

The Ralston Method 250hr Yoga Alliance certified teacher training provides a solid foundation to become a yoga teacher and deepen one's own personal practice. The focus of The Ralston Method Teacher Training program is to provide students with sound knowledge of functional anatomy, alignment and assists. This training offers a unique experience to receive tutoring and guidance from one of New Zealand's most well respected and successful yoga teachers. Nikki is committed to providing you with the highest quality of education along with practical tools, so that you can confidently step forth into the world to help people find more ease and freedom in their body and mind, to rediscover happiness in their life.

"To become a yoga teacher is one of the greatest services you can contribute to the world and one of the most honourable occupations you can have."

Teacher Training will take you on an exciting journey of self-discovery, self-inquiry and personal transformation. The training is divided into 6 intensive weekends (Fri- Sun) over 3.5 months to fit in with your lifestyle. Teaching yoga is much more than just being a physical education provider. To be a successful, well rounded yoga teacher requires a solid foundation in each of the following aspects of yoga that we ensure you will be well equipped with upon completion.

You will learn

Science

- Anatomy & Physiology
- Application of anatomy to Yoga
- Movement inquiries, how to awaken proprioceptive awareness in students
- Yoga for longevity- how to work with injury and limitation, asana alignment, biomechanics, modifications and use of props
- Pranayama and meditation, multiple pathways to focus the mind
- Postural sequencing and organisation

Philosophy

- Yama and Niyama: learning and living the yogic ethical observances, on and off the mat
- History and Philosophical concepts of classical Yoga
- Mantra, Chanting, Nadis, Chakras
- Integrating myth and philosophical elements into teaching
- Basic Sanskrit pronunciation for key concepts

Art

- Qualities of a teacher, teaching pedagogy and relating to students
- Learn to cultivate your authentic voice and captivate students attention
- Get sharp organisation, clear verbal instruction, keen observation skills, purposful demonstration skills and adjustments.
- Inspiring students without enmeshing

Practice

- Asana practice engaging body, mind and spirit
- Deep personal inquiry to unlock your individual potential.
- Align intent, attitude and action to shift beyond insecurities, to inspire incredible self-esteem and self-respect that will impact every area of your life
- Through daily practice develop mindfulness, balance of action, strength/stamina, flexibility, alignment/form, knowledge and understanding of the postures.
- Cultivating your life-long home practice: tools for deepening awareness and developing source material for teaching
- Observation & Practice Teaching
- Building a career and yoga business

Course dates:

The course framework and length allows you to ingest and digest the full yogic experience.

Training is divided into 6 intensive weekend modules

Friday 9-7pm

Saturday and Sunday 8-6pm

2018

August 3rd-5th

August 24th- 26th

September 14th-16th

October 5th-7th

October 19-22nd (note this is 4 days including Labour day Monday)

November 2nd-4th

November 9th-11th assessment

Pre-requisites & Application

A minimum of one year consistent practice, including regular 3-6 day per week practice. We carefully select our applicants so that we can work closely with our teachers to guarantee a higher level of proficiency.

This training will leave you feeling confident in your own practice and ready to teach. We believe that the best teachers embody yoga in their day to day life, therefore, this course is designed to help you dive deep into all facets of yoga so that the teachings become a part of your life. The course framework and length allows you to ingest and digest the full yogic experience.

You will be given weekly homework assignments consisting of writing essays, review points, practice teaching and weekly personal practice recommendations. You should plan for 3-4 hours a week of homework plus a regular yoga practice 3-6 times a week.

Pricing options

(Cash, EFTPOS and Online Transfer payment methods only)

Earlybird price \$4,500 includes 4 month membership at Urban Ashram (if paid in full before May 1st 2018)

Full price \$4,800 includes 6 month membership at Urban Ashram

Refund Policy

For cancellation one month prior to the start date, payment will be refunded less \$500 application fee. Less than one month prior to and up to the day before training begins, 25% of the teacher training cost will be refunded. There is NO refund once training begins.

