



**2019**

---

**PRANA HOUSE**  
YOGA TEACHER  
TRAINING •



# WELCOME ●

---

Dear Teacher Trainees,

Welcome to this sacred journey of connecting deeper with yoga through our Prana House Yoga Teacher Training course. It is with great honour I share with you the transformational and subtler aspects of yoga which were so lovingly passed down to me from my teachers.

I have dedicated the last 20 years to the practice of yoga and regardless of what was showing up in my life, yoga has always been an anchor, pointing me in the right direction towards consciousness. Yoga has taught me how to be with myself and to observe all that is changeable within me and around me. It has given me powerful tools to clearly see life as it is without the filters of mind clouding my vision. It has given me the capacity to observe more, judge less and love more. It has taught me the skilful art of true surrender, recognising that the universe always has my back.

The path of yoga has no beginning and no end. It gives countless opportunities to give it another go. It creates space in my life to continue unravelling the great mysteries of this world and beyond. It has revealed to me the safe nourishing space within which has become my inner sanctuary of peace & holistic wellbeing; it is what I refer to as the Seat of the Self.

I have been blessed to have trained with some powerful instrumental leaders in the yoga and consciousness movement. My initial training in yoga pays much love & respect to the tenacity of precision of movement and technique from BKS Iyengar. Following that, Yogi Amrit Desai, USA, my spiritual father, has shown me the heart and soul of yoga and has had a huge impact on how I navigate through life with wisdom & light. It is for these 2 prominent teachers in yoga which have laid exquisite foundations from which I have allowed my own interpretations of yoga to unfold. As a yogi, dancer, musician, energy healer, meditator, artist, pioneer and seeker of truth & freedom, I have organically weaved a rich tapestry of lineages and methodologies, extracting the best from each of them and distilling it in a way which brings about a balanced holistic practice where yin/yang come into perfect harmony. I call it Pranaa Yoga.

In a world where yoga has become increasingly popular and mainstream, I feel humbled to carry the voice of authentic yoga. Integrity and sincerity of practice lives close to my heart, and it is with this hope, that you will also be touched by the transformative luminous healing powers of yoga. May what you learn from this training stay with you forever and be the inspiration to touch the lives of your family, friends and future students.\

Infinite blessings to you!

I welcome you on your journey...

Jai Bhagwan

Julie Gargano

Director, Creator & Principle Teacher

Prana House Yoga Teacher Training



# TABLE OF CONTENTS ●

---

SUMMARY OF COURSE INFORMATION & COURSE DATES	1
CERTIFICATE OF PRANA HOUSE YOGA TEACHER TRAINING	2
ABOUT THE COURSE	3
ABOUT PRANA YOGA	4
CORE SUBJECTS	5-6
COURSE MODULE DESCRIPTION	7-13
COURSE INVESTMENT	14
ASSESSMENT	15
ENTRY REQUIREMENTS	16
COURSE OUTCOMES	17
CANCELLATION POLICY	18
REGISTRATION & ENROLMENT PROCEDURE	19
TEACHING STAFF	20-23
FAQS	24-26
CONTACT US	27

---

# SUMMARY OF COURSE INFORMATION & COURSE DATES ●



---

## DURATION

---

12 months part time

---

## HOURS

---

350 hours (approximately 200 hours contact & 150 hours self study, practice and assignments)

---

## TRAINING FREQUENCY

---

An initial 6 day intensive followed by 10 x once monthly weekend modules held on a Saturday & Sunday 9am-5pm both days.

---

## START DATE

---

Starts 16th September 2018

---

## PART 1: 'YOU THE PRACTITIONER'

---

16th September - 22nd September\*Immersion

---

## PART 2: 'YOU THE TEACHER'

---

19 October 2019 – 16 August 2020  
(12 months part time / Saturday & Sunday monthly 9am-5pm)

Pranaa Yoga Teacher Training consists of an initial 7day intensive followed by regular weekend sessions held once monthly over the course of 12 months. Home study, assignments and self-practice are to be continued between all teacher training sessions.

**Part 1** focuses on you the practitioner of yoga exploring the authentic teachings and incorporating this understanding into your asana practice and into your life.

**Part 2** focuses on you as the teacher giving you the tools to skilfully deliver the essence of Pranaa Yoga in a class setting.

---

## WEEKEND MODULES

---

Oct 19/20  
Nov 16/17  
Dec 14/15  
Feb 15/16  
Mar 14/15  
Apr 18/19  
May 16/17  
Jun 20/21  
Jul 18/19  
Aug 15/16

---

## LOCATION

---

PRANA HOUSE, Level 1/885 High Street Thornbury 3071  
Melbourne Australia

---



# CERTIFICATE ●

---

## CERTIFICATE IN PRANA HOUSE YOGA TEACHER TRAINING 350 HOURS



On successful completion of the Prana House Yoga Teacher Training Course, Australia, you will be awarded with a Certificate of Completion in the Prana House Yoga Teacher Teaching course qualifying you to teach Pranaa Yoga. In addition to this certificate you will be required to become a member of Yoga Australia. Yoga Australia is the peak body for yoga in Australia which maintain a high standard of quality yoga in the Australian yoga industry.

