

**BAREFOOT
YOGA**

**COURSE
PROSPECTUS**

November 16th-December 6th 2020

**200 HOUR
YIN + VINYASA
TEACHER TRAINING**

BY
**BY JESSICA MARTIN-JONES & ADAM
KAOULLAS**

WHAT THIS WILL ENABLE YOU TO DO

DATE

**NOVEMBER 16TH-
DECEMBER 6TH
2020**

Your job prospects + Qualifications

-You will be Qualified + Certificated to be a registered Yoga Teacher under internationally recognised governing board of Yoga Alliance.

-Specialising in Yin, Vinyasa + Hatha Yoga classes. Although you are not limited to teach these classes alone, you may find you are confident to teach other forms such as; Hot yoga, Power Yoga, Slow flow, Restorative, Dynamic and more.

- Employable at Yoga Studio's, Gyms, events, festivals and schools all over the world.

- Teach 1:1 Yoga classes

- Teach Yoga internationally as this is an internationally recognised qualification

- Confidence in being able to teach beginners + possibly intermediate level students

- You will be able to run your own classes, courses, workshops + Retreats!

- You will be able to attain Insurance cover as a qualified teacher.

- You can even run your own Yoga business!

Opportunities with Barefoot Yoga Studio

-Jess + Adam run a Yoga Studio in Melbourne, Australia. On completion of your course you will be eligible and considered for a teaching vacation at this location to help you grow.

-Future discounts on Online classes + courses

-Possible opportunity to assist on our other courses + Retreats as a Karma Yogi.



KEEP GROWING

ABOUT THE THE COURSE

DATE

**NOVEMBER 16TH-
DECEMBER 6TH
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This course is designed for those Yogi's and Yogini's who are ready to take the next step in their Yoga Journey and explore the teachings of Vinyasa + Yin Yoga over the period of 21 days at our beautiful location in Central Byron Bay, NSW.

We are a Yoga Alliance Certified School, therefore you will be certified as a 200 hours Vinyasa + Yin teacher on the 6th of December. Our main aim is to produce teachers who feel confident in teaching by the end of our course. You will be able to teach 60minute + Vinyasa, Yin and Hatha classes on completion of the course with Jess & Adam. There is plenty of time allocated to building the necessary skills to teach your peers, cue with correct anatomical instruction, plan a well balanced spiritual and authentic class and of course adjust and align your students safely alongside the deep discussions into the History and Philosophy of where these forms of Yoga originate.

The course is located in a beautiful 6 bedroom home with a Yoga studio in Central Byron Bay. We are just 500m off Talow beach- the quieter side of the Lighthouse. This is a stunning location to immerse yourself in this intensive course.

You will be living with our other students and teachers, this is a very authentic way to do your course, the lead trainers Jessica & Adam have completed all of their trainings in India- where they lived on campus at a Yoga Ashram. They wanted to recreate this family orientated way of studying and practicing right here on the East Coast of Australia. You have assumed right that this will be a very personable, small group in which you have 24/7 support from your lead trainers. This adds to your unique experience as you will establish a close teacher student relationship with you trainers, they are on this journey with you all of the way- helping you become the confident, well rounded teacher and answer any question that you need.



ALWAYS WITH PASSION

ABOUT THE ITINERARY

We have planned a well balanced schedule to ensure that our students feel capable of completing every day with passion & enthusiasm. You will start your day at 6am and finish at 7:30pm. Please look carefully over the Itinerary below to better understand how each day will look!

Monday-Saturday

6 - 8am Vinyasa Flow
8-9am Breakfast
9-10am Teaching Methodology + peer teaching
10am -12pm Anatomy or Philosophy
12-145pm Lunch
145-4pm Asana Practice
4-430pm Snack
430- 530pm Yin Theory
530-730pm Yin Practical
730-830pm Dinner

Sunday

Your full day off! We have free surf boards and bicycles with a list of activities for you to do! Food on your day off is up to you.

This is an example itinerary, a more detailed structure is on the following page, explaining classes and what each one covers. The Schedule will be subject to change especially in the final week as we head into our assessments! If you would like a 21 day itinerary example, please contact Jess or Adam to organise this.



