

## LEVEL 1 Teaching the Solomon Yogalates™ Method

# Yogalates™ Teacher Training Australia Certificate course

## Student Resource Handbook

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SOLOMON

# Yogalates™

## ***WHERE EAST MEETS WEST- ORIGINS***

*Solomon Yogalates™ is an internationally acclaimed exercise system fusing the best of ancient yogic spiritual practice with the core stabilizing, functional, and regenerative dynamics of Pilates. Yoga dates back to around 3000BC and aims to create union between the body and mind, improving overall wellbeing. It enhances strength, stamina, aerobic capacity, flexibility, balance and mental clarity. Yoga has a deep profound history of bestowing emotional well-being, focusing the mind on the movement in a very meditative way. For this reason it can be a strong spiritual practice for some.*

*Pilates, founded by Joseph Pilates in the 1920's, is a system of muscular skeletal exercises and is the culmination of years of human endeavour to perfect body development & physical training. These exercises demonstrate how the body works in functional movement through isolating specific muscle groups, in particular the postural muscles. Both Pilates and Yoga share similar postures, Pilates however, emphasizes the importance of utilizing the stabilizing muscles of the body while in movement to create a very safe and strong foundation to exert movement.*

*Solomon Yogalates™ is a complete and comprehensive fusion of Yoga and Pilates. It is an ever evolving method at the cutting edge of the latest medical and scientific research into how the human body functions during movement, combining theoretical knowledge and practice. Key to the Yogalates™ method is the wholistic integration of the very best of two historically and widely acclaimed exercise systems. It is a movement system that stretches and strengthens all the major muscle groups developing a streamlined slenderness rather than bulk. At the same time it has excellent therapeutic value for calming the mind and spirit.*

*During a session particular attention is paid to building strength and endurance in the body's core postural muscles (the stabilizers). This promotes "core stability" which enhances spinal/pelvic awareness protecting the spine against injury whilst supporting the internal organs and promoting good posture. Resistance bands are also used in Yogalates to replicate the resistance training of the Pilates machines, excellent for strengthening, lengthening and balancing the musculature of the body, helping to bring about balance in the whole being.*

*Much more than a movement system, Yogalates places emphasis on the breath throughout a session. The Pilates thoracic (chest) breathing is incorporated to help increase lung capacity and enhance stamina and endurance. This breath activates the abdominal and pelvic floor muscles helping to protect and strengthen the lower back, tone the belly, trim the waist and assist with core stability. Different Pranayama, Yogic breathing techniques are also used, some to energize and invigorate others to calm and soothe the nervous system aiding relaxation and the release of stress and tension.*

*Yogalates is a safe practice which promotes unity of the body and mind, freeing up energy to flow unhindered through your entire being. It is ideal for those needing to strengthen their backs, those suffering from arthritis or osteoporosis, and post-natal women. It is excellent for developing general tone and fitness in the body while creating a sense of inner calm, relaxation and overall wellbeing.*

## About the Founder; Louise Solomon

Yogalates™ was founded by Louise Solomon, who formulated the method after discovering the benefits gained from Pilates in rehabilitating an injury she sustained from a strong Yoga adjustment. Louise then trained and taught Pilates (incl. machinery) for 2 ½ years but very much missed the ambience of the Yoga room so she returned to her Yoga practice. Louise then began integrating Pilates into the Yoga room focusing on core stability, something she felt was lacking in her personal Yoga practice/training.

Louise became the first person to fuse Yoga & Pilates practice and today is a recognised leader in holistic mind and body health/fitness. Upon taking her method around the globe she discovered a gap in the exercise /preventative health care market and for the past 12 years her work has culminated in developing a government accredited course to train others to teach the Yogalates™ method. Additionally, a comprehensive Yogalates™ training manual has been formulated to accompany the course. Louise has also worked as a personal trainer and lectures on core stability at Southern Cross University. She is currently training the Australian cricket team's Strength & Conditioning coach Jock Campbell to teach her method.

In 2002 the first of her popular Yogalates™ Video's/DVD's (released in Australia & abroad) won the British Video Award and her third video in the series made #1 on the 2004 UK Health & Fitness charts. In 2003 Louise also released her first book, "Yogalates™ - The best elements of Yoga & Pilates" and produced an additional two DVD's, to make a total of five in the series. Now an instructional DVD accompanies the course

## Why study Yogalates™ - The Correspondence Course

Yogalates™ is a dynamic and thoroughly original method of Yoga & Pilates fusion. The method is the result of 16 years of research, development and practical application by its founder Louise Solomon and is protected by Trade Mark and Copyright Law. Since its inception 6 years ago, the Academy has continued to develop and grow in direct response to the feedback of its previous graduates and the ongoing research of Louise and the teaching staff. Graduates of the Yogalates™ Method benefit from a truly unique qualification in a highly competitive market saturated with Yoga and Pilates style courses.

We recognise that many people wanting to undertake full-time study in order to change careers or for their own personal development are often prevented from doing so because of the inhibiting costs of relocating, giving up their current work and/or family commitments. The correspondence programme has been put together by the Yoga Pilates Training Academy Australia Pty Ltd to deliver a comprehensive and stimulating course that is studied by the learner at home for 16 weeks followed by a compulsory 5 week face to face practical. The Academy has run accredited teacher training programs for the past six years and have set the benchmark for teaching methodology in the health industry. The Academy has consolidated the past six years of training into 2 comprehensive training manuals and an instructional DVD for home study all the while maintaining quality of delivery and the integrity of the fusion of Yoga and Pilates into Yogalates philosophy.

The Correspondence course utilises the latest scientific research into mind, body and breath and strives to achieve a balance between scientific study and practical application whilst preserving the unique philosophies and integrity of Yoga and Pilates.

All of the Academy's professionally trained staff members are handpicked, and the core tutors, personally trained by Louise, are qualified to conduct and assess national accredited training.

The Level 1 Certificate enables graduates to instruct groups and individuals in the Solomon Yogalates Method in a safe and effective manner. On successful completion of this qualification you will have developed the knowledge, skills and professional attitude necessary to plan, conduct and review Yogalates classes. You will be able to cater for the individual needs of clients and recognise when to refer clients to other appropriate professional services, and provide classes to meet special needs. In addition, you will have developed a better understanding of yourself, your body and the way in which the human body functions in movement. You will have the capacity to initiate and manage a Yogalates studio and provide a quality service as a Yogalates teacher.

The correspondence course is fully recognised by the **Yogalates Teachers Association** and all graduates of the Level 1 teaching programme are eligible to Level 1 membership with the association.

**The *Yogalates™ Teachers' Association* (page 8) runs an annual update workshop to association members that are registered/certified teachers to ensure the highest standard of professionalism in teaching the Solomon Yogalates™ Method sought by this Academy is maintained.**

## Course Dates

### **SESSION 1**

**Course Commences** – 16 October 2006  
(Enrolments close 13 November 2006)

**5 week Practical & Teacher training**

### **COMPULSORY**

**Commences** Mon 26 February 2007  
**Concludes** Fri 30 March 2007

### **SESSION 2**

**Rolling starts** – enroll anytime!

**5 week Practical & Teacher training**  
*Start & finish dates for this session TBA*

### **COMPULSORY**

**Commences** October 2007  
**Concludes** November 2007

**NB: Students may enroll at anytime provided it is reasonable for a person to successfully complete the program.**

## Course Entry Requirements

The Yoga Pilates Training Academy Australia fully supports access to its courses by people from disadvantaged groups. This includes those disadvantaged socially, geographically, educationally, physically and intellectually, racially or by gender.