Here you will be recognised as meeting the required standards as a professional yoga teacher. as well as be able to obtain Professional Indemnity Insurance. Together this will allow you to practice professionally as a yoga teacher in Australia.



# ABOUT THE COURSE ●

---

**TRANSFORM YOUR LIFE - DEEPEN YOUR PRACTICE - BE THE LEADER - INSPIRE OTHERS**

Prana House Yoga Teacher Training are leaders in yoga education offering quality, in-depth, transformational & professional training that you won't find anywhere else in Australia.

Here you will learn how to effectively work with both the physical aspect of yoga with a deep exploration of alignment, technique, biomechanics, injuries, adjustments, modifications & theory, as well as learn the subtle art of meditation, mind mastery, energy conservation and tools for transformation. This course will change your life and give you a steady foundation in which to live with ease and purpose as well as teach you how you can assist others in being self empowered & connected.

This training is offered as a Certificate Course held over the duration of 12 months part time inclusive of 350 hours. The Prana House Yoga Teacher Training Course explores Asana, Meditation, Pranayama, Pranaa Yoga, Women's Yoga, Technique & Physical Alignment, Teaching Methodologies, Integrative Practice & Teaching, Yogic Philosophy based on Pantajali's 8 Limbed Yoga, Yogic Physiology & Energy Cultivation, Professional Practice & Self Care, Mentoring and Business Management.

LEARN TECHNIQUES TO UNLOCK YOUR TRUE SELF AND TEACH OTHERS HOW TO DO THE SAME

- Deepen your understanding and experiential knowing of yoga
- Learn powerful tools for personal transformation
- Learn from exceptional highly experienced senior yoga teachers, each with 20 plus years experience
- Learn correct alignment, technique and theory behind the practice of yoga poses
- Learn postures, sequences, individual adjustments & modifications, and gain technical skills under the guidance of seasoned teachers
- Learn how to effectively connect and teach from the inner dimension of yoga, where lasting changes occur
- Learn the art of integrating doing & being on the mat & in life
- Spiritualize the practice of yoga
- Be mentored directly from the creator of Pranaa Yoga; Julie Gargano
- Certify as a yoga teacher under a professional well established course registered & accredited with Yoga Australia



# ABOUT PRANAA YOGA ●

---

**DYNAMIC – ENERGETIC – MEDITATIVE  
– FLUID – GRACEFUL – UNIQUE –  
INTEGRATIVE – HOLISTIC – CREATIVE  
– BALANCED – GROUNDED – LIGHT –  
DETAILED POSTURE WORK – DANCE  
– PRANA INFUSED – CONSCIOUS  
CONNECTION**

Pranaa Yoga is a unique, creative, subtle and fluid practice which can challenge your ability to both move with power and intensity and yet still remain soft, receptive & fully present to the moment. The combination of held supported poses & slow flowing sequences keeps the practice adaptable and balanced in its approach. It draws on alignment, breath work and energy awareness with a spiritual philosophy which is delicately woven throughout & underpins the essence of the practice. Julie Gargano is the creator of Pranaa Yoga bringing together her 20 plus years of dedicated in-depth study of yoga, dance, meditation, energy healing & yogic philosophy. Pranaa Yoga synergises the practices of Iyengar Yoga, Amrit Yoga, Yoga Nidra, Meditation, Classical Dance & Energy Healing in a seamless practice.



# CORE SUBJECTS ●

---

## THE PRACTICE

Pranaa Yoga -Class experience / Sequencing / Supported Poses / Yoga Themes / Alignment / Technique / Meditation in Motion / Energetic Connection / Pranayama / Chanting / Intention / Pillars of Pranaa Yoga

---

## THEORY BEHIND THE PRACTICE

What is Pranaa Yoga? / About meditation in motion / The Philosophy & Theoretical Basis / Spiritualising the Practice of Yoga / Physical Practice VS Spiritual Practice / The Eight Limbed Path of Ashtanga Yoga

---

## YOGA PHILOSOPHY

Philosophy: What is Yoga? / The Purpose of Yoga / Traditional Paths of Yoga  
General Yoga philosophy: - Pantajali's 8 Limbed, Yoga Sutras, Paths of Yoga, Forms & Styles of Yoga, Modern day yogi/integrating yogic philosophy into today's world, Esoteric history-A range of Sacred Texts (Hatha Yoga Pradika, Bhagavad Gita, Upanishads)