It is important for us to mention that we have a ZERO tolerance for alcohol + drugs being consumed during your training.

This includes coming home under the influence as well. We expect our students to respect their bodies, other students, our sacred space and of course our philosophy as health and wellness practitioners. We also encourage our students to use us as their resources, we are happy to organise 1:1 sessions during your training.

LOOSEN YOUR GRIE

ABOUT THE CLASSES

DATE

**NOVEMBER 16TH-
DECEMBER 6TH
2020**

Monday-Saturday

6 - 8am Vinyasa Flow

This is a Vinyasa class not only to help energise you in the morning, but to help you start to gain an understanding of a Vinyasa Class Structure. This will prepare you for teaching your own class as you will be taught two ways in which you might like to explore; teaching to a peak posture + teaching without a peak posture.

8-9am Breakfast

Breakfast will be healthy buffet style cuisine-suitable for vegans + vegetarians. What might be on offer; Vegan Porridge, Fruit Platter, wholemeal toast, avocado, mushrooms, Eggs, tomatoes, protein pancakes, vegan sausages.

9-10am Teaching Methodology + peer teaching

This class is to learn HOW to teach and practice teaching your fellow students with confidence, preparing you for your final assessments + the outside world of future classes.

10am -12pm Anatomy

This time slot will be allocated to Anatomy with our lead trainer Adam Kaoullas. Anatomy will be covered in the greatest depth possible for the 30hours allocated to it including; musculoskeletal system, injury prevention, how to cue at an anatomical level.

12-145pm Lunch

Lunch is the lightest meal of the day, we will be preparing one of the following; Smoothie + fruit platter, acai bowls, poke bowls or salad,

145-4pm Asana Practice

With many asanas to break down from standing, balancing, backbend, forward fold, twist and more- we will be teaching the correct alignment and technique for your most popular asanas. This will also help our teachers begin to build their sequence with greater knowledge and ability, thus building confidence as a teacher.

4-430pm Snack

Short Coffee + Tea break with a small nutritional pick me up such as; protein ball, fruit, nuts, Veggies + Dips, Rice Crackers

430- 530pm Yin Theory

Yin theory is very important as Yin comes from a different origin to most other types of Yoga. Yin is of Chinese decent. In this class you will learn about; History, Philosophy, Elements, Meridians + Fascia.

530-730pm Yin Practical

This is a great class to align yourself with Yin asanas which differ from those of India's Eastern practice and the western modifications. You will also become familiar with how to structure a Yin Class and use props accordingly.

ABOUT THE CLASSES PART 2

DATE

**NOVEMBER 16TH-
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730-830pm Dinner

Dinner will be another well balanced nutritional meal. For example; Mediterranean roasted vegetables + legumes, Vegan chilli con carne, Fajita-less mexican, Thai Curry, Sushi, Vietnamese

Hump Day

On Wednesday nights we have MOVIE NIGHT streamed on our huge projector with Popcorn!

Sunday

Your full day off! We have free surf boards and bicycles with a list of activities for you to do! Food on your day off is up to you.

Additional Classes + Workshops to look forward to:

- Business of Yoga
- Journaling
- Pranayama
- Meditation
- Nutrition + cooking class
- Acro Yoga
- Peak Postures
- Deep Stretching
- Ecstatic Dance

If there is anything that our students can offer we are also very much open to learning + sharing!

All of your meals are planned by our onboard Nutritionist- Jess! The great news is, both Jess + Adam have studied Nutrition, they will be teaming up and cooking and meal prepping for you.

If you have any dietary requirements or allergies, please inform us far before the training commences as this may affect our menu planning and grocery shopping.

As mentioned before, food on your day off will be up to you. You are more than welcome to use the facilities as you please, as long as you clear up behind you.



ABOUT THE HOUSE + LOCATION

DATE

**NOVEMBER 16TH-
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Capturing the true essence of Byron Bay, the newly renovated beach house was designed for the complete Beachside living experience. Located just 500m off Tallow Beach and 1KM from Byron shops. With 6 bedrooms and 3 gorgeous bathrooms, this designer beach house will be shared with your students + two teachers Jess + Adam accommodating from 7 to 12 students MAXIMUM!

