

TOTALFUSION

# YOGA TEACHER TRAINING INFO PACK

LEVEL 1  
250 HOURS



Combining the best in ancient wisdom and modern science, our yoga teacher training will empower you to immerse yourself into a deeper understanding of the practice of yoga, including breathwork, movement, theory and sequencing.

You'll grow and develop, not only your yoga skills but your life skills as you work alongside like-minded people and learn from some of the industry's best yoga instructors.

In this fully accredited course, we'll provide you with everything you need to confidently share, teach and apply the philosophy of yoga to each of your future classes, harnessing your creativity and inner voice.

Our 250 hour Yoga teacher training is based on the Vinyasa Yoga Practice combined with our creative sequencing approach.

Our teaching style is fluid and we constantly consider movement in all aspects of life. We apply this belief to our curriculum by teaching those who partake in the course to become increasingly adaptive, flexible and responsive both in and out of the yoga studio.

## TOTALFUSION YOGA TEACHER TRAINING

The daily course outline consists of morning yoga and meditation practice, classes (modules range from anatomy, philosophy, history of yoga, and class sequencing), afternoon practice and group teaching.

You will follow a very hands on approach, learning the art of adjustments, key pose alignments, the use of basic yoga props, and how to approach yoga as a business. We explore ethical topics such as yoga etiquette as well as the practical elements of teaching such as marketing and time management.

A pivotal component of our course is the physical practice of different styles of yoga. Students will practice Power Vinyasa Yoga, TotalFlow Yoga as well as Yin Yoga, Yin Release and Restorative yoga. With depth in class variety and teaching, students will gain an appreciation for the many different forms of yoga in the modern world.

Upon graduating, students will be able to draw from their own experience of the wide variety of yoga styles to create and enhance their own class sequences incorporating elements of Vinyasa asana practice combined with pranayama and yoga philosophy.

## COURSE OBJECTIVES

The aim of this course is to provide education and training for anybody who is interested in deepening their understanding of the practise of yoga, and to provide the tools and experience needed to begin teaching.

BY THE END OF THE TRAINING YOU WILL BE ABLE TO UNDERSTAND AND TEACH:

- Fundamental alignment principles of Yoga Asana
- Breathing techniques (pranayama)
- Joint stabilisation and protective mechanisms
- History lineage of the yoga practise
- Yogic physiology
- Applied anatomy physiology
- Psychology of the yoga practice, modern and ancient

### OUR 'CLASSROOM'

At TotalFusion, we use the term 'classroom' very loosely as we encourage all of our teachings and philosophies to be applied to everyday life. In saying this, those who undertake their teacher training at TotalFusion will be welcomed into a world-class facility with purified air filtered, heat controlled rooms and our iconic Himalayan salt wall. We are a completely experience-driven facility and have created an all senses space, that promotes restoration while you explore yourself through yoga.

The negatively charged ions found in Himalayan salt help to improve our moods and overall health.

**YOU ARE JUST  
250 HOURS AWAY  
FROM CHANGING  
YOUR LIFE.**

# YOGA COURSE CURRICULUM

## YOGA AT THE SOURCE

- History of Yoga
- The paths of Yoga
- Bhagavad Gita As It Is
- Eight limbs of Yoga
- Yoga Sutras
- Yogic Physiology
- Chakras and the endocrine system

## VINYASA YOGA

- Teaching Tools
- What kind of Teacher are you
- Communication skills
- Etiquette as a teacher
- Techniques
- Sequencing
- Vinyasa Structure

## ASANA CLINIC

- Names (Sanskrit and English)
- Standing, seated, backbends, balances, Inversions
- Anatomy of the Poses
- Practice and benefits of the Asanas
- The art of adjustment and modification

## ADVANCED POSES

- How to do inversions safely
- Headstand, pincha mayurasana, handstand
- Arm balance progression

## KRIYAS, PRANAYAMA, MEDITATION, CHANTING, MUDRAS, AYURVEDA

- Internal Cleansing techniques
- Focusing within
- Controlling the breath, controlling the mind
- Purpose of Pranayama
- Introduction and daily practice of meditation
- The ancient vibration of chanting, mantra, mudras
- Science of Ayurveda

## THE ART OF TEACHING

- Principles of Teaching
- Finding your inner teaching voice  
Practice teaching
- Etiquette and responsibilities in the classroom
- The business of Yoga
- Developing your own personal teaching philosophy

## THE PRACTICE ITSELF

- Creative sequencing techniques
- Building a self practice
- Vinyasa Flow

## REQUIRED READINGS

Like all great things in life, the more you put into this training, the more you'll get from it. Below is a list of required reading, Trainees are asked to read the following books prior to arrival at the training and write a one-page commentary on the books listed below.