---

## TECHNIQUE & PHYSICAL ALIGNMENT

Technique & Alignment / Building a class from beginners to intermediate-advanced / Principles of movement / Asana-themes and benefits / Injuries-joints & muscles / Prenatal & special needs / Energetic flow & postures

---

## YOGIC PHYSIOLOGY

Yogic Physiology & Energy Systems, Subtle bodies, Bandhas, Kriyas, Mudras, Chakras, Nadis Koshas, Gunas

---

## REFLECTIVE PRACTICES

Reflective Mindful Practices that Support the Posture of Consciousness / Meditation / Yoga Nidra / Sound Practices / Chanting / Prayer / Energetic Communion

---

## TEACHING METHODOLOGY

Teaching Methodology / Hands on adjustment / Voice projection / Classroom teaching / Delivery / working with special needs / Handling group dynamics / Working with energy & connection / Presence

---

## INTEGRATIVE PRACTICES & TEACHING PRACTICUM

Integrative Practice & Teaching Practicum / Communication & presentation skills / Observation & assessment / Experiential learning / Guidelines on preparing a class / Handling class situations & potential challenges / Supervised teaching practice / Feedback of teaching, correction etc.../ Personal practice / Teaching assessment

---



# CORE SUBJECTS (CON) ●

---

## ANATOMY & PHYSIOLOGY

Anatomy & Physiology including all body systems: muscular skeletal, endocrine, nervous system, cardiovascular system, respiratory system, lymphatic system, etc. Anatomy of movement / Core strength: pelvic floor & abdominal training / First Aid Training\*

---

---

## PROFESSIONAL PRACTICE & SELF CARE

Professional Practice & Self Care / Self Practice as a foundation / Self-preservation / Work/life balance / Energetic clearing / About Yoga Australia

---

---

## MENTORING

Mentoring / Support / Supervised methodology / Observation & feedback / Transformation guidance

---

---

## BUSINESS MARKETING

Business & Marketing / Business management-How to effectively promote yourself & marketing strategies

\*First Aid Training is not included in this training however it is compulsory and needs to be attended independently

# COURSE MODULES DESCRIPTION ●

---



## THE PRACTICE

Experience the beautiful class of Pranaa Yoga where you will explore dynamic posture work with varying approaches to movement; i.e. vinyasa, sequencing, fluid transitions, supported poses using props, technical alignment & yoga themes. This holistic approach to movement is married with a deeply internal reflective 'non doing' approach where the mind is peacefully quiet and awareness to the subtlety of inner stillness is experienced.

Meditation in motion is the basis to this training method, as it brings the depth of the philosophy of spiritualised yoga into an experiential reality. Merging the physical & spiritual dimensions of yoga is what makes this practice powerful & transformative as Pranaa Yoga is not just confined to the physical posture, but is a timeless posture of consciousness where the physical postures are used as a vehicle to reconnect with the spirit.

This practice becomes the formal training of how to live a life with awareness, intention, non-reaction, intelligence, compassion, connection, surrender, success and fulfilment. We will explore these qualities and deepen the very heart of yoga in an inspiring way, connecting more purposefully to ourselves and to life itself.

### **Key learning Areas:**

- Experiential learning based on the philosophy of the posture of consciousness
- Learn about what makes up the 'The Pillars of Pranaa Yoga'
- Learn about building a class from beginning to end, from physical to spiritual
- Explore sequencing, yoga themes, supported yoga poses, technique, alignment & modifications
- Develop a strong connection to the inner dimension of yoga
- Explore 'Opening Meditation' as a foundation for the practice
- Learn how to enter Unity Consciousness
- The Power of Intention- Intention becomes a constant reference to infuse your practice with the seed of integrative awareness. Intention gives direction and purpose.
- Use Pranayama as an exploration of the connection between breath, energy, mind & spirit and Pranayama is a powerful tool for regulating these levels allowing you to enter the presence of purified Being.

# COURSE MODULES DESCRIPTION (CON) ●



---

## THEORY BEHIND THE PRACTICE

A theoretical understanding of Pranaa Yoga:

### Key Learning Areas:

- What is Pranaa Yoga?
- The Pillars of Pranaa Yoga
- The distinguishing characteristics of Pranaa Yoga
- Understanding the inner dynamics of the posture of consciousness through the teachings of Amrit Yoga which have inspired the practice of Pranaa Yoga
- Eight Limbed Path of Ashtanga Yoga

---

## YOGA PHILOSOPHY

An exploration of the rich heritage that yoga philosophy offers gives context, meaning and inspiration for our personal yoga practice and teaching. We will explore the ancient yogic teachings and how they apply to our own lives today. Yoga philosophy is deeply inspiring as it points to the innate wholeness that resides in us all.