Facilities:

- 6 bedrooms and 3 bathrooms (1 bath tub)
- Hot outdoor shower to wash off after a day at the beach.
- Huge Yoga Studio
- Communal balconies off the lounge
- Bikes and surfboards
- Wifi, Netflix and smart home speaker system
- Brand new modern kitchen, with servery window opening to the large outdoor deck + lounge with fairy lights
- BBQ + Fire pit
- Large Garden

EXTRAS:

Each bedroom and bathroom have been supplied with 5* hotel quality linens and bath towels to make your stay extra special.

The beautifully crafted timber servery hatch and french doors lead through to an amazing sheltered deck where you can relax and unwind in our Byron Bay hanging chair with the sea breeze behind you to keep you cool.

We will be making use of the BBQ & fire pit for some unforgettable evenings spent with your Yoga family and friends.

Our property is 30 minutes drive from Ballina Airport, 50 minutes from the Gold Coast Airport or just under 2 hours drive from Brisbane. Spring (Sep - Nov) Spring in Byron Bay is a premium time to visit and the days growing longer and warmer. This time of year also has the lowest average rainfall, making it a great pre-summer break and lots of nature yoga. The water at this time is warming up and wetsuits begin to peel off.

This is a great time to channel your inner Yogi, explore the Hinterland or watch the whales pass through on their migration. You may want to consider some of the following fabulous experiences on your day off such as: Massages, Yoga on the beach, Private surf lessons, Private driver for connections to and from the airport or trips around Byron Shire (All above at extra cost)

ABOUT THE BEDROOMS

DATE

**NOVEMBER 16TH-
DECEMBER 6TH
2020**

BEDROOMS

Bedroom 1- Queen Bed

Bedroom 2 - Queen Bed + Lounge + TV

Bedroom 3 - Queen Bed + Private Balcony + hanging Chair

Bedroom 4- 2 Double Beds + Garden Access + TV

Bedroom 5- 2 Single Beds + TV

Bedroom 6- Double Bed + En Suite + TV

Every Bedroom has large wardrobes + linen

Find detailed description of bedrooms on COST page



ABOUT THE SURROUNDINGS

DATE

**NOVEMBER 16TH-
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WHAT IS AROUND US?
YOU CAN SEE WHERE WE ARE MARKED ON THE MAP



MORE:

**WATERFALLS
GALORE
MARKETS
NIMBIN
CRYSTAL CASTLE**

PHOTO GALLERY

DATE

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ABOUT THE TEACHERS

DATE

**NOVEMBER 16TH-
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Adam Kaoullas
Lead Trainer

Adam is our lead trainer on this course. He will be teaching and specialises in Anatomy, physiology, Yin + Chinese Medicine.

Adam is a 500 hour Qualified Teacher, having attained his Yoga qualifications in India for Ashtanga, Hatha, Vinyasa + Yin.

Aside from Yoga Adam is a qualified Personal trainer + lifestyle coach. He has also studied kinesiology + Business finance and accounting at University level. He has been in the Health + wellness industry for over 7 years, whilst leading a lucrative career as a former professional athlete competing at the top of the top of Australian sport.

Adam will be teaching;

- Yin theory + Practical
- Anatomy
- Financial Business of Yoga
- + more fun bonus classes such as Acro and myofascial release



Jessica Martin-Jones
Assistant Trainer

Jessica is our assistant teacher on this course. She will be in charge of teaching Vinyasa, Eastern Philosophy + History + Nutrition.

Jessica + Adam did their trainings together and is also a 500 hour Qualified Teacher, having attained her Yoga qualifications in India for Ashtanga, Hatha, Vinyasa + Yin.

Jessica is a qualified Nutritionist + Fitness instructor. She has owned her Yoga Studio in Melbourne for 1.5 years + runs online courses + classes. The Studio is Jess's pride + joy as it intertwines with her Artistic background - the studio also operates as an Art Gallery! She moved to Australia 3 years ago from the UK after her world travels!

Jessica will be teaching;

- Vinyasa theory + Practical
- Philosophy + History
- Marketing Business of Yoga
- Nutrition
- Pranayama + Meditation

DATE

ENTRY REQUIREMENTS

**NOVEMBER 16TH-
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2020**

- Complete our 20 hour online course prior to course commencing. This is 20 hours out of your total 200 which is mandatory in order to receive your certification. Jess and Adam will be working with you closely to ensure you meet the minimum of 20 hours online component to our curriculum.

