1 – 150 hours (Minimums: Asana 30, Pranayama 30, Meditation 30, At least 5 hours of Bandha and Mudra must be included in the Asana and Pranayama)

Competency	Description
Principles of yoga practices or techniques according to the chosen style or tradition	<ul style="list-style-type: none"> • A demonstrated ability to apply knowledge of the textual history of yoga practices • A demonstrated ability to apply knowledge of the benefits and contraindications of common yoga practices such as: asana, pranayama, dhyana (meditation), bandha, mudra, kriya, mantra, relaxation, and other practices according to the chosen style or tradition • A demonstrated ability to apply knowledge of the safe, effective, and appropriate practice of common yoga practices such as: asana, pranayama, dhyana (meditation), bandha, mudra, kriya, mantra, relaxation, and other practices according to the chosen style or tradition • A demonstrated ability to apply knowledge of yamas and niyamas • A demonstrated ability to apply knowledge of Anatomy and Physiology to common yoga practices such as: asana, pranayama,

	dhyana (meditation), bandha, mudra, kriya, mantra, relaxation, and other practices according to the chosen style or tradition
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Section 5– Teaching Methodology Business Skills cannot be counted here*

Level 1 – 30 hours of which at least 20 hours must be specific to the teaching of yoga.

Competency	Description
Teaching methodologies appropriate to teaching yoga Apply good teaching methodologies in the teaching of yoga.	<p>A demonstrated ability to apply knowledge of communication and learning styles</p> <ul style="list-style-type: none"> • A demonstrated ability to apply knowledge of effective observational skills when teaching groups of learners. <ul style="list-style-type: none"> • A demonstrated ability to apply knowledge of specific teaching methodologies as may apply to the chosen style or tradition • A demonstrated ability to apply knowledge of interpersonal considerations such as personal space and permission, and cultural backgrounds <ul style="list-style-type: none"> • A demonstrated ability to apply knowledge of the principles of good teaching, demonstration and assisting, including verbal, visual and tactile methods • <p>A demonstrated ability to apply knowledge to teach and demonstrate yoga practices according to the chosen style or tradition, with consideration for students’ needs and learning styles safely and effectively.</p> <ul style="list-style-type: none"> • A demonstrated ability to apply knowledge to observe and safely and effectively assist students in their yoga practices according to the chosen style or tradition, with consideration for students’ needs, learning styles, personal space, and cultural backgrounds

Section 6– Integrative Practice and Teaching (Practicum)

Level 1 – 40 hours

Competency	Description
Plan and develop yoga classes.	<ul style="list-style-type: none"> • A demonstrated ability to apply knowledge to undertake a student intake, including eliciting information regarding student needs and health conditions • A demonstrated ability to apply knowledge to plan and develop a yoga class or series of yoga classes according to the chosen style or tradition, taking into consideration student needs and health conditions • A demonstrated ability to manage teacher ‘self-care’ in the teaching of yoga. • A demonstrated ability to apply knowledge to manage teacher ‘self-care’ in the teaching of yoga • A demonstrated ability to receive and act upon student feedback • A demonstrated ability to apply knowledge of the role of supervision or mentoring while undertaking practicum • A demonstrated ability to engage with a supervisor or mentor while undertaking practicum

Section 7– Remaining Hours/ Specialties
Level 1 – 30hrs

Competency	Description
May include one or more electives or areas of specialisation such as: Therapeutic use of asana, pranayama, relaxation, meditation, cleansing practices, yoga for special needs groups such as children, pre/ post-natal, etc. OR these remaining hours may be distributed among the categories above.	<ul style="list-style-type: none"> • A demonstrated ability to apply knowledge of speciality.

Teacher Qualifications – Wendy Reid

Wendy Reid will lead this Yoga Teacher Training.

Wendy qualified commenced her 350 hours yoga teacher training with Kate Pell in 2012 and began teaching in January 2013. In her first year she taught three Beginners Courses and a regular Saturday morning general class, while also working full time as the CEO of Australia’s CEO Challenge, a charity with the aim of preventing violence against women.

In 2014 Wendy decided to leave corporate life and make yoga teaching her main source of income. She made this transition and since January 2015 has built her yoga teaching business (Glorious Yoga) with base of regular students. She teaches a weekly class via Zoom to remote students from her home at Mt Glorious; 3 classes a week at the local hall in her small community of Mt Glorious and Mt Nebo (50kms northwest of Brisbane); and manages a large studio (Zen Space) in nearby Samford Valley, also teaching two classes per week there (a total of six classes per week).

Managing Zen Space studio allows Wendy to keep her extensive managerial skills honed – managing teachers and timetable, budget, database and marketing, client relations, studio bookings and events plus the myriad other tasks and processes required to keep a studio successful.

Recognising the need for her own continuing professional development and peer connection with other yoga teachers, in 2015 Wendy invited Kate Pell to run a 2-day Professional Development workshop for yoga teachers which she organised; including marketing, administration, payments, certification and follow up. These PD workshops were repeated in 2016 and 2017.

Based on the success of these Professional Development workshops and Wendy’s organisational and people skills, Kate Pell invited Wendy to assist her in a Brisbane-based 350-hour YTT in 2018 and again in a 350-hour YTT in 2019/2020. Due to the outbreak of the COVID 19 pandemic large parts of this course were completed online with Wendy facilitating the final four weekends face to face, with Kates support via Zoom.

Wendy attained her Level 2 Teaching certification with Yoga Australia in 2017 meeting the requirements for ongoing training and teaching hours. She regularly attends trainings, workshops, and yoga classes with other teachers to keep her skills and knowledge up to date; and under her own banner of Glorious Yoga runs Yoga & Ayurveda 1-day mini-retreats at her home. She has studied in Australia and overseas with Diane Long, Donna Farhi, Flo Fenton, and Simon Borg-Olivier.

In 2022 Wendy ran her first independent 350-hour Yoga Teacher Training Course at Zen Space with 12 students, all who graduated successfully as Level 1 Yoga Teachers at the end of the year. Several now teach yoga regularly, some at Zen Space.

Wendy's formal qualifications include:

- Master of Business (Philanthropy & Not for Profit Studies), QUT, 2012
- Dip Psych (Organisational), UQ, 1990
- BA (Psychology Double Major), UQ, 1989

And her other relevant credentials are:

- TAFE Qualified Instructional Trainer
- 20 years' experience training and using Nonviolent Communication
- Trained in Synectics Group Facilitation
- Art of Facilitation Training

To sum up, Wendy has had a long career as a psychologist and CEO, has extensive skills and maturity and experience to run a professional teacher training aligned with the principles of Yoga Australia and the philosophy of yoga. She combines her qualifications in psychology and non-violent communication with her yoga studies resulting in style that is focused, empathic, accepting, inclusive and above all – fun!