### Key Learning Areas:

- The purpose of Yoga: Understanding the deep principles that yoga philosophy offers and how they apply to modern life
- Explore Patanjali's Yoga Sutras and an introduction to other central yogic texts
- Explore the key traditions of yoga including: bhakti yoga, karma yoga, jnana yoga, hatha yoga, raja yoga and others
- Explore the role of the body, energy, mind, heart, spirit in human transformation
- Understand key yogic concepts including: koshas, kleshas, yamas and niyamas and others
- Explore human nature and its innate wholeness and oneness with all of life
- Applied teaching skills: how to teach yoga philosophy to students

# COURSE MODULES DESCRIPTION (CON) ●



---

## TECHNIQUE & PHYSICAL ALIGNMENT

Learn how to safely support students with their practice through the understanding of alignment, technique, energetic extensions & press points, benefits of the poses, modifications and variations for limitations due to health conditions, injuries or general stiffness and being able to teach a beginner student through to an intermediate level with building blocks in place for furthering skill and development.

### Key Learning Areas:

- Technique & Alignment and energetic flow
- Adjustments and guiding movements to support the students body movements
- Principles of movement –looking at the hips and spine
- Teaching beginner students learning how to progressive build their skills
- Asana themes and benefits: -
- Hips & Spine -the Primary Movers
- Standing Poses
- Forward Bends
- Abdominal Strengthening
- Twisting Posture
- Backward Bends
- Sun Salutation /Vinyasa
- Balancing Postures
- Dynamic Inversions
- Restorative Inversions
- Partner Work & Balancing Poses
- Injuries-looking at joints & muscles groups
- Prenatal, medical conditions & special needs
- Therapeutic benefits, physical benefits, metaphysical benefits of poses
- Precautions and contraindications
- Learning the Sanskrit names of the poses and their English translations

# COURSE MODULES DESCRIPTION (CON) ●



---

## YOGIC PHYSIOLOGY

Prana, or energy is the basic life force within all living things. Prana plays a key role in human transformation. Through a deep and experiential exploration of energy, we can move beyond stuck energetic patterns and experience an energetic balance and wholeness.

### Key Learning Areas:

- Understand subtle yogic physiology including an exploration of Nadis, Koshas, Chakras & Gunas
- Develop an experiential awareness of one's own energetic field and energetic habits of contraction
- Exploring the Chakra System and it's fundamental role in regulating physical, mental, emotional and spiritual wellbeing
- Explore ways to work with energy to experience energetic balance and wholeness
- Explore yogic physiology and the energy field through Asana, Pranayama, Bandhas and Meditation
- Applied teaching skills: explore ways to teach ways to work with energy

---

## REFLECTIVE PRACTICES

### Key Learning Areas:

- Explore a yogic approach to meditation using a range of techniques including: yoga nidra, body-based meditation, breath-based meditation, self-inquiry, sound practices, walking meditation, restorative yoga
- Understand what meditation is, common difficulties and how to work with these
- Explore a range of traditional and modern sound practices from four traditions: vedic, bhakti, nada yoga and tantric
- Develop your own personal practice using meditation, sound practices and pranayama
- Applied teaching skills: how to teach meditation, sound practices and pranayama to students
- Applied teaching skills: develop your own teaching resource kit of meditation, sound and pranayama practices that you want to teach

# COURSE MODULES DESCRIPTION (CON) ●



---

## TEACHING METHODOLOGY

In this module we will cover a range of teaching methodologies in a rich exploration of the art of teaching yoga. Students will explore their own and their peers' learning and teaching styles in a collaborative and supportive learning environment, so that each trainee can develop confidence in his or her unique teaching approach.

### **Key Learning Areas:**

- Explore and practice communication technique
- Study and practice of assistance and hands on adjustment technique
- Study and practice principles of demonstration and instruction
- Explore and practice a range of teaching and learning styles

---

## INTEGRATIVE PRACTICES & TEACHING PRACTICUM

To practice teaching in a safe and supportive environment is an invaluable bridge from being a student of yoga to becoming a teacher of yoga. This module gives trainees the opportunity to teach yoga to their fellow trainees in a structured, supportive and collaborative environment.

### **Key Learning Areas:**

- Supervised teaching practice
- Observation of teaching
- Assistance in class of qualified teachers
- Receiving and giving feedback with peers and supervising teachers
- Including final teaching assessment of part of a class

# COURSE MODULES DESCRIPTION (CON) ●



---

## ANATOMY & PHYSIOLOGY

Western Anatomy and Physiology offers some useful knowledge to assist the Hatha Yoga Teacher to make appropriate judgements when designing a series of Asanas and related practices. This module will present a good overview of the musculoskeletal system as well as the major systems studied in Western Physiology as they relate to Hatha Yoga.