Please email finished commentaries (all attached as word docs or google docs, in one email with the subject line, 'YTT book reports, trainee name') to [kerri@totalfusion.com.au](mailto:kerri@totalfusion.com.au) prior to the start of the training. Books are purchased at the trainee's expense.

The Heart of Yoga T. K. V. Desikachar  
[Available on Booktopia](#)

Light on Yoga B.K.S Lyengar  
[Available on Booktopia](#)

Journey Into Power Baron Baptiste  
[Available on Booktopia](#)



## SUGGESTED READINGS

These are varied in subject matter so please choose areas of particular interest. They are recommended but not required and listed in no particular order. The TotalFusion Teacher Training manual will give you enough reading and knowledge for the entire course.

Shakti Meditations	Sally Kempton
Yoga Body: The Origins of Modern Posture Practice	Mark Singleton
Meditation for the Love of It	Sally Kempton
Biology of Belief	Bruce Lipton
Breaking the Habit of Being Yourself	Dr Joe Dispenza
Judgement Detox	Gabrielle Bernstein
Bhagavad Gita As It Is	A. C. Bhaktivedanta Swami Prabhupada
Four Chapters on Freedom: Commentary on The Yoga Sutras of Patanjali	Swami Satyananda Saraswati
Your Body. Your Yoga	Bernie Clark
You Can Heal Your Life	Louise Hay
Autobiography of a Yogi	Paramahansa Yogananda
Hatha Yoga Pradipika	Swami Muktibodhananda
Asana, Pranayama, Mudra, Bandha	Swami Satyananda Saraswati
Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists	Thomas Myers
Atlas of Human Anatomy	Frank H. Netter
Gray's Anatomy for Students	Richard Drake

## COURSE DATES

8TH MARCH 2025 - 30TH JUNE 2025

Every second weekend from March 8th and 9th,  
7am - 6:00pm.

9TH AUGUST 2025 - 16TH NOVEMBER 2025

Every second weekend from August 9th and 10th,  
7am - 6:00pm.

## PREREQUISITE

Prior to attending a yoga teacher training, we recommend that students must have been practicing yoga regularly for a minimum of three months, or have a closely related sports training or fitness background.

Most importantly we ask that students come to our trainings with an open mind and an open heart, ready to embrace the learning experience, and to be supportive of themselves and their fellow students.

We welcome all dedicated yoga students ready to transform and grow their yoga practice on and off the mat while embracing a yogic lifestyle.

## PRICING

### EARLY BIRD

Register now and pay in full before the course start date.

**\$5490**

### STANDARD

Register now and gradually pay off your training.

**\$5900**

## PAYMENT & REFUND POLICY

If an applicant is accepted, a \$500 AUD deposit is required and is non-refundable with no exception. If an applicant is not accepted, the deposit will be immediately refunded in full.

If you are choosing to pay in installments, options can be selected from the drop down menu on the online application form. Otherwise, please chat to our friendly Teacher Training Academy Team to find a solution that accommodates your financial needs.

All payments must be net of (excluding) any currency conversion charges or bank transfer fees.

In the unlikely event that the training is cancelled, we will refund 100% of your payment. If a student withdraws from the course more than 2 weeks before the course begins, the deposit is non-refundable but can be transferred to another TotalFusion training. If a student withdraws from the course in the last 2 weeks before the course begins, the deposit will no longer be transferable.