However to ensure that participants derive maximum benefit from the teaching program, applicants will be selected on the basis of their ability to fulfil the following course entry requirements:

- Completion of a registration form
- Completion of at least 180 hours Yoga and/or Pilates practice
- A personal interview (face to face, telephone or email) to ascertain your level of commitment to self-development (in the context of Yogalates educational practice); your ability to respect and care for others in Yogalates training and development situations; your ability to cope with the physical, emotional and intellectual demands of the course
- English language requirements - This course is delivered in English and due to the nature of its content we require you to demonstrate a minimum level of English language proficiency. There are websites listed below that will help with ensuring your English is at an adequate level for the training.
  - International English Language Testing System (IELTS) Level 6 acceptable  
<http://www.ielts.gov>
  - International Second Language Proficiency Rating (ISLPR) Level 3 acceptable  
<http://www.gu.edu.au>
  - Australian Education International <http://aei.dest.gov.au>
  - English Language Intensive Course for Overseas Students (ELICOS)

Applicants requiring assistance with language development will be advised of available bridging programs through ACE, TAFE or English language schools.

Upon enrolment we advise students to become familiar with recommended course texts as well as reading extensively on Yoga, Pilates and Anatomy. Students are encouraged to maintain a high level of personal

Yoga and/or Pilate's practice, attendance at classes or use of the Yoyalates DVD/Video prior to course commencement.

## Course Fees

All course fees are to be paid in Australian dollars. Fees include all tuition, training manuals, yoga mat, yoga strap, resistance band, block, eye pillow and the Solomon Yoyalates DVD box set (5) & book. All other text books additional (approx. \$250.00)

**Course fee: \$4,700.00 or \$5100.00 for International Students. Deposit payable \$400.00**  
**N.B. When paying by credit card (via the internet/phone), a 1.8% levy is charged**

**Deposits are due upon acceptance into the course** and secure your placement. The balance of fees is payable prior to shipment of the course material to the student.

Under special circumstances payments by instalments can be arranged with the Director or Administrator of Yoga Pilates Training Academy Australia and will attract an additional administration fee of **\$150.00** which will be taken up in the first instalment. If you wish to begin paying by instalments for the course prior to commencement, please contact us for a payment schedule.

## Course Registration and Enrolment Procedure

Yoga Pilates Training Academy Australia processes applications based on the entry requirements detailed above.

1. Send us your completed registration form (found at the back of this handbook); **Please include a current C.V.** (where possible) with references/ letter from previous yoga/pilates teachers to support your application
2. On acceptance into the course you will be sent an acceptance letter
4. You will then need to send the deposit to secure your placement in the course, for which a receipt will be issued along with your student ID number
5. The balance of the course fees is due prior to shipment of the course material to you.

This is an intensive teacher training course and you will need 100% commitment to gain maximum results. You will need to apply yourself to a substantial amount of work in the form of theory learning assignments and tasks, practical skills development, teaching experience and rigorous assessment tasks to gain the Level 1 qualification. **Please consider this carefully before applying. Applicants who have concerns about their physical ability to complete this course are advised to check with their health practitioner.**

## COMPULSORY FIVE (5) WEEK PRACTICAL & TEACHER TRAINING

Attendance at the 5 week practical & teacher training is compulsory and is essential to becoming a fully qualified and competent teacher/instructor.

The 5 week training period is an intensive block that covers teaching methodology and client care including referral protocol, session planning/class formatting, and on the floor training with adjusting for client special needs, making your classes creative and safe for the individual.

The 5 week practical is the culmination of the theoretical learning and practical study that you have been exploring in the previous 16 weeks in home study. It provides the opportunity to hone your teaching and delivery skills with the benefit of specialised training sessions. During this period practical assessment will also take place.

## **SESSION DATES FOR THE 5 WEEK PRACTICAL SESSIONS TO BE HELD IN 2007;**

**SESSION 1: 24 FEB – 31 MAR 2007  
DATES TBA**

**SESSION 2: OCT/NOV 2007 –**

### **Orientation Day**

The 5 week practical will commence with an introductory session from 12.30-4.30pm on Sat 24 February 2007 (October 2007 start date TBA). Many aspects of the course will be covered in addition to being an excellent opportunity to meet your tutors and fellow students before the 5 week practical commences. To be held at the Australian Head Office - **Bangalow Studio 72 Byron St Bangalow NSW**

#### **ORIENTATION DAY AGENDA 12.30PM – 4.30PM**

- ~ introduction to trainers, staff & fellow students
- ~ enrolment completion (bring 2 passport photos)
- ~ orientation of facility
- ~ becoming familiar with the YPTAA code of practice
- ~ overview of the 5 week practical content structure and assessment requirements
- ~ the 5 week practical timetable
- ~ question & answer time

### **Learning resources and Facilities**

YPTAA operates from a purpose built studio located in Bangalow, Northern NSW. The facility has been custom designed and built to deliver the course and conduct Yogalates classes and features polished timber floors, a pitched ceiling and custom built bi-fold doors to capture the beautiful view and serenity of adjoining rainforest reserve. The building also has reverse cycle air-conditioning, undercover parking facilities, an administrative office and staff, toilet and kitchen amenities, a comprehensive library of relevant resource material, first aid facilities, modern teaching equipment, and specialist Yogalates equipment. The studio is only a short walking distance to the CBD of Bangalow and the only one of its kind in the Northern Rivers region.

### **Text Books and Manuals**

#### ***Included in course fees are the following training manuals:***

- Yogalates – the best elements of Yoga & Pilates by Louise Solomon
- YPTAA Yogalates Teacher Training Manual by Louise Solomon
- YPTAA Anatomy Manual revised edition by Carmel Horner
- YPTAA DVD Personal practice & Special needs Manual by YTTA
- YPTAA Instructional DVD Core foundation & Asana modifications for Special needs by YPTAA

#### ***Text Books & Equipment NOT COVERED by course fees that need to be purchased prior to course commencement:***

- **Anatomy of Movement** by Blandine Calais-Germain  
ISBN 0 -939616-17-3 Published by Eastland Press – Order Local bookstores

- **Anatomy Colouring Book 3<sup>rd</sup> Edition** by Kapit L Elsen  
ISBN 0-8053-5086-1 Published by Benjamin Cummings – Order Local bookstores

- **Anatomy & Asana** by Susi Hatley-Aldous  
Order from [iloveanatomy@anatomyandasana.com](mailto:iloveanatomy@anatomyandasana.com) or [www.amazon.com](http://www.amazon.com)

➤ **How to Use Yoga** *by Mira Metha*  
ISBN 1-84038-561-8 Published by Hermes House – Order Local bookstores

➤ **Science of the Breath** *by Rama Ranachareka*  
ISBN 0-911662006

➤ **The Heart of Yoga; Developing a personal practice** *by TKV Desikachar*  
Publisher: Inner Traditions (March 1, 1999) ISBN: 089281764X - Order local Bookstore

Books are also available through Abraxas Bookstore in Byron Bay email: [abraxas@nor.com.au](mailto:abraxas@nor.com.au) or phone: +61 2 6685 5778 (a 10% discount is available to all YTTA students). All Anatomy books required need to be pre ordered (6-8 weeks prior to course commencement) as they are shipped in from the USA. **We carry a small amount of stock for late enrolments; please contact the office if you are having any difficulty making your orders. Please note: It is recommended you do not purchase any of the above texts through Amazon.com due to their long shipping times (up to 3 mnths).**

### **Suggested reading or for your home library;**

➤ **Prana Pranayama Prana Vidya** *by Swami Niranjanananda Saraswati*  
ISBN 81-85787-84-0 Published by Yoga Publications Trust.  
To order phone Australia Satyananda Ashram 02 4377 1171 or try local bookstore.  
This book is a comprehensive text that you will utilise more as your practice develops. The course covers only the basic breathing techniques.

➤ **Modern day Pilates** *by Penelope Latey*  
ISBN 1-86508-598-7 Published by Allen & Unwin

➤ **Pilates; the Way Forward** *by Lynne Robinson & Gordon Thomson*  
ISBN 0-330-37081-2 Published by Pan Books

➤ **Yoga for Wellness** *by Gary Kraftsrow*  
ISBN 0-14-01.9569-6 Published group Penguin Books

### **Course attendance and assessment requirements – Assessment CD**

To be deemed competent to receive the Level 1 qualification you will be required to successfully complete all assessment tasks for each subject within the qualification. Further details on course content, delivery and assessment processes can be found on pages **7 - 12**.

Regular and punctual attendance at classes is essential for successful completion of the course. Following an absence, it is the student's responsibility to follow up on class notes, etc. with tutor and/or other students. In the event of extended absence due to ill health or personal reasons, students will need to discuss their position with the Director of Yogalates Teacher Training Australia. 100% attendance at the 5 week practical is required.

Assessments will be delivered on a CD. You will be required to complete the assessments on the CD in accordance with a study schedule and email your answers to the head office. There will also be face to face assessment as part of the 5 week practical.

Upon receipt of your Level 1 you become a registered teacher with Yogalates Teachers Association, you the student will have attained the following:

- A thorough understanding of the principles of the Solomon Yogalates Method
- The ability to instruct a class or personal one on one session based on these principles
- The ability to instruct basic beginners Pranayama (breath work) and various relaxation techniques

- The ability to instruct within the framework and safety guidelines outlined in the subjects; Yoyalates for Special Needs/Teacher Training and the Pilates Method i.e. Core Stability

You will **not** be instructed to teach headstands, handstands, backbends or any extreme twisting of the neck, spine or knees i.e. Lotus position etc.

**This qualification will not give you the qualifications to teach others to become teachers in The Solomon Yoyalates Method. A trademark document is included in the additional information section of this prospectus which outlines the correct use of the Solomon Yoyalates™ trademarked name.**

## Yoyalates™ Teachers Association Inc

### **About the YTA**

The Yoyalates™ Teachers Association was formed in 2005 as a professional non-profit organisation for teachers of the Solomon Yoyalates™ method. Members of the Yoyalates™ Teachers Association have the benefit of a professional organisation committed to promoting the practice of Yoyalates™ and the highest standards of instructing the Yoyalates™ method.

### **Mission**

The mission of the Association is to promote the Yoyalates™ method and its teaching as a vocation. The Association also aims to act as a support network for Accredited Yoyalates™ teachers and members enjoy many benefits.

### **Join Yoyalates™ Teachers Association**

Members are invited to join the Association only after having completed the certified training conducted by the Yoga Pilates Training Academy Australia. All first year graduates of the Teacher Training are assessed as Level 1 members of the Association and the annual membership fee of \$65.00 is included in the course fee.

☞ **Level 1 Yoyalates™ Teacher** – Formal qualification issued, must be currently teaching, and must have been practicing Yoyalates for a minimum 12 month period. Correspondence course trainers will remain as Level 1 members for a period of two years. To upgrade to level 2 membership they must teach continuously for a two year period and attend at least one update workshop. Members will need to provide evidence of their teaching work.

☞ **Level 2 Yoyalates™ Teacher** – Formal qualification issued, must be currently teaching and hold current membership with the YTA, must have been teaching Yoyalates™ for a minimum of 2-5 years

☞ **Level 3 Yoyalates™ Senior Teacher** – Formal qualification issued, must be currently teaching and hold current membership with the YTA, must have been teaching Yoyalates™ for a minimum of 6 years or assisting as a teacher at the Academy for a minimum of 3 years

☞ **Level 4 Yoyalates™ Trainer** – Personal practice min 10 years, must have been teaching Yoyalates™ for at least 4-5 years, must have been tutoring/assessing at the Yoga Pilates Training Academy Australia for at least 2 years i.e. training students to become teachers in Yoyalates™

☞ **Level 5 Yoyalates™ Senior Trainer** – Personal practice min 10 years, must have been teaching Yoyalates™ for at least 4-5 years, must have been tutoring/assessing at the Yoga Pilates Training Academy Australia for at least 4 years i.e. training students to become teachers in Yoyalates™

### **Member Benefits**

**Website listing:** members enjoy the benefit of a professional website, listing class locations and other information about Yoyalates™. Members are also entitled to a web page within the Yoyalates website. Referrals will be made for all class enquiries from the website.

**Insurance eligibility:** Your membership in the YTA makes you eligible for insurance in your profession as a Yogalates™ Teacher. In some cases members are eligible for discounts with their insurance provider.

**Health Fund recognition:** your membership is acknowledged by major health funds allowing you to register as a provider for Yogalates™. We will inform you of recognition by health funds as it happens, we have several applications in the works now.

**20% discount on public workshops:** You receive a 20% discount on all workshops conducted or sponsored by the Association. As the Association grows we aim to resource industry professionals for exclusive workshops.

**Annual newsletter:** You receive a copy of the Yogalates™ Teachers Association annual newsletter for professional Yogalates™ teachers. The newsletter regarding the update workshop to be held in February will be posted out in October. **Please note, you need to be a current YTA member for invitation to the Yogalates™ update training workshop held each year.**

**Use of the YTA-certified logos:** You may use the Yogalates™ Teachers Association certification logo as an individual member in good standing to help promote your business. You may use the logo in your printed materials and on your website to show your professional affiliation and as a prestigious link to the Yogalates website.

**Teaching opportunities:** You will receive email notification of teaching/job opportunities we hear about including opportunities to teach at the new Yogalates™ Retreat located in the tropical Daintree. The Association also provides teacher referrals to the public.

**Opportunities to meet other Yogalates™ teachers:** You are invited to attend our Annual General meetings, which include discussions about how administration serves the members, new business, and questions and answers. There is the opportunity to meet with old and new members of the association including tutors and staff of the Academy. **☞ Please visit [www.yogalates.com.au](http://www.yogalates.com.au) for more information**



***‘It (Yogalates™) embraces biomechanical science, supports individual variance and benefits physical health and spiritual well-being...’***

**Fitness Life, September 2005 Edition**

# Curriculum/Subjects

## **Anatomy – (For Functional Movement)**

We will cover the qualities, functions and structures of the following tissue types: muscle, bone, cartilage and ligament. We will learn to identify which muscles are working and the types of contractions being activated when in a particular Yogalates movement. The principles of lengthening, shortening and innervation of muscle fibres will be taught providing the student with a sound knowledge of functional anatomy, so restrictions in functional movement caused by changes in the musculo-skeletal system can be understood. This subject also introduces the student to the systems of the body. Students will also learn anatomy as it relates to the Asanas and Yogalates mat work postures.

## **Asana Alignment**

This subject focuses on the specific alignment of the most common Yoga poses used in the Yogalates Method. We will cover all contra indications and cautions applicable to these poses and the use of props to assist and support those with Special Needs. Basic adjustments and the Sanskrit terms for poses will be learnt and applied. Discuss and apply biomechanical/functional movement principles as they relate to exercise and asanas – levers and loadings and their safe application.

## **Business Management**

In this lecture we learn the nuts and bolts of what is required to run Yogalates classes and/or Centres. You will gain all the necessary information, resources and legal requirements to establish, promote and maintain an effective business.

## **On The Floor Training/Public classes (5 week practical)**

The student gets their first experience of viewing the Yogalates class from a teaching perspective through assisting the teacher on the floor as part of the public open classes. On a practical level we learn how to prepare for the class i.e. set up procedures, time management, introduction to new clients etc. The training assistant will get the opportunity to apply adjustments in the Yogalates class where appropriate and applicable once deemed ready by the teacher. The importance of constantly monitoring and supervising the class as a whole is stressed in this module with particular emphasis placed on **safety & injury prevention**. “On the job training” This will be completed in the five week practical

## **Pranayama, Meditation**

An understanding of the breath and its effects on the physiology of the body is a fundamental part of any yoga/ yogalates practice. The Pranayama (breath work) component of this module covers the techniques and application of a range of Pranayama styles including Ujjayi Pranayama, Nadi Sodhana, Viloma, full yogic breath and a basic understanding of the Bandhas (energy locks) and their application. The module will combine both theory and practice with a focus on precautions and contra-indications. The student will be introduced to varying meditation styles with an emphasis placed on integrating it into their own practice, along with this, vocal techniques will be learnt to promote a stronger, clearer voice with improved projection & articulation allowing for vocal freedom when teaching. Some of the basics of Ayurveda, the sister science to Yoga will also be touched on in this module.

## **Pilates Mat work and Basic Postural/Functional Evaluation**

During this mat work module we use resistance bands to replicate the work of the Pilates machines (which will not be used in this course). We will also cover the Pilates Method – History & origins. The student will learn the skills on how to assess body types (their own and that of others) and then identify common imbalances in the basic musculo-skeletal structure. They will also learn how to isolate muscles groups in movement, to know which are working and which aren't, how to work their body within its natural structural base creating thoracic & pelvic stability (core stability) and the importance of core stability's role in addressing imbalances in the human body.

## Senior First Aid

Senior First aid is an essential skill in the handling of any occupational health and safety situations that may arise as a Yogalates instructor. This module is a fun blend of theory and practice, the skills the student learns will give them the confidence to deal with emergency situations particularly those applicable to the yoga room. **It is the responsibility of the student to access this unit in their own time and provide evidence of certification.**

## Special Needs for Special Populations

This subject covers learning about the most common physical imbalances that will present themselves in the general running of a Yogalates class and how to adapt or modify to suit the needs of the client. Biomechanical principles will be learnt along with the precautions needed to prevent injury during a session; it will give some perspective of when and how to seek the help of other professionals.

Women and Men's special needs will also be addressed however, **Pre-natal will not be covered.**

## Teacher Training – Practical One To One Sessions

During the 5 week practical, aspirant Yogalates instructors will be given the opportunity to apply all they have learnt through their 16 week home study. Each student will work with different clients (one on one), and thus body types, allowing the chance to use a range of skills. Initially the student will have a basic class program to work from which will then be moulded to suit the clients individual needs where applicable and appropriate. Students will also simulate a Yogalates public class then teach a formal class. This subject will hone your communication/instructional, session/class planning skills and increase your self-confidence.

## Yoga Philosophy

The philosophy of Yoga is not only a vast topic but also an integral part of Yoga practice. This subject will provide the student with a basic understanding of the history & origins of Yoga and how this incredible discipline came to the West. We learn about the 8 limbs of Yoga or the concept of “The Tree of Yoga” and through deepening our understanding of this knowledge we in turn dive deeper into ourselves.

## Yogalates - Cocktail Class

The Cocktail class subject is designed to allow for a blending of the skills learnt; it is a very practical subject with theory components. The Yogalates concept and its principles are very thoroughly and comprehensively covered so that the students grasp how the Pilates mat work (core Stability) and its key safety instructions are fused into Yoga.

Structuring and formatting of an effective class is learnt along with basic adjustments so the student gains the confidence and skills in knowing how to approach and move the client safely and appropriately.

## Yogalates – (Personal Practice & DVD)

The Yogalates Flow class is a very personal and self reflective module which is 100% practical and allows the student to delve even further into the Yogalates method. It aims to build stamina, endurance and flexibility through consistent practice over the duration of the course. The student will experience the many changes that are inevitable with regular practice. Through self observation each individual will assess the effects their practice has not only on their bodies but also state of mind. Initially areas of strength & weakness are identified with emphasis then given to ultimately bring about balance. This subject is delivered through the Yogalates DVDs incorporating Yogalates principles and instruction. There is an emphasis on how a flowing sequence can be developed; one pose unfolding and blending into the next always integrating the breath with movement.

The Personal Practice part of the subject will require that the student plan the structure and format of their own class sessions. Through this process you will learn to evaluate and identify changes in your body and its response to the practice, also taking note of how your ability to structure and format a class changes. It is important to build on your own personal practice in order to teach others well “practicing what you preach”. The student will then deliver to family/friends as practical assignments before the 5 week face to face.

# Correspondence Course

## 5 Week practical – Timetable

The following timetable is shown as an example of the 5 week practical schedule and is subject to change. Pilates and core stability work is covered on Orientation Day and hence is not included in this time table. Throughout the 5 week practical you will mostly have Saturday & Sunday free however, you may be required on the occasional Saturday. You will only be expected to do 2 of the evening classes.

**NB:** Theory classes may be extended by 15 minutes from time to time subject to students needs.

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>7.00 –8.30 am</b>	<b>7.00 – 8.30 am</b>		<b>7.00– 9.00 am</b>	<b>7.00– 9.00 am</b>
	<b>Pranayama class &amp; Theory</b>		<b>Pranayama class &amp; Theory</b>	<b>Pranayama class &amp; Theory</b>
<b>9.30am – 12pm</b>	<b>9.30 – 11.30am</b>	<b>10.30 – 12pm</b>	<b>10am – 12pm</b>	<b>12.00 – 3.30pm</b>
<b>Yogalates class</b>	<b>Open class - On the job Bangalow</b>	<b>Asana alignment Special needs</b>	<b>Open class – On the job Bangalow</b>	<b>Teacher Training</b>
<b>12.45 –3.45 pm</b>	<b>1pm – 4pm</b>	<b>1pm – 4pm</b>	<b>1pm – 4pm</b>	<b>4.00 – 5.30pm</b>
<b>Cocktail Yogalates theory Pilates Mat work</b>	<b>Cocktail Yogalates theory Pilates Mat work</b>	<b>Asana alignment Special needs</b>	<b>Teacher Training</b>	<b>Teacher Training</b>
<b>5.45-7.45pm</b>		<b>5.45-7.45pm</b>		
<b>Open class - On the job S.P</b>		<b>Open class - On the job S.P</b>		

# Code of Practice

## Mission Statement of the Solomon Yogalates Method

The Solomon Yogalates method promotes a safe form of functional movement and exercise through a unique fusion of Yoga and Pilates. The practice of Yogalates enables individuals to maximise basic postural human movement and function, profoundly changing their everyday life.

### The method aims to

- To promote the Solomon Yogalates Method worldwide
- To train individuals in the Solomon Yogalates Method
- To create an association of registered Solomon Yogalates teachers
- To maintain the highest standard of teaching and practice of the Solomon Yogalates Method
- To achieve quality management practices in all areas of the organisation

### Access and Equity Policy

The Teacher Training ensures persons seeking enrolment in our programs are treated equitably. We select people on the basis of their skills, aptitude and relevant qualifications including life experience. So that people derive maximum benefit from our programs, we also select them on the basis of their ability to fulfil the program entry requirements. This may include assessment and support for the purpose of identifying language, literacy and numeracy difficulties. We provide language, literacy and numeracy assistance when required.

The Method promotes a learning environment that is free from discrimination and harassment including unsolicited approaches, comments or physical contact of a sexual nature, victimisation, bullying and racial vilification.

We are committed to supporting full access to the organisation's range of services and employment opportunities from disadvantaged groups. This includes those disadvantaged socially, geographically, educationally, physically and intellectually, racially or by gender.

### Fees

Yogalates Pty Ltd employs financial management strategies to protect fees paid in advance.

### Refund Policy

#### If the course:

- (a) does not start on the agreed starting date
- (b) stops being provided after it starts and before it is completed
- (c) is not provided fully for any reason

then we agree to pay you a full refund of course fees within two weeks after the default date. The refund sum will be paid by cheque with a statement attached explaining how the amount was worked out.

#### If you the student:

- (a) do not start the course on the agreed date only 40% of the deposit will be refunded once the course commences the deposit becomes non-refundable. No refunds will be made unless on the grounds of exceptional compassionate circumstances which will be considered on a case by case basis.
- (b) The refund on course fees is calculated on a pro-rata basis less the cost of equipment and textbooks. Payment will be made within four weeks after receiving a written claim from you along with the return of the Yogalates Training Manual.

This agreement does not remove your right to take further action under Australia's Consumer Protection Laws.

### Deferral of Course and Fee Credit

Students may receive a pro-rata credit, less the non-refundable deposit, if they cannot continue the course for unavoidable reasons. The credit can be used to pay for a future course of their choice with Yogalates Pty Ltd.

Any credit of fees held is for the use of that student only and is non-transferable to other persons. Any credit of fees being held for the use of a student is non-refundable.

## Attendance

100% attendance at the 5 week practical is essential for successful completion of the course (exceptional circumstances apply). In the event of extended absence due to ill health or personal reasons, students will need to discuss their position with the Director of Yogalates Pty Ltd and /or provide a current medical certificate. Following an absence, it is the students' responsibility to follow up on class notes, with tutor and /or students.

## Student welfare and guidance services

The YPTAA aims to provide useful and comprehensive information and support to students to assist them during their course.

A Client Support / Welfare Officer is available for addressing welfare and guidance issues.

The student handbook details information on accommodation, public transport, local services, medical services, alternate therapists, educational counselling, English language classes, literacy and numeracy assistance, study skills courses, welfare assistance. The handbook is regularly updated.

Students experiencing learning or other difficulties will be directed to appropriate sources of help and support. Provision is made for language, literacy and numeracy assessment where appropriate.

## Literacy & Numeracy Assistance

- Assistance provided by YPTAA

## OH & S (Occupational, Health and Safety)

The YPTAA considers the occupational health, safety and welfare of its staff and clients to be of the utmost importance. We take all "reasonably practicable" steps to provide and maintain a safe and healthy workplace and learning environment.

A successful OH & S program is dependent upon all persons on the studio premises sharing responsibility for insuring a safe and healthy environment. YPTAA undertakes to ensure all staff, students and clients are aware of their responsibility regarding OH & S issues through provision of safety information and education.

The delivery and assessment of all courses incorporates relevant OH & S requirements. These include contra-indications and precautions in the practise of Yogalates, correct adjustment techniques and injury prevention strategies.

All injuries, accidents and near misses must be reported to the Director, Supervising Tutor or group co-ordinator and recorded in the Accident and Injury Log Book. All incidents will be investigated and action taken to prevent their re-occurrence. A first aid box will be available for use by staff, students and clients.

Smoking is prohibited on the studio premises. Unauthorised intoxicating liquor or drugs are prohibited on the studio premises. **Any action by staff, students or clients that jeopardises the health, safety or welfare of others may result in dismissal or expulsion.**

YPTAA collects certain personal information from staff and students to facilitate effective & efficient service provision. YPTAA ensures the privacy of individuals in the following ways;

- only collects information with the knowledge and consent of individuals
- only uses personal information for the purposes of which it was collected
- does not re-sell, distribute or share personal information to a third party without the prior consent of the individual
- ensures that personal information will not be disclosed to other state institutions except if required by law or other regulation
- ensures that demographic and other statistical information is not linked to any personal information that can disclose the identity of and individual

## Disciplinary procedures

Students are expected to display a high level of personal responsibility for their learning process and for their interaction with other students and staff members.

Anyone displaying inappropriate or dangerous behaviour, (e.g. disruptive class behaviour, late arrival to class, refusal to follow OH&S procedures, irregular attendance) will be required to attend a disciplinary meeting to discuss the necessary changes they need to make. During the meeting participants will negotiate an agreed plan of action and time scale for reviewing the necessary behaviour changes. If the agreed changes are not implemented, the student may be dismissed from the course.

## **Recognition of Prior Learning (RPL)**

Recognition of Prior Learning is the determination of advanced standing that a client has through their previous formal or informal training, work experience and/or life experience. Clients may apply for an RPL assessment related to subjects included in the course. An *RPL application form* is available from the office.

Clients are required to provide sufficient evidence of competence to sustain a successful RPL. The evidence required is established through the RPL process

The RPL process is structured to minimise time and cost to applicants. It provides guidance in enabling applicants to gather sufficient evidence to support their claim for recognition of current competencies held, regardless of how, when or where the prior learning occurred.

RPL can only be determined on an individual basis and will involve assessment of evidence provided by the applicant to support their application. As a general guideline, the course is viewed as an integrated whole. All course subjects are best undertaken within the context of a student's involvement with the group process over the entire course.

A successful application for RPL does not attract a fee refund or credit. Applicants are advised that the RPL process can incur costs (e.g. 70% of subject cost).

## **Course Assessment**

Assessment for all subjects is compulsory. Assessment processes cover the broad range of skills and knowledge needed to demonstrate competency in teaching the method. Assessment integrates knowledge and skills with their practical application.

Assessment methods and weighting percentages reflect the balance of practical and theoretical components. Continuous assessment through teacher observation of practical performance forms a major part of the assessment strategy in the practical components of the course. Theoretical components are consistently and incrementally applied to the skill-based requirements of students in training to be Yogalates teachers and are assessed accordingly.

Students are advised of the subject content, learning outcomes and assessment events, weighting and due dates at the beginning of each subject.

Students are required to sit any examinations on the scheduled time and date. All assignments should be submitted on or before the due date. Extensions need to be negotiated with the tutor and must be for a good reason.

All assignments are to be submitted in a typed, single spaced format. The first page of all major assignments must state at the top of the page the Course Subject Name, Student Name, Date & Assignment Title.

If a student is found to be Not Competent in the 5 week practical assessments it is the responsibility of the student to provide a video/DVD recording of them teaching up to 5 different class sessions to a group of people. The appropriate tutor will then determine competency based on this.

## **Appeal against assessment decisions**

Students wishing to appeal against course or subject assessment decisions may make a formal request for re-assessment of their work as follows:

- obtain a *Request for re-assessment form* from office
- complete and return form as soon as possible to the office with relevant assessment documents
- the original assessor will be requested to report on their assessment process
- if assessment is in the form of a written assignment, test or examination, the document will be submitted for re-assessment to a second qualified assessor together with original assessor's report
- if assessment was in the form of a practical demonstration or assessor observation, arrangements will be made for re-assessment by a second qualified assessor
- the client will be notified in writing with details of the re-assessment result

## Exit Points

Completion of all subjects of the course is the only exit point for those who wish to receive the qualification of Level 1 Teaching the Solomon Yogalates Method. There is no automatic re-entry into a future course if students fail to complete all subjects of the course in which they were originally enrolled.

## Training delivery procedures

The course is delivered in a way that provides individual students with the best opportunity to succeed in achieving their goals. The program comprises both on and off the job training and provides for a variety of learning strategies. Course subjects are delivered through group classes. Within the group class students also receive one to one instruction. Teacher presentation and demonstration, student practice and demonstration, verbal feedback and discussion in a classroom setting, along with supervised teaching practice, are all essential for delivery of the practical components of this course.

All tutors have a minimum of three years teaching experience in their area of expertise and are formally qualified to plan, conduct & review assessment.

## Issuance of Level 1 documentation

Documentation will be issued to students upon successful completion of the course subjects. We maintain records relating to the documentation.

## Marketing of training and assessment services

We are committed to the marketing and advertising our services in an accurate and truthful manner and will not knowingly mislead or provide false information. We use a variety of media outlets to advertise courses including international yoga and alternative health publications and the Internet.

## Language Requirements

This course is delivered in English and due to the nature of its content we therefore require you to demonstrate a minimum level of English language proficiency. There are websites listed below that will help with ensuring your English is at an adequate level for the training.

International English Language Testing System (IELTS) **Level 6 acceptable** <http://www.ielts.gov>

International Second Language Proficiency Rating (ISLPR) **Level 3 acceptable** <http://www.gu.edu.au>

Australian Education International <http://aei.dest.gov.au>

## Attendance

The course is to be delivered part-time and by distance education. A minimum of 15-20 study hours per week will be considered the average number of hours studied per week.

## Other Requirements

Once the course begins it is your duty to inform us *immediately* of any change in your current contact details in Australia i.e. residential address and phone number.

## Cost of Living in the Byron Bay shire

The average cost of accommodation in the Byron Area is \$90 - \$150 p/w for a room in a share household. The price of a meal at a restaurant is anything from \$ 8 - \$ 25, a coffee is about \$3-4. Byron Bay/Bangalow has a couple of Organic Food outlets for all your health and wholefood needs.

## Bringing children to Byron Bay shire

If you are bringing school-age dependents with you to Byron Bay, you will be required to pay full fees if they are enrolled in either a government or non-government school

Byron bay has one government high school & public school there are also 2 alternative schools (which attract a fee). If travelling from overseas you will be required to pay full fees if they are enrolled in either a government or non-government school.

Byron high School	+61 2 6685 8188	Family Day Care	+61 2 6686 7799
Byron public school	+61 2 6685 6557	Byron's children's House	+61 2 6685 5944
Byron Community School	+61 2 6685 8208	Suffolk Park Children's House	+61 2 6685 3678
Cape Byron Rudolf Steiner School	+61 2 6684 7400		

# Additional Information

## Arriving in Byron bay

Brisbane international airport is the nearest international airport to Byron. Catch a bus or taxi to Brisbane Transit Centre ROMA ST BUS TERMINAL in the city. Information and bookings for buses from Brisbane to Byron Bay can be made at [www.greyhound.com.au](http://www.greyhound.com.au) / [www.mccaffertys.com.au](http://www.mccaffertys.com.au) or [www.kirklands.com.au](http://www.kirklands.com.au) the average fare is \$35 and the trip is about 2 hrs

From Sydney International Airport you can catch a connecting flight into Coolangatta 45mins north of Byron (shuttle bus available \$55 - \$65 or regular buses for less). Alternatively fly from Sydney to Ballina which is 20 mins south of Bangalow \$30-\$40 taxi ride into Byron. Daily trains leave Sydney to Byron Bay approximately a 10-12 hr ride.

## Accommodation

The training takes place in Bangalow, which is located in the hinterland of Byron Bay (approximately 10 - 15 mins).

**Through local contacts we are able to assist in finding accommodation close by to the studio. Please contact the office if your need assistance.**

It is best to arrange a permanent rental either in Bangalow or any of the following areas: Byron Bay, Suffolk Park, Baywood Chase or Byron Hills.

It is advisable to have your accommodation booked ahead as Byron is a popular destination. You can stay at one of our many popular Backpackers upon arrival until you get yourself organised. Cost is minimum \$18.00 per night. Below you will find an Information Directory which list Real Estate Agents to help you with finding more permanent accommodation, a detailed list of share accommodation averaging \$80 - \$150 p/w per room can also be found on the website of the local paper The Echo see website below.

Please be advised those travelling with pets may be limited in what is available to them so it is recommended that you seek accommodation as early as possible.

## Facts and figures about Byron Shire

Average summer temperature	27 degrees C (84 degrees F)
Average winter temperature	18-20 degrees C (74 degrees F) <b>at night can drop to 1 - 5 degrees</b>
Average annual rainfall	1734 mm
Shire population	approx. 30,000

## Location of Venues

The course has been run from Suffolk Park over the previous years. A new facility has been built at 72 Byron St, Bangalow. Most of the training will run from this studio with the on the floor training module running from the Suffolk Park Studio in the five week practical. If in the event that the course needs to be relocated for any unforeseen circumstances we are required to formally notify students 3 weeks prior to any possible move. Those relocating to Byron Shire for the training would be best advised to seek accommodation in the following areas: Bangalow/ Suffolk Park/ Byron Hills/ Baywood Chase (or Byron town itself with a 10-15 minute drive to the Bangalow venue).

## Useful Byron Bay websites

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

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

[www.echo.net.au](http://www.echo.net.au)

[www.byronbayaccom.net](http://www.byronbayaccom.net)

# Information Directory

Service	Address/ Email/ Website	Phone/Fax
<b>accommodation</b>		
The Echo (local newspaper for accommodation listings)	www.echo.net.au	+61 2 6684 1777 or 6685 5222
Accommodation Booking Service Byron Visitor Centre	80 Jonson Street, B/Bay	+61 2 6685 8050
Aquarius Backpackers	16 Lawson St, B/Bay	1800 028 909
Backpacker Holiday Village Hostel	1 Carlyle St, B/Bay	+61 2 6685 8888
Byron Bay Bunkhouse	116 Jonson St, B/Bay	+61 2 6685 8311
Byron Bay Tourist Park	Bangalow Rd	+61 2 6685 6751
Cape Byron Lodge	78 Bangalow Rd, B/Bay	+61 2 6685 6445
Js bay Hostel	7 Carlyle St, B/Bay	1800 678 195
Rainforest Resort (allows pets)	39 Broken Head Rd, B/Bay	+61 2 6685 6139
Suffolk Park Holiday/Caravan Park	Cnr of Clifford & Alcorn Sts, Suffolk Pk www.bshp.com.au/suffolk suffolk@bshp.com.au	+61 2 6685 3353
Tallow Beach Motel Single rooms \$70 - \$ 85 per night	108 Alcorn St, Suffolk Park www.tallowbeachmotel.com.au	+61 2 6685 3369
<b>educational counselling</b>		
TAFE ACE - Byron	Burnett Street, Ballina Jonson Street, B/Bay	6686 4984 6680 8188
<b>english language classes</b>		
Byron Bay English Language School	5/1 Carlyle Street, B/Bay	6680 8253
TAFE	Burnett Street, Ballina	6686 4984
<b>internet cafes (access to computers)</b>		
Global Gossip (open 9am - midnight)	84 Jonson St, Byron Bay (by Bus Terminal) Printers available 35c per page Email \$4.50 per hour	6680 9140
Oz Bakehouse (open 24 hrs)	Jonson St, Byron Bay (opposite Woolworths) <b>Email only</b> \$1 per 15 mins	6685 7717
Wicked Travel (open 9am -7.30 pm )	89 Jonson St, Byron Bay <b>Email only</b> \$3 per hour	6680 9594
<b>literacy and numeracy assistance</b>		
ACE Mullumbimby	Railway Station, Prince Street, Mullumbimby	6684 3374
TAFE	Burnett Street, Ballina	6686 4984
TAFE	Conway Street, Lismore	6626 6400
<b>local government services</b>		
Abstudy/Austudy enquiries		132 316
Australian Taxation Office	PO Box 9990, Mt Gravatt, Qld, 4122	132 866 or 132 861
Byron Bay Library	Cnr Lawson & Fletcher Sts, B/Bay	6685 8540
Centrelink	6 Byron Street, B/Bay	132 468
Community Services	106 - 108 Tamar Street, Ballina	6686 6699
Immigration and Multicultural Affairs	PO Box 482, Newcastle 2300	131 881

<b>medical services &amp; alternative therapists</b>		
Ambaji Wellness Centre	6 Marvel St, B/Bay	6685 6264
Bangalow Medical Centre	Lot 1 Ballina Rd, Bangalow 2479	6687 1079
Bangalow Physiotherapy	Lot 1 Ballina Rd, Bangalow 2479	6687 2330
Bay Centre Medical Clinic	6 Lawson Street, B/Bay	6685 6206
Byron Bay Hospital	Shirley Street, B/Bay	6685 6200
Byron Bay Naturopathic Centre	1st floor, Lawson Street, B/Bay	6685 7303
Byron Health & Medical Centre	17 Fletcher Street, B/Bay 20 Bangalow	6685 7222
Cape Byron Medical Centre	4 Marvel Street, B/Bay	6685 6326
Community Health Centre	Shirley Street, B/Bay	6685 6254
Dr Adam Osborne (acupuncture)	69 Bangalow Rd, B/Bay	6685 7366
Pearl Varcin (massage/feldenkrais therapist)	124 Paterson St, B/Bay	6685 6030
Suffolk Park Medical Centre	1 Bryce St, Suffolk Park	6685 3647
The Watergarden (alternative therapies)	shop 10, 108 Jonson St, B/Bay Behind the Dendy Cinema	6685 6545
Toni Bates (Naturopath)	Available at Santos Trading Co (health food store) Jonson St (oppo Woolworths) B/Bay	6685 7071 0422 752 239
<b>real estate agents</b>		
Byron Beach Realty	Shop 7, Suffolk Park Shopping Village, SP www.byronbeachrealty.com.au	6685 4039
Ed Silk	8 Lawson St, B/Bay edsilk@edsilk.com.au www.edsilk.com.au	6685 7000 6685 6993
Elders Byron Bay	58 Jonson St, B/Bay www.byronbayrealestate.com.au	6685 6222 6685 6833
Elders Lennox	8/ 63-65 Ballina Rd, Lennox Head www.elderslennoxhead.com.au	6687 6155 6687 6186
First National Real Estate	15 Lawson St, B/Bay www.byronbayfn.com.au	6685 8466 (24hrs)
LJ Hooker	Shop 1, 13 Lawson St, B/Bay byronbay@ljh.com.au www.ljhooker.com.au	6685 7300 6685 8523
Millers Bangalow Real Estate	35 Byron St, Bangalow 2479 www.bangalowrealestate.com.au	6687 1306 6687 1753
Professionals Byron Bay	cnr Lawson and Fletcher St, B/Bay www.byronbaypro.com.au	6685 6552
Professionals Bangalow	www.bangalowprofessionals.com.au	6687 1500
Ray White Real Estate	52 Jonson St, B/Bay byronbay.nsw@raywhite.com www.raywhite.com	66856 588 66856 249
<b>transport</b>		
Blanches Bus Service		6686 2144
Brisbane Transit Centre for Rail and Bus services to Byron Bay		+61 7 3211 28 55
Byron Bay Railway Station		6685 5002
Byron Bay Taxis		6685 6497
Greyhound Buses	www.greyhound.com.au	132 030
Kirklands Coaches	www.kirklands.com.au	6622 1499
<b>welfare assistance</b>		
Byron Bay Community Centre	69 Jonson Street, B/Bay	6685 6807
Lesbian Line (Wed 5 - 9 pm)		6622 2193
Lifeline	24-Crisis support line 131 114	6622 4133
Mensline		6622 2240
St Vincent de Paul Society	2 Marvel Street, B/Bay	6685 7052

# Students Rights and Responsibilities

*The management recognises that:*

- Students have a right to learn in an appropriate environment that is free from any form of harassment and/or discrimination.
- Students have a right to be treated with respect and fairness.
- Students have a right to normal privacy afforded all citizens in personal matters.
- Students have a right to have their learning needs known and addressed by the tutor.
- Students have the right to expect competent and experienced tutors and assessors.
- Students have a right to be re-assessed if the competency is not achieved the first time.

*Students are required to:*

- Behave in a respectful and responsible manner to other students, tutors and staff.
- Dress appropriately for the module they are attending. Dress should reflect industry and community standards.
- Attend all scheduled classes and to complete all homework assignments and assessment activities under the Code of practice course assessment guidelines.
- Attend class alcohol and drug free and not smoke during class times or inside the training venue.
- Pay all fees and charges associated with the course promptly at the agreed times.
- Take responsibility for personal possessions while attending classes.
- Take responsibility for cleaning and tidying their work area at the end of each session and assist with general venue tidying.
- Follow the organisation's OH & S policy and procedure.
- Report all accidents, near misses, injuries or incidents of harassment by another student to the tutor and/or Director.
- **No pets are to be brought to classes (this includes the hall surrounds)**

## Student Registration – Terms & Conditions

- Yoga Pilates Training Academy Aust. Pty Ltd ( YPTAA) reserves the right to **cancel** or **postpone** the course at short notice due to **insufficient enrolments**. Fees will be refunded in full.
- The payment of your deposit is **only** to be made **once acceptance into the course has been finalised** through the receipt of an acceptance letter from us.
- Payment is to be made by cheque or money order, and is automatically transferable toward course costs once enrolment is completed. Cheques made payable to Yogalates Pty Ltd
- Payment may also be made by credit card (a 1.8% levy is charged) or direct credit
- Places in the course are held **only** upon receipt of this deposit.
- If you wish to pay by instalments please apply to the Administrator. A payment plan may be available enabling you to pay the course in three instalments over the duration of the course (an administration cost of AU\$150.00 applies). **It is essential that you contact the office, once accepted into the training and prior to Orientation Day, to make your payment arrangements.**
- If you wish to commence paying for the course by instalments prior to course commencement please contact the office for a payment schedule.
- Cancellations must be received in writing. If you do not commence the course on the agreed date only 40% of the deposit will be refunded
- Send the attached form to register your interest for enrolment..

# Trade Marks & Copyright

The name 'Yogalates' is Trade Marked by Louise Solomon under the provisions of the Trade Mark act 1995. This means Louise has statutory rights over the Trade Mark. The act legally states that the TM symbol must appear after the word Yogalates™ at all times and you are required to use the name The Solomon Yogalates™ Method or the abbreviation Solomon Yogalates™ for the purpose of advertising and conducting classes in The Solomon Yogalates Method™ in which you have been trained.

## *Why we have Trade Marked the Solomon Yogalates Method.....*

The Method prides itself on the high standard of world class trainers it produces and in being at the cutting edge of the science behind the functional application of Yoga & Pilates. It continues to be an industry leader of Training and Education.

The Solomon Yogalates Method has been Trade marked in order to protect the work of Louise Solomon and the 16 years of professional development of the method. The Solomon Yogalates™ Method has set the benchmark for creating a Yoga system that is injury preventative.


The Trade mark is in place to prevent others that may not be suitably qualified from instructing others in this type of exercise or from disseminating information that is false, misleading or may cause injury.

The Trade mark benefits the Yogalates Graduate by helping to maintain the high standard set and the integrity of the Yogalates name.

The reputation that has been established by Louise Solomon and the Yogalates method will only serve to benefit the student in their future endeavours.

## *What does this mean for the Solomon Yogalates graduate?*

Upon signing the Registration/Enrolment form you are agreeing to the following trademark and copyright provisions;

- you will use the name The Solomon Yogalates™ Method or the abbreviation Solomon Yogalates™ for the purpose of advertising and conducting Yogalates classes only
- You are required to use the following font and format when using the words Solomon Yogalates  

- you understand that Louise has copyright over any intellectual property or copyrighted course material and you will not distribute same in or outside Australia without Louise's written consent
- you will not use the material or part thereof in any other form e.g. course, workshop or teaching program
- any proposed media coverage will be referred to the Head Office for approval in the use of the Trademark
- The words Solomon Yogalates must be incorporated in your business name.
- You cannot register the name Solomon Yogalates and a capital city e.g. Solomon Yogalates Sydney or Solomon Yogalates Paris
- No other mixed or variable advertising of the method is permitted. You cannot rename the method. If advertising/utilising a web site full recognition to the founder Louise Solomon and your certification of Yogalates is to be correctly displayed
- No use of the Trademark is permitted in the Northern Rivers area by those relocating to the area for the training. The Level 1 training can not be used to teach any student/general public (whether for fee or not) in the Northern Rivers region of NSW Australia. This includes the shires of Byron Bay, Ballina and the City of Lismore.
- If you are teaching the Solomon Yogalates Method and using your certificate of qualification issued by the Academy to gain insurance recognition then the method needs to be clearly displayed and advertised as such; Solomon Yogalates™
- Any other formal qualifications you hold (e.g. Pilates or Aerobics instructor, Iyengar Yoga) need to be insured and advertised separately (no mixing of qualifications). This ensures the high quality and integrity of the Solomon Yogalates™ Method.
- Your Level 1 training will not give you the qualifications to teach others to become teachers in The Solomon Yogalates™ Method however; we will wholly support you as a registered teacher of this method.

**Legal action will be taken as appropriate for any infringements of the Trade Mark and copyright material.**

# Correspondence Registration Form 2007

Name: \_\_\_\_\_  
\_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_  
\_\_\_\_\_

Mobile/ \_\_\_\_\_ Fax: \_\_\_\_\_  
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Email: \_\_\_\_\_  
\_\_\_\_\_ Date of Birth: \_\_\_\_\_  
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Passport number (OS students only): \_\_\_\_\_ Country: \_\_\_\_\_

Residential/Visa status i.e. permanent resident etc: \_\_\_\_\_  
\_\_\_\_\_

Your current occupation: \_\_\_\_\_  
\_\_\_\_\_

The practical session I wish to complete is **SESSION 1** Feb/Mar 07  **SESSION 2** Oct/Nov 07

Your reasons for undertaking this course: please compose a brief 300-500 word essay to explain your reasons for undertaking the course and attach with this application form.

List any past experience of Yoga, Pilates, Body Movement or other forms of Body Work, that you have studied and with whom \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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Is there anything about your physical, emotional or psychological health that may affect your ability to do this course? (i.e. recurring injuries, asthma, depression, anxiety etc) \_\_\_\_\_

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Where did you initially hear about the Yoyalates Teacher training? \_\_\_\_\_

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**If unsure about attending this course please consult your medical practitioner.**

**I..... declare that I have disclosed on this form, all relevant details and take full responsibility for myself in attending this course.**

**I ..... have read the trademark and copyright provisions in this student handbook and agree to be bound by them.**

**Signed..... Date.....**

Please return this form with your current **Resume/C.V.** and references to assist with your enrolment to:  
**The Yoga Pilates Training Academy Australia PO Box 308 Bangalow N.S.W Australia 2479**  
**Ph: +61 2 66872 031 [www.yoyalates.com.au](http://www.yoyalates.com.au) email: [info@yoyalates.com.au](mailto:info@yoyalates.com.au)**