Learning Outcomes and Assessments: At the completion of session 1 – 4 of this Module, students will have a broad understanding of the major muscle groups and how they contribute to movements. Students will be required to link a favourite Asana to the movements occurring at the joint, plus describe the main muscle groups that are shortening to create a movement and those that are lengthening to allow for the movement.

Upon completion of sessions 5 – 7, students will be able to make a relationship between blood pressure and asana practice and link their understanding of respiration to asana and Pranayama practice. Students will also be required to link the muscles involved in breathing to a common Pranayama practice and to present some simple information sheets relating to Blood Pressure, the Stress Response and one feed back system.

---

## PROFESSIONAL PRACTICE & SELF CARE

Teaching yoga essentially goes beyond theoretical knowledge to experiential knowledge. The foundation of any sincere teacher comes from one's own exploration, enquiry, self-study and practice. You can only teach who you are, so it is essential to develop a healthy regular home practice to keep the journey ever evolving and maintain the integrity of the practice. Participants are expected to practice a minimum of 4 times a week, maintaining a reflective journal of self practice, insights, discoveries, difficulties and questions that may arise etc. This module also explores the professional practice skills required of yoga teachers. It explores how to maintain professional and beneficial relationships with students and with oneself, to support the teaching and learning process of the student-teacher relationship.

### Key Learning Areas:

- The importance of developing a safe and trusting relationship with students and the professional practice skills required to develop this
- The application of mindfulness practices to the teacher-student relationship
- The application of yogic principles and ethics in professional practice
- Understanding practices beneficial to your own self-care as a yoga teacher
- Developing deep listening skills and clear communication skills as the basis for interactions with students
- Yoga Australia and its role as the peak body for the yoga profession

# COURSE MODULES DESCRIPTION (CON) ●



---

## MENTORING

Mentoring and supervision are important for trainees and for new yoga teachers. Mentoring offers individualised guidance to help trainees develop the specific skills and abilities they need to become accomplished teachers. With the support, constructive feedback, advice and collaboration of an experienced teacher, students can become confident in their own teaching. Trainees will have the opportunity for individual sessions with the teacher trainers to further their own development as a teacher.

---

## BUSINESS MARKETING

Basic business practices and marketing skills are essential skills to have alongside yoga teaching skills. We will briefly explore key business practices as they relate directly to the yoga industry and to your yoga business to ensure this subject is relevant and accessible.

### **Key Learning Areas:**

- Understanding your own business: what am I offering, my vision, target market, unique selling points, market niche
- How to communicate your service: market research, promotion and marketing skills
- Managing your business: business objectives and business planning, SWOT analysis
- Understanding legal, financial and taxation obligations
- Application of yogic ethics to business practice



# COURSE INVESTMENT ●

---

We understand the importance of choosing the right course path for students and therefore we offer competitive pricing for our 350 hour teacher training. Your investment covers the cost of all course materials including a 250 page manual, teacher training hours and mentoring.

The full course fee is \$6500 including GST. We do extend an early bird special which reduces the course fee to \$6000 including GST, the early bird price is valid until 1st July 2018.

Payment plan is available upon request. Please email [training@pranahouse.com.au](mailto:training@pranahouse.com.au) to discuss potential options.



# ASSESSMENT ●

---

Assessment is based on consistent class attendance and participation, successful completion of all assignments and tasks, practical demonstration of knowledge and skills, an assessment of the participant's personal practice & a final teaching assessment. A minimum of 80% attendance for each module is required to meet each assessment criteria.



# ENTRY REQUIREMENTS ●

---

Entry requirements for the Prana House Yoga Teacher Training Course Australia, includes a minimum of 12 months experience practicing Hatha Yoga. This however is not essential and exceptions can be made for those who have less than 12 months experience, please discuss further with one of our course advisors.

The participant must demonstrate a sincerity and commitment in furthering their personal & professional development. It would be advantageous to have good literacy, communication and organisational skills for both the study and delivery as a practising yoga teacher.



# COURSE OUTCOMES ●

---

Your time in our yoga teacher training course will offer you a wide range of both personal and professional outcomes. We've included below some of the highlights of our certification:

- Certified Teacher in Pranaa Yoga
- In-depth understanding of Yoga philosophy and how to implement this into a daily practice and way of life.
- Increased awareness of the Self and consciousness
- Increased levels of self love, self acceptance and self confidence
- Able to conduct a professional Pranaa Yoga class with great understanding of the physical practice including precise technique, alignment, adjustments, modifications in combination with working more subtly in an integrated manner including working with energy (Prana), consciousness, mind mastery, meditative awareness and energetic presence
- Your qualification will be recognised and regarded in the Yoga industry as this course is registered with Yoga Australia. This entitles you to apply for Professional Indemnity Insurance to be employable as a yoga teacher anywhere in Australia.
- Established industry relationships with senior teaching staff and fellow students. A solid network is invaluable when establishing your Yoga career.