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## MEET YOUR FACULTY



MICHELLE MCNIECE  
CO-FOUNDER OF TOTALFUSION AUSTRALIA

Registered Yoga Teacher (ERYT) with Yoga Alliance Australia

Michelle has been involved in the Fitness Industry for 35 years as a group fitness instructor and personal trainer, practicing yoga for 23 years and teaching yoga for 16 years. In this time, her teaching style has evolved from a culmination of ancient yogic wisdom and the latest in scientific research in regards to the most effective and safest ways to move and challenge our bodies. She has an approach that is holistic and deeply rooted in yogic philosophy and personal development strategies. Michelle is an advocate for all styles of yoga and seamlessly weaves a variety into her classes. She has a welcoming warmth to her teaching and has the ability to teach simultaneously to a variety of levels and abilities.

Contact Michelle

Email: [michelle@totalfusion.com.au](mailto:michelle@totalfusion.com.au)



KERRI MCCUBBEN  
YOGA DIRECTOR  
EYRT 500HR

Registered Yoga Teacher (ERYT) with Yoga Alliance Australia

Kerri has been instrumental in developing a substantial Yoga offering at TotalFusion, mentoring instructors to provide an unrivaled experience, and building a highly engaged community. With a substantial history in yoga, Kerri is responsible for gaining TotalFusion's accreditation as an RYS 500 Plus Advanced Diploma school with the Yoga Alliance International Registry, which has seen the development of hundreds of qualified yoga instructors, and commenced our own Yoga Retreats.

“When I started Yoga, I was interested in the physical practice, but over time I realised that Yoga is not just about the postures. It's about the philosophy and following your breath. Pranayama and meditation have become reinforced into my daily practice, making my teaching personal, unique, light and spiritual”.

We're about engaging your mind, encouraging your movement, and enabling you to reach your full potential.

This course is recognised as a Yoga Alliance Accredited Teacher Training. Upon completion, you will receive a 250-hour Traditional Yoga Teacher Training Certificate as recognised by [yogaalliance.org](http://yogaalliance.org)

Contact Kerri

Mobile: 0411 081 920

Email: [kerri@totalfusion.com.au](mailto:kerri@totalfusion.com.au)



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## MEET YOUR FACULTY



**ANIA PRESTON**  
YOGA TEACHER TRAINING COURSE  
FACILITATOR

Ania completed her RYT 250h with TotalFusion Australia in 2020. She has been teaching yoga ever since and is continuing to learn and grow as a yoga student and teacher under the TF Yoga Director's mentorship and guidance.

Ania is lucky to have been able to turn her love and passion for yoga into a career. She calls TotalFusion her second home and you can see her at most studios teaching a variety of classes or assisting yoga students/ trainees on their Yoga Teacher Training journey.

Very personable, friendly and passionate. Ania aims for her classes to be a combination of movement and stillness, strength and flexibility, breath and awareness, embracing the transformative power of yoga and the connection between body, mind, and spirit.

"It is a privilege and I am truly grateful to witness the positive transformations that occur in peoples' lives through the practice of yoga.

Contact Ania

Mobile: 0466 816 616

Email: [yoga@totalfusion.com.au](mailto:yoga@totalfusion.com.au)



**CAMERON BROWN**  
SENIOR YOGA TEACHER TRAINER  
EYRT 500HR

Cameron Brown is a ERT500 Plus Gold Qualified Yoga Alliance Power Yoga Trainer, Yin RYT, Pilates Mat work Trainer and belief systems coach with over 20 years' experience as a Yoga practitioner and the last 7 years as a full time Teacher, studio manager, teacher trainer, mentor, and retreat curator.

Cam teaches from authentic experience in wellness, fitness, yoga, and recovery both physically from back injury and life transformation-wise coming from high power hospitality and music industry background, that brings a deeper, more grounded, real, modern, useful perspective to traditional yogic wisdom.

More recently finishing his first book with renowned psychotherapist John Nutting, "Life a total body experience", detailing the ways modern psychotherapy and yoga merge to cultivate growing awareness and wellness. Cam's classes are purposeful, playful, challenging driven in asana from a depth of scientific, physiological, anatomically correct awareness that could lead you to finding ways into postures you hadn't discovered all the while guiding you with a, "Satsang like", theming to take your inner world to deeper awareness no matter your level of expertise.