Cost: \$200



ABOUT THE COST

DATE

**NOVEMBER 16TH-
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OUR PLEDGE TO YOU IS TO ENSURE THAT YOU ARE A CONFIDENT TEACHER OF VINYASA + YIN BY DECEMBER 6TH,

WE UNDERSTAND THE CURRENT CLIMATE OF THE WORLD, THEREFORE IN THE INSTANCE OF COVID-19 RESTRICTIONS AND GOVERNMENTS REINSTATING REGULATIONS WE WILL BE ISSUING 100% REFUNDS

The following are your course costs, 3 meals & snack 6 days per week and inclusions.

Bedroom 1 - Queen

This is a light filled, stylish and comfortable abode at the top level of the house. This is one of the smaller Queen sized rooms with a shares a bathroom with one other room.

\$5,250

Bedroom 2-Queen Bed + Lounge + TV

This is a very stylish room with lounge suite, TV and extra room for yoga practice. This is on the bottom floor house- next door to the Yoga Studio, hallway with a shared bathroom with 2 other bedrooms

\$5,650

Bedroom 3- Queen Bed + Private Balcony + hanging Chair

This is one of the smaller beautiful queen size rooms with glass doors leading out onto a private outdoor area with a hanging chair and space for Yoga. This bedroom is on the bottom floor and shares a bathroom with 2 other rooms.

\$5,650

Bedroom 4- 2 Double Beds + Garden Access + TV

This is a seriously cool bunk room for friends to share! With two double beds, a large flatscreen TV, storage and glass doors- accessing the beautiful green garden. This bedroom is on the bottom floor and shares a bathroom with 2 other rooms. **\$4,650 p/p**

Bedroom 5- 2 Single Beds + TV

This is a divine simple room for friends to share, equipped with large wardrobes + a flatscreen TV, sharing a bathroom with 1 other bedroom.

\$4,250 p/p

Bedroom 6 - Double Bed + En Suite + TV

THE BEST ROOM OF THE HOUSE- this is an exquisite bedroom with a TV, sliding doors into the large walk in wardrobe + bathroom. An extra added luxury with the glass doors opening up on to the back patio + deck area with outdoor seating.

\$6,650

What's included:

- 20 Nights beach side Accommodation
- Course Materials
- Text Book
- Yoga Alliance 200 hour YTTC Certification
- 3 Meals per day
- Free Bicycles & Surf Boards
- Barefoot Yoga T-shirt
- Happimat Voucher

What's not included:

- Flights
- Travel insurance
- Yin Insights by Bernie Clarke
- Meals on your Day off (Sunday)
- Transportation
- Airport Transfer

DATE

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ABOUT THE
COST

If you are ready to take the next step towards changing your life forever
then CONTACT US directly through the following means:

Emails

jess-j@outlook.com

adamkaoullas@live.com.au

Phone:

Jess- 0422 871 355

Adam- 0490 049 832

Whatsapp (+61)

Website

Submit a contact form:

<https://www.barefootyoga.info/>

If we don't get back to you within 24hours please feel free to contact us through
any of our social media pages:

@jess_barefootyoga

@barefoot_yogastudio

@fightingyogi

@byronbay_yttc



DATE

TERMS + CONDITIONS

**NOVEMBER 16TH-
DECEMBER 6TH
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T+C's

COVID-19

- You must comply to COVID safe practice throughout the training. This includes; not sharing props, sanitising your hands before and after every class; allowing your lead trainer to take and record your temperature, keep safe distances from other students where possible and wear protective gear when asked to.
- In case of COVID-19 Restrictions for November + February we will be offering transfers only, you may transfer your deposit to the next available training.

NO REFUNDS.