# CANCELLATION POLICY ●

---

As positions in our Prana House Yoga Teacher Training course are limited, it is imperative that you carefully consider your commitment to undertake a 12month part time study course with us. Our policy encourages prospective students to be clear about their responsibility to undertake study and failure to participate in the full schedule causes implications on other applications who may have been refused because of limited availability. A no refund policy has been implemented for those who withdraw from the course within the duration of course, however withdrawal from the course 6 weeks prior to starting will incur an administration fee of \$1000. All withdrawals are required in writing with the reason for withdrawal. This is to be emailed to [training@pranahouse.com.au](mailto:training@pranahouse.com.au)



# REGISTRATION & ENROLMENT PROCEDURE ●

---

If you have further questions regarding Pranaa Yoga or the Prana House Yoga Teacher Training Course we would love to have an open heart felt chat about your intentions and desire to study with us at Prana House. Please contact our course advisors via email [training@pranahouse.com.au](mailto:training@pranahouse.com.au) and we will schedule a suitable time to speak with you.

If you are ready to proceed with registration this can be completed online via our website [pranahouse.com.au](http://pranahouse.com.au) or by contacting our course advisor [training@pranahouse.com.au](mailto:training@pranahouse.com.au) for a copy of the registration form.

Please note all applications are reviewed in strict confidentiality and all applicants will be notified by email the status of their application. Upon approval either full payment or minimum deposit is required to secure your place. Please note that places are limited so please complete the registration form promptly.

# TEACHING STAFF ●

---



**JULIE GARGANO**

[www.juliegargano.com](http://www.juliegargano.com)

---

**Teaching Modules:**

Philosophy, Yogic Physiology, Pranaa Yoga, Meditation in Motion, Foundation Technique, Teaching Methodology, Teaching Practicum, Reflective Practices, Professional Practice, Self Practice, Mentoring

---

**Meet the Founder & Principal Teacher**

Principle teacher and creator of Pranaa Yoga, Julie Gargano, is a Level 3 Senior Yoga Teacher with Yoga Australia. Julie shares with you over 20 years experience and has established her unique style called Pranaa Yoga.

Julie Gargano is considered a rare gem in this fast growing yoga industry with her uncompromising commitment to stay true to the purity of the teachings of yoga. She skillfully manages to deliver the original teachings of yoga within a creative contemporary platform which engages her students to commit wholeheartedly to the transformational experience.

Julie is highly intuitively and can easily access layers beyond the surface and with an honest yet kind manner nurtures her students into powerful clearer versions of themselves. Her particular strength is in establishing a palpable energy field in which you merge into and are easily transported to finer states of Being.

Her early start in life set the stage as a professional ballet dancer which gave her mastery of the physical form. This in time evolved into a deep study of yoga through Iyengar Yoga, Amrit Yoga 'meditation in motion', Yoga Nidra, Meditation & Energy Healing. Pioneering Amrit Yoga & I AM Yoga Nidra from the Amrit Yoga Institute USA since 2004, as well as founding Prana House, Melbourne 2006, has given Julie much credibility in the Australian yoga industry. Pranaa Yoga is an expression and culmination of Julie's 20 plus years of the above mentioned practices which she has uniquely distilled the best of each of them and woven into an integrative method we all love called Pranaa Yoga.

## TEACHING STAFF (CON) ●

---



**ELENI KYRPIGIKIDIS**

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

---

**Teaching Modules:**

Pranayama, Reflective Practices,  
Professional Practice, Self Practice,  
Mentoring

---

Eleni Kyrpigikidis is a certified Iyengar yoga teacher, has been practising yoga for twenty years and teaching since 2001. She has also undertaken further study at the Himalayan Institute in the U.S.A. as part of a 500 hour teacher training.

Eleni believes that yoga is a healing art and has personally embodied the healing power of yoga. Her classes are supportive, encouraging and dynamic and she believes that all yoga practices can promote strength and alignment in the physical, emotional and spiritual sense. Yoga taps into and brings together the separate parts of ourselves: body, mind, breath, spirit and silent witness. That's why practicing yoga instills a sense of peace and wholeness.

So whether you are drawn to yoga for physical, emotional or spiritual nourishment, practicing yoga will definitely inspire you to meet all life experiences with greater understanding, strength, acceptance, trustful surrender and grace!

Eleni is also a qualified Social Worker and has worked in the community sector for nineteen years. She has extensive experience working as a counselor with young people, families and mental health promotion.

