



**WWW.SPORTSYOGAWORLDWIDE.COM**

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**T: 0414 959 987 - 0406450116**



**OPEN YOUR OWN YOGA BUSINESS!**

### **COURSE CONTENTS**

Sports Yoga® is the world's first fitness program of this kind internationally accredited by the Yoga and Fitness industry and employer recognised. Upon course completion graduates can teach anywhere in the world.

Sports Yoga® was developed in 2010 by yoga masters and fitness experts to offer a Modern athletic style of yoga to stand apart from Traditional Yoga. The physical aspects of modern yoga, are seen as more important by the vast majority of clients in search of more challenging cardio-holistic exercises.

This unique program offering the opportunity to deliver a safe, established and well respected physical activity is specifically designed for Personal trainers, Aspiring Yoga Teachers, existing Yoga Teachers Wellness Professionals, Sport Coaches, Strength Trainers wishing to integrate Yoga postures into an Individual (one to one session) or Group setting (Fitness Class). Expand your skillset and career by delivering our pioneering techniques to a fast-growing Yoga market.

The techniques of Sports Yoga®, blends various yoga components (including asana and pranayama) and traditional exercises to seamlessly create a novel approach to fitness. It can be applied to practically every Sport and training routine and this opens up a wide field to all exercise professionals and aspiring yoga teachers.

Fitness professionals, yoga and wellness operators around the world now have the opportunity to learn how Sports Yoga®, methods and techniques can help athletes, sport people improve their performance, increase body flexibility, reduce the chance of Sport-related injury and heal more quickly from injuries. Sports Yoga® offers exercise professionals a chance to add to their repertoire in a profitable way.

#### **The Training Program covers the following components:**

1. Introduction to Sport Yoga® Teacher Training
2. What is Sports Yoga®?
3. Teaching Sport Yoga®
4. Your Role as a Sport Yoga® instructor
5. Safety Concerns, Responsibilities to the client
6. How to integrate more than 25 Hatha Asanas into any fitness routine or sport program
7. How to teach Sports Yoga® Classes
8. Sequencing (pre-designed yoga sequences to help you how to design a class).
9. How Yoga can be integrated into any fitness routine or specific sport training.

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10. Basic anatomy and biomechanics.
11. Yogic warm-up.
12. Yoga poses anatomical focus, health benefits contraindications and cautions.
13. The use of pranayama (breath) techniques.

The formatting, movements, and theories are taken and adapted from a variety of sources including: Hatha Yoga and Pilates. **Sports Yoga® is a multi-planer dynamic workout that builds Balance-Agility-Explosive Power.**

#### **SAMPLE SPORTS YOGA® POSES**



#### **Testimonials:**

"I am so grateful for Myholisticfitnessperth and Yoga Alliance International certification program. **I completed the SPORTS YOGA®, Course and started my own business two weeks later.** The program is extremely well designed. It effectively combines written text along with a series of pictures which enable the student to thoroughly grasp each concept.

Bettina- Sports Yoga®, Certified Instructor Perth Western Australia.

#### **Testimonial:**

I feel the Sports Yoga®, course has been very beneficial for me because the course content was easy to understand and I completed it in my spare time. I will be able to apply what I have learned and I am confident my clients will greatly benefit as well.

Patricia Zanin-Sports Yoga® Certified Instructor-Sydney.

#### **Testimonial:**

I found Sports Yoga® course a good way to learn more about anatomy and how poses/asana can be used for sports people with specific needs and requirements. I enjoyed the novelty of the on-line assessment with a live invigilator and found the team at Myholisticfitnessperth really helpful and supportive

**Kiri Solomon**-Sports Yoga® Certified Instructor- Auckland New Zealand.

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