## MEET YOUR FACULTY



**MICHAEL KUBITZKY**  
SENIOR YOGA TEACHER TRAINER

Michael's yoga journey's began at 20 when he left his profession as a studio musician and joined a bhakti Yoga Monetary. For the next 10 years he travelled as a brahmachari-monk. Then after another 6 years as a traditional Vedic (Hindu) priest, he took an interest in the more physical aspects of yoga. He then completed a 3-year diploma course with Satyananda Yoga before finally finding his passion with Power Vinyasa. Since then he's been certified by Baron Baptiste, founded one of Australia's most successful regional yoga studios, and has helped to pioneer, develop and facilitate many teacher training programs here in Australia, including Power Living, Power Yoga Canberra, Satyananda Mangrove, Hot Power Yoga (now Yoga Body Works), Flex Hot Yoga Teacher training, Krishna Village Yoga Teacher Training and others.

## FREQUENTLY ASKED QUESTIONS

### DO I NEED TO HAVE AN 'ADVANCED' YOGA PRACTICE TO JOIN THE YOGA TEACHER TRAINING?

There's no need to be able to perform any specific yoga poses like putting your feet behind your head or having a perfect handstand! To join a yoga teacher training, we are looking for emotionally mature, dedicated practitioners who are committed to learning with an open mind. It's required that you maintain a personal practice. It is a requirement that you have had a minimum of 3 months of consistent yoga practice with dynamic styles such as Ashtanga or vinyasa flow.

### WILL I BE ABLE TO TEACH YOGA WORLDWIDE AFTER RECEIVING MY YOGA CERTIFICATION AS A RYT 250 YOGA TEACHER?

After completing the yoga teacher training course, you will be certified to register with the Yoga Alliance as a RYT 250 yoga teacher. The Yoga Alliance is the most well-known organisation to register your status as a professional yoga teacher and start your yoga career.

### I JUST WANT TO DEEPEN MY YOGA PRACTICE. IS THE TOTALFUSION TRAINING THE RIGHT COURSE FOR ME?

Many of our yoga students simply want to gain a solid foundation and deepen their practice, study yoga philosophy / tradition, form healthy lifestyle habits and meet a loving community of like-minded yogis! It is entirely your choice, whether or not you decide to become a yoga instructor. But along the way, you might discover your yoga teaching voice and get

excited to share the love of the yoga practice and the yoga benefits. You will have all the tools to do so.

### HOW DO I SECURE MY SPOT AND RECEIVE EARLY BIRD DISCOUNT?

Reserve your placement by sending a \$500 AUD deposit via [yoga@totalfusion.com.au](mailto:yoga@totalfusion.com.au) or speak to Kerri McCubben to confirm.. To guarantee the early bird discount, be sure to register before the deadline.

### WHAT IS INCLUDED IN THE COURSE PRICE?

- Tuition Fees
- Training materials (manuals/workbook)
- Certification from Yoga Alliance
- TotalFusion FUSION membership for duration of course
- Neti pot and tongue scraper
- Celebration dinner
- Retreat
- 9 community classes
- Ongoing support to all our graduates
- 10 pack upskill workshops \$180



# TESTIMONIALS

'The instructors love for yoga made me love yoga even more. You can tell they genuinely love what they do, and love watching us learn and grow...

I've found it easier to connect with people since starting the course. The practice gets makes you become very honest with yourself. You realise that you aren't as separate to everyone as you once thought.'

- **JEMMA M.**

'The instructors were experienced and full of wisdom and knowledge. But that's not what made them special. Kerri, Ania, Laxmi, Cam and Jess truly want to see us succeed, and that's more powerful than simply being experienced...

Just do it. You're considering it for a reason. Bite the bullet. Jump. Just do it. If all else fails, I assure you, you'll make some lifetime friendships.'

- **NATASHA C.**

'I am grateful for all of the instructors, without their interpretations I would not have been able to grow. It couldn't have been any other way. I think Kerri McCubben is an important person...

I came to it with a pretty open mind, but I had experiences that I could not have possibly conceive...

If you use the words should or maybe when talking to your friends about signing up, then maybe you should just do it.'

- **ED R.**

'I am more self aware of body Alignment then just how the pose looks. Because by the end of the day, it is how Yoga makes your body, mind & spirit feel - Connections. Not how it makes you look on social media.

I am ready to teach & share this knowledge out to the world. I want to be that person who was there for me when I first started my yoga journey. Inspiring & connecting.'

- **RITA K.**

**TOTALFUSION**  
HEALTH & WELLNESS CLUBS