## TEACHING STAFF (CON) ●

---



**ANDREW MOURNEHIS**

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

---

**Teaching Modules:**

Philosophy, Yogic Scriptures,  
Yogic Physiology

Andrew Mournehis has come from a diverse Yoga background and teaches a combination of Hatha, Bhakti and TantraYoga. His Creative, Joyful and Heart-filled teaching strengthens the body, soothes and clears the mind, whilst enlivening and enriching the Spirit through both Postural and Universal Alignment\*. His unique teaching style is imbued with Heart and Soul and rich in Tantric Philosophy. His classes are filled with Inspiration, Story telling, Mantra and the Spirit of the Divine.

His further interests extend into exploring human energetics, human potential and power, and how to discover your true Life Purpose (Dharma). Andrew is Creative Director of "Divine Grace", and is assessment coordinator and lecturer at the Academy of Yoga Learning at the CAE in Melbourne. He is also passionate about helping others to discover their greatest potential through the practice of Yoga.

Andrew has been teaching in Melbourne for 11 years, and is a dedicated and devoted yoga student and teacher...in fact an Eternal student. He is currently training in the illuminating, uplifting and celebratory path of Anusara Yoga. After following many different styles of both Hatha and Bhakti Yoga for 14 years, he is currently on the path towards certification in the Anusara Yoga style.

He sends Blessings and Gratitude to his many teachers...in particular Govinda, Margaret Lynch, Chris Chavez, Marc st Pierre, BJ Galvan, Desiree Rumbagh (for introducing him to Anusara..."bless you") ...and Eternal Love to John Friend ...for His BRILLIANCE and GRACE.

---



**JOSE GOOSEN**

---

**Teaching Modules:**

Physiology

Jose Goossens is a Director of Academy of Yoga Learning (AYL) and has a background in nursing and is an experienced Yoga Teacher as well as a qualified Naturopath.

Jose's work has included presenting workshops to explain the complexities of the working body and the healing arts.

Jose also lectures in the health sciences subjects of anatomy and physiology in Melbourne in Organisations including the Box Hill Institute, with whom the AYL is in partnership to deliver the nationally recognised Advanced Diploma of Yoga Teaching.

Jose was the founding president of the Yoga Teachers Association of Australia (now Yoga Australia).

## TEACHING STAFF (CON) ●

---



**KATE MCANERGNEY**

---

**Teaching Modules:**

Women's Yoga

Kate McAnergney has been practicing yoga for 17 years. She completed general yoga teacher training in 2004 with Paul Wooden at Gertrude Street Yoga Studio in Melbourne, and then specialised 'Ma' prenatal yoga training at Lila Yoga, Dharma and Wellness, New York City in 2008. Kate has also been greatly influenced by the teachings of Donna Farhi and Sarah Powers.

Kate has 2 children (3 and 7) and taught and practiced yoga throughout both her pregnancies. She found that the most beneficial part of having a yoga practice was the ability to completely surrender, let go and GIVE birth. The mindful and complete habitation of each and every moment that yoga encourages, fosters within us a deep trust in the body's ability to carry and birth our babies. Kate is passionate about helping women access this innate wisdom, enabling them to be fully present to the transformative experience of becoming a mother, however it may unfold.

Kate's prenatal yoga classes cover meditation, relaxation, chanting, pranayama and a blend of movement and held postures that seek to balance openness with strength and stamina. Kate enjoys story-time with her kids and snoozing in spring sunshine.

---



**KAYE TRIBE**

---

**Teaching Modules:**

Anatomy & Physiology

Kaye Tribe is one of the Directors of the Academy of Yoga Learning, working in partnership with the Centre of Adult Education in Victoria to deliver the Advanced Diploma of Yoga Teaching. She also works with a dedicated team of teachers to further educate Yoga Teachers wanting to train as Yoga Therapists.

As well as a Yoga teacher trained in the Gita tradition of Hatha Yoga, Kaye is a qualified Soft Tissue Therapist and lecturer in various musculoskeletal anatomy subjects at Endeavour College of Natural Medicine. She brings to the course the experience of teaching to a wide range of students and a specialized understanding of how knowledge of anatomy can be useful to Hatha Yoga teachers in Australia.

Kaye is a sought after presenter within both Yoga and complementary medicine fields. Some recent presentations include educating Secondary Physical Education teachers about the benefits of Hatha Yoga at the ACHPER conference and Enhancing the Understanding of Your Spine at the Spirit of Union Conference in 2011.



## FAQS ●

---

### START DATE?

Starts 10th Septemeber 2018  
12 months part-time/350 hours  
6 day Immersion : 10-16 September 2018  
13 + 14 October 2018  
10 + 11 November 2018  
8 + 9 December 2018  
*2019 dates:*  
9 + 10 February 2019  
9 + 10 March 2019  
13 + 14 April 2019  
11 +12 May 2019  
8 + 9 June 2019  
13 + 14 July 2019  
10 + 11 August 2019

---

### DURATION OF THE COURSE?

12 months / 350 hours part time

---

### WILL I RECEIVE CERTIFICATION?

Yes you will receive certification as a Pranaa Yoga Teacher under the Prana House Yoga Teacher Training Course / 350 hours.  
This is a professional training course which is recognised and accredited with Yoga Australia.