Enrolment in this program is not confirmed until a \$2,500 (non refundable or transferrable) minimum deposit is received.

You will receive

Hands on time with Nikki Ralston in every session, there will be guest teachers to share their expertise and this will be no more than 10% of the total course, the rest is facilitated by Nikki directly. You will receive The Ralston Method Teacher Training manual and the book 'Practice You' by Elena Brower. Both of these will serve you on your journey of receiving knowledge and uncovering and remembering your own knowledge and wisdom. When we combine learnt knowledge with our own deep understanding we unlock the teacher within us all.

Dismissal from the Program

Group work demands trust, promptness and accountability on the part of student and teacher alike for maximum effectiveness and growth. Should you fail to meet the code of ethics, preparation and/or attendance requirements of the Program you be given up to two reminders depending on the situation, after which you be asked to leave the Program with no fees paid back. Any missed sessions need to make up by paying the lead teacher / workshop teacher \$120 per hour for private sessions.

Class Size: Limited to 20 students only.

Requirements for Completion of course

- 100% Attendance.

Personal Practice

Students must have a regular personal practice whilst participating in the training. You are expected to practice at Urban Ashram 3-4 times a week outside the training hours (*exceptions for out of Auckland students). A mix of all styles are essential to the practice. This will give a well-rounded base for understanding how these styles differ and what to expect when teaching.

Graduation Requirements

In order to graduate and receive a certificate of completion, a student must achieve a 65% pass mark for all study assignments, and 75% for all practical requirements including the final exam. There are no exceptions. Your certificate is recognized by Yoga Alliance®.

Required reading:

- Light on life - B.K.S Iyengar
- The Yoga Sutras of Patanjali - Edwin F Bryant
- Yoga Body - Judith Lasater
- Myths of the asanas - Alanna Kaivalya
- Yin yoga, Principles and practice - Paul Grilley

Recommended reading

- Yoga, Mind, Body & Spirit - Donna Farhi
- Functional Anatomy of Yoga - David Keil
- Teaching Yoga - Mark Stephens
- Light on Pranayama- B.K.S Iyengar

What will I be qualified to teach?

Upon completion you will be certified to teach, Hatha, Vinyasa and Yin classes. To become a Ralston Method certified teacher requires 500hrs of teacher training with Nikki, that you can work towards over the next few years with advanced modules upon completion of the 200hr program.

Is there ongoing support after?

The real questions start to arise once you start teaching and one of the big benefits of this training is the ongoing support and mentoring from Nikki. The opportunity to observe and assist in classes to get together for alumni practices and feedback groups is invaluable. Advanced teacher training modules with Nikki to keep developing your practice and teaching over the years to come, will keep you expanding your knowledge.



Application form 2018
The Ralston Method 250hr Teacher Training

Full Name:	
Address:	
Mobile:	
Email:	
Occupation	
Gender:	
Age:	
Person to contact in case of emergency	
Name	
Phone	
Relationship	
I'd love to know a little more about you	
How did you hear about this training?	
How long have you been practicing yoga? How often do you practice?	

I'd love to know a little more about you

What styles of yoga have you been practicing? Where and which teachers have you been practicing with?

What do you hope to learn, gain and transform about yourself? Why do you want to teach yoga?

What are your expectations for this training?

Do you have any physical injuries, psychological or medical conditions we should know about?

I'd love to know a little more about you

List other interesting things you think we should know about you.

Non-Disclosure Clause

All information whether it be shared, written, discussed at the Studio regarding students, teachers, training or policy is considered confidential and shall not be disclosed in whole or in part by you to any person without prior written consent. Violation of any part of this policy will result in immediate termination of this course with the trainee forfeiting all paid fees.

Permission to Use Photographs and Footage

In signing this agreement you agree to allow The Ralston Method and Urban Ashram to use photographs and video footage in publications and promotional materials for print publications or website.

Declaration

I have read, understand and agree to the terms and conditions of undertaking a program with The Ralston Method

Name:

Signature:

Date: