

A collaboration between

# Cherryl Duncan & Dale Guthrie

200 HR Yoga Teacher Training



# Cherryl Duncan and Dale Guthrie collaborate to bring you the ultimate in Yoga teacher training

With Cherryl's extensive experience and knowledge in the philosophies of Yoga and Buddhism and Dale's experience and knowledge in the field of health, anatomy, physiology, neuroscience and adaptive yoga, they are a team that brings a unique and extensive training that equips you to:

- Teach quality group yoga classes with confidence
- Deliver meaningful dharma talks where you get to share your unique voice with the world
- Understand your own body
- Advance your own practice
- Develop a personal sense of connection with your energetic/subtle body
- Securely provide hand on assists
- Gain insight into the private yoga student
- Adapt classes for students with specific injuries and disabilities
- Learn the business of what it takes to really make it as a financially independent yoga teacher

## What is dharmaKaya® Yoga?

dharmaKaya® Yoga is an intensely physical and spiritually focused practice. The practice is best described as deep, slow and sensual. Sensual in that the student is encouraged to focus intensely on the different sensations that arise throughout the practice. It is in this way, that the practice goes from being a regular form of exercise, to a deeply intimate and personal transformative experience.

There is a strong focus on breath as it is through the breath that we are able to feel. The practice challenges students to stay present with all sensation, with all thought and with all feeling. The student learns how to not judge, criticize, or analyse themselves but instead, to open up to pure experience.

This results in a gradual letting go of old patterned behaviours that may be holding the student back.

dharmaKaya® Yoga builds confidence, willpower and concentration. The student learns how to practice in a way that is deeply introspective and authentic, leading to a life more authentically expressed.

*dharmaKaya*

## What is Holism Health?

Holism Health is an integrative approach to health and wellbeing, that merges contemporary rehabilitative treatment techniques with the philosophy of yoga. Holism Health emphasises that yoga does not discriminate, yoga poses do. Yoga is much more than the physical being or one's ability to move into 'advanced' poses such as handstand or flow through challenging sequences. Yoga is the connection to the inner body; the realisation of the subtle changes within us; the sensual experience within us; the appreciation of the knowledge which the body holds – our indestructible reality. When we accept, and implement all the principles of yoga and move beyond the physical being we realise that yoga is accessible to all, including persons with chronic injuries and physical disability. Holism Health is the first adaptive yoga studio in South Africa and aims to make yoga accessible to persons of all abilities by making accessible studios and equipping teachers with the skills to confidently guide and facilitate the yoga process to persons with disability or injury.



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## About the Teacher Training:

The training will take place over 10 weeks and will follow the format of a blended learning course.

1. Seven intensive practical weekends with Dale Guthrie held at Holism Health as follows:
  - ✓ 19<sup>th</sup> and 20<sup>th</sup> Jan
  - ✓ 26<sup>th</sup> and 27<sup>th</sup> Jan
  - ✓ 9<sup>th</sup> and 10<sup>th</sup> Feb
  - ✓ 23<sup>rd</sup> and 24<sup>th</sup> Feb
  - ✓ 2<sup>nd</sup> & 3<sup>rd</sup> March
  - ✓ 16<sup>th</sup> & 17<sup>th</sup> March
  - ✓ 30<sup>th</sup> and 31<sup>st</sup> march
2. Ten, two-hour live webinars with Cherryl Duncan held at Holism health - Every Tuesday (starting 22<sup>nd</sup> January 2018) from 7pm to 9pm

### *Weekends will cover*

- Asana Clinic (How to perform, the benefits and contraindications of asana)
- Teaching Clinic
- Hands on Assists
- Sequencing and structuring of a class
- Pranayama
- Cleansing techniques
- The Energy Body
- The Anatomical Body
- An introduction to adaptive yoga
- Magnificently Real Seminar (Training in authentic expression) with facilitation by Cherryl Duncan in person

### *Webinars will cover*

- Yoga Philosophy (Sutra's of Master Patanjali and the different paths of yoga)
- Buddhism 101
- 5 anchors and 5 elements of dharmaKaya® yoga
- Yoga Nidra
- How to give a good dharma talk
- The dharmaKaya® drama-free diet
- Mindfulness Meditation
- Creating the right atmosphere and the use of music
- The business of yoga

3. Fifty hours (5 hours per week) of yoga asana practice either with Dale or online with Cherryl.
4. Students will be required to complete homework and assignments (20 hours) and to pass the written and teaching exams at the end of the course.

## Who is Cherryl?

Cherryl is committed, no wait, insanely passionate about making the spiritual side of yoga accessible, achievable and practical.

The spiritual aspect of yoga, is extremely powerful and has the ability to truly transform our thinking and the way we perceive our lives. Cherryl offers a doorway into that without you having to take on a religion or travel to India necessarily. Why? Because she already did that and found out that this ancient wisdom exists within us. There's no dogma and cult joining. She takes the ancient wisdom of yoga and meditation and makes it very practical resulting in a complete body and mind makeover.

After years of teaching as an 800 hour Advanced certified Jivamukti Yoga teacher all over the world, she created her own style of yoga to include the 12 years of study in other fields such as Tibetan Buddhism, Western Philosophy, Eastern mysticism as well as the close and brutal study of her own psyche.

Original founder and creator of Living yoga Johannesburg, Cherryl moved to Germany in 2012 where dharmaKaya® yoga was born.

There she teaches a regular class schedule, runs teacher training programs. personal coaching programs and generally has a good time traveling around central Europe and, when she can, going home to visit her family in South Africa.

## Who is Dale?

Dale Guthrie (formally van der Veen) is an energetic, passionate and enthusiastic Durbanite who moved to Joburg in 2013 to pursue a career in health. She is a passionate yoga practitioner and committed to ongoing learning and development in both health and yoga.

Dale is an occupational therapist with a special interest in spinal cord injury and neurological disorders. She completed her masters in neurology at the university of Witwatersrand in 2018. After 4 years in acute rehabilitation, she moved into private practice so that she could pursue both her love of OT and Yoga.

Dale travelled to India to become a yoga teacher in 2015 and this is where she conceptualised the idea of merging OT and yoga to offer yoga to persons with physical disability in South Africa - an emergent concept worldwide. She travelled to Minnesota, USA to train as an adaptive yoga teacher with Matthew Sanford, the pioneer of adaptive yoga. Subsequently she advanced her studies with Cherryl Duncan in Munich, Germany in January 2018 and opened the first adaptive yoga studio in South Africa - situated in Randburg Johannesburg -

branded Holism Health from where she teaches both traditional and adaptive yoga. She is dedicated to not only offering adaptive yoga but to equipping yoga teachers with the skill of opening yoga to everyone.

## Investment:

Full Price: R 28000

Early Bird Special: R23500 (Pay in full by 1<sup>st</sup> December 2018)

*The price includes:*

- All Course material
- 200HR yoga teacher training certification
- A copy of Magnificently Real: Cherryl Duncan
- Option to register with Yoga Alliance International

Excludes text books, travel and accommodation

## Pre-requisites and Required Reading:

Before your arrival at the course you need to:

1. Have or establish a daily asana practice
2. Submit a letter of intention (not longer than a page, the student will need to submit via email the reason for doing the training. (what her/his goals, desires, hopes are). Email submissions to [cherryl@cherryliduncan.com](mailto:cherryl@cherryliduncan.com) AND [info@holism.health](mailto:info@holism.health)
3. Submit full payment
4. Have read Magnificently Real: Cherryl Duncan (included in the course price)
5. Familiarized yourself with the recommended text books:
  - a. Asana, Pranayama, Mudra, Bandha- Swami Satchidananda
  - b. Yoga Sutras of Patanjali - Swami Satchidananda
  - c. Waking: A Memoir of Trauma and Transcendence by Matthew Sanford

## Terms & Conditions

- In the unlikely event that the training is cancelled we will refund 100% of your payment
- dharmaKaya® or Holism Health are not liable for travel expenses, accommodation or any other expenses during the course
- If a student withdraws from the course two weeks or less before the commencement of the course, the payment will no longer be transferable.
- If a student withdraws at any time before two weeks prior the course, a 50% refund will be granted.
- If a student withdraws from the course in the middle, no refund will be awarded.

## Payment Details

Please make payment to:

Dale A van der Veen

First National Bank (FNB)

Branch code 210527

Account number 62512158743

Reference: your name & surname

POP: [info@holism.health](mailto:info@holism.health)