- In the case that the training is cancelled due to COVID-19, each student will receive a FULL refund, including the deposit.
- If you are to fall ill during the training and be showing symptoms of corona virus- you will be required to get a COVID-19 test and remain in isolation until the results come back. You may join the classes in isolation via Zoom conferencing calls.
- If you personally have to leave the training mid-way through due to COVID-19 restrictions, we will be offering a complimentary online training for you to complete your certificate and become Yoga teacher. We will also compensate you for the food allowance for the days remaining. Unfortunately, you will not be able to be compensated for the accommodation.
- You must understand and agree to the risks involved with taking part in this Yoga teacher training program. It is an intensive program which requires you to do the physical practice of yoga every day to obtain your full 200 hour qualification. When working with the body, there is always a chance that injury may occur. Not only is it physically demanding but it can also be taxing on the mind. We do not take responsibility for any psychological issues/ episodes before, during or after the training or the decisions made by the individual during these psychologically impaired episodes.

Illness/ Injury incurred during training

- If the individual falls ill or injured during the training and cannot complete the required hours to obtain the full qualification; each case will be treated individually.
- The student may seek compensation for the food allowance for each day remaining that they could not attend.
- There will not be compensation or refunds available for the accommodation/ training costs or course materials.

Cancellation policy

- If you wish to cancel your booking and cannot attend the training after placing your deposit, you will not receive a refund for your deposit.
- 50% of the full payment must be made 60 days prior to course commencement.
- 100% must be paid 30 days prior to course commencement. If your payment is not received within these time frames, your room will be forfeited and placed back on the website for sale.
- If you wish to be transferred after placing your deposit, you must have a valid reason for doing so. A valid reason could be due to a serious [serious in this case referring to as fatal/ life threatening] occurrences within your immediate family, or COVID-19 Restrictions, anything else outside of reasons, is not considered as valid. Each case will be dealt with individually as your lead trainers will use their discretion.

Payments

- The remainder of your payment must be paid 30 days prior to arrival
- In the case that you have arranged a payment plan, you must stick to the agreed payment instalments and their due by dates which will be made to you in writing.
- All prices are non-negotiable

TERMS + CONDITIONS

ABOUT THE

Course

Requirements

- You must attend a 20 hour online component before completing the remaining 180 hours In person, on campus at the house in Byron Bay.
- We are not obliged to award each student with the certification if your lead trainers feel that you have not passed the minimum requirements to attain the qualification. Resitting your exams and seeking extra paid tuition is an option.
- 100% Full attendance is required to pass and receive your 200 hour yoga teacher training qualification.
- To be fully committed and open to the Yogic lifestyle and teachings
- Committed to learning and leading a healthy lifestyle during the training.

Ethics and code of conduct

- We do not stand for any form of sexual misconduct such as; inappropriate remarks and comments, inappropriate or unwanted touching or behaviour.
- We require you to inform us of any allergies, intolerances, medications, injuries (past or present) and traumas before the commencement of the course so that we may be aware and keep you safe. This is a legal requirement
- We do not allow the consumption of alcohol, drugs or cigarettes on the premises of the Yoga teacher training
- We do not stand for any bullying.
- We do not stand for any form of discrimination (this includes but not limited to race, age, sex or religion)
- Always respect your fellow students and teachers
- Respect each others privacy and personal space
- Always comply with COVID safe practice
- Never discriminate against another student or teacher
- Do not share, copy or resell the course materials that have been provided and written by Barefoot Yoga.
- Zero tolerance for alcohol, drugs and cigarettes on the premises
- Do not bring a stranger (including your own family and friends) into the house without consent from your lead trainers FIRST.
- Please let your trainers know if you are not attending a meal so that they do not over cook and waste food.
- 100% attendance rate is required for you to pass.
- You must pass your end of training exams to graduate
- Do not steal or use someone elses personal possessions or property without asking first
- Name your equipment
- Name any food and beverages that you have purchased before storing them in the communal kitchen
- No food or drinks in the bedrooms
- If you break or damage any of the equipment or homewares, you must replace them or pay for the damage in full. This is not the responsibility of the school or teachers.
- Return home before 10pm Monday- Sunday, otherwise the doors to the house will be locked. Please let your trainers know if you intend to come back later. This can be discussed but not guaranteed as this is a serious training, not a party opportunity.
- You are responsible for your own possessions during the training.

If we believe the safety or integrity of other students and/or teachers are impaired by your actions you we will ask you to leave the training immediately. You may receive a warning, but If any of the above rules are broken, we reserve the rights to ask you to leave the training without a refund.