---

### ARE YOU AN ACCREDITED TRAINING COURSE?

Yes we are a registered and an accredited yoga teacher training course with Yoga Australia.

---

### WHAT ARE THE ENTRY REQUIREMENTS?

Preferably participants should have a minimum of 12-24 months experience practicing yoga, however this is not essential.  
Our main criteria is that participants are keen and ready to explore the deeper teachings of yoga and must demonstrate a sincerity and commitment to both their personal & professional development.  
It would be advantageous to have good literacy, communication and organisational skills for both the study and delivery as a practicing yoga teacher. If you are unsure about this criteria please check with one of our course advisors

---

### WHEN DO THE ENROLMENTS CLOSE?

Enrolment closes 1 month prior to the course start date. We do however recommend you enrol well in advance as places are limited.

---



## FAQS (CON) ●

---

### WHAT DOES MY INVESTMENT INCLUDE?

Your investment includes the full 350 hours training hours plus monthly mentoring and guidance from Senior Teaching staff and Founding Director Julie Gargano.

Early Bird registrations also include a 12 month apprenticeship with Julie in her 10 week Beginner Yoga courses. You are also eligible to apply for a discounted student teacher trainee membership to attend casual yoga classes at Prana House.

---

### COSTS

The full course fee is \$6500 including GST.

---

### ANY ADDITIONAL COSTS?

Additional costs include recommended books & yoga nidra CD's, as well as a special discounted annual membership fee which is a minimal/affordable fee which allows you to attend casual classes at Prana House.

A 50% discount is also offered to attend Amrit Yoga 10 week courses with principle teacher Julie Gargano.

---

### EARLY BIRD PRICE?

The early bird price is \$6000 if paid in full before the 1st July 2018

---

### ARE GENERAL YOGA CLASSES AT PRANA HOUSE INCLUDED?

Our casual yoga classes are not included in your course training fees, however we do offer an exclusive discounted 12 month student teacher trainee membership for all casual yoga classes, plus a free 12 month Beginners Yoga Course apprenticeship with Julie Gargano to all Early Bird registrations, plus 50 % discount off Amrit Yoga Courses with Julie Gargano.

---

### CAN I STILL ATTEND IF I DON'T INTEND TO TEACH?

If you have a passion for yoga and wish to experience and embrace the personal transformation that Pranaa Yoga provides you are still an excellent candidate for attending our training.

We welcome you to explore the countless benefits gained from attending our teacher training, including reshaping your life through the inner dimension that this training skillfully offers.

---

### IS THERE A MAXIMUM NUMBER OF TRAINEES?

Yes, we do cap students numbers to ensure you get the most quality training from a more personalised approach where each student is carefully nurtured and mentored throughout their 12 month journey.

We do encourage you to apply early to avoid missing out on securing a place.

---



## FAQS (CON) ●

---

### WHERE IS THIS TRAINING HELD?

Prana House Yoga Teacher Training is held in our beautiful yoga sanctuary located on High Street in Thornbury, Melbourne Australia.

Our main studio, the Shiva Temple, is spacious and light filled and will totally transcend your practice to a more than magical level!

---

### HOW DO I REGISTER?

Register online via our website or contact our course administrator [training@pranahouse.com.au](mailto:training@pranahouse.com.au) to assist you with your application.

---

### CAN I SPEAK TO YOUR COURSE ADVISOR?

We understand this is a big decision and stepping forward with a yoga career may need some extra guiding hands, so we are happy to speak with you and answer all of your questions. For administrative questions please contact our course administrator by emailing [training@pranahouse.com.au](mailto:training@pranahouse.com.au) or by calling 03 9484 5344.

If your questions are regarding the course content and outcomes, you can schedule a time to speak with Founding Director of Prana House, Julie Gargano. Simply book your time to speak with her using the following link: <https://pranahouseteachertraining.youcanbook.me/>



## CONTACT US ●

---

---

Level 1/885 High St.Thornbury VIC 3071 Australia  
training@pranahouse.com.au  
(03) 9484 5344



"BECOMING A TEACHER OF YOGA IS  
NOT JUST A PROFESSION BUT AN  
EXTENSION OF YOUR PERSONAL  
SPIRITUAL DISCIPLINE, INTENDED  
TO ENRICH YOUR LIFE AS YOU HELP  
OTHERS ENRICH THEIRS."

-

YOGI AMRIT DESAI

We look forward to serving you with  
the highest & the best in yoga & life

NAMASTE  
Prana House