



Japanese Yoga Teacher Training 2020-21

200 Hour Foundation Course
with Peter Masters and Danielle Siu Ling

Commencing Saturday 19 September 2020
Takara Yoga Studio, Mullumbimby

zen 
central 
YOGA & HEALING ARTS

The 200-hour Japanese Yoga Teacher Training Course is designed for people wishing to teach and share Japanese yoga, as well as those looking to enhance their overall quality of life. The course is held in Mullumbimby, northern NSW, on eight weekends over a six month period with a further six months mentoring for participants wishing to consolidate the training and join Yoga Australia.

Okido Yoga is the main inspiration in the course curriculum. Grounded in classical yoga and combined with the Zen tradition, Okido Yoga incorporates elements from Hatha yoga, Zen, Taoism, traditional eastern medicine, the martial arts and shiatsu. This way of yoga was originally created by the late, legendary Japanese Yoga Master, Masahiro Oki (1919-85).

Okido Yoga has a focus on developing the core, or Hara, and activating the vital energy or Ki with specific methods of movement, breath and awareness. Balancing Yin and Yang, it's an effective and holistic practice that enhances Life Force through the key areas of movement, breathing, mind-heart and nutrition.

Okido is concerned with personal development, interpersonal learning as well as getting in touch with the transpersonal. It's to be natural in body, mind and breath as the basis for health, happiness and peace. Firstly, the body is stabilised, then detach the mind, followed by cultivating love and compassion for self and others in daily life.

WHY JOIN THIS TRAINING?

- Study unique Okido Yoga, meditation, pranayama, philosophy and self-healing practices backed up with excellent original texts, notes and digital resources.
- Course teachers, Peter Masters and Danielle Siu Ling, have decades of yoga teaching and training experience in Australia and Japan. Peter trained with Master Oki in Japan and has been leading Yoga Teacher Training in Sydney and Brisbane since 1999.
- The training is backed up with a weekly Zoom classes option from Peter and Danielle and Zoom weekends if necessary.
- Connection to an international network of Okido teachers and schools in Australia, Japan, Europe and South America.
- Ongoing mentorship and community providing support and inspiration.
- Recognised qualification with Yoga Australia, with further training modules available after the 200 hour foundation course.



DETAILED COURSE CURRICULUM

YOGIC PHYSIOLOGY

This lineage of yoga originated in Japan and the main Yogic Physiology component comes from Taoist and Zen as well as Indian philosophy. In particular, the course will cover:

- Hara and Bussho
- Ki
- Yin Yang
- Five Element Meridian Theory



Hara and Bussho

A key concept in Japanese culture is Hara. **Hara** is located in the lower belly region and is a foundation principle in the martial arts, zen meditation, ikebana, calligraphy and many other Japanese arts. There's a saying in Japan 'Archery and dancing, flower arrangement and singing, tea drinking and wrestling... it's all the same'.

In Okido Yoga, Hara is applied to the traditional Indian asanas and the unique zen yoga exercises studied in the course. Hara (gut) also connects to **Bussho** (brain, mind-heart, natural or Buddha mind). Recent scientific research shows that the Vagus Nerve is the conduit of the gut-brain connection, and it's role in physical and mental health.

Yin and Yang

Yin and Yang are opposite states of energy, in constant motion, striving to achieve balance in all things eg night and day, hot and cold, activity and rest. Yin and Yang mutually create each other and are interdependent. They also transform into each other, and support and cooperate with each other. In Okido Yoga, the Yin Yang principle and understanding is applied to yoga practice.

Ki

Ki is a fundamental concept in eastern culture and yoga. Everything in the universe, organic and inorganic, is composed of and defined by Ki. Ki is the source of all movement in the body and accompanies all movement. Ki protects the body. It is the source of harmonious transformation in the body. It warms the body. A key practice in Okido Yoga is to gather, cultivate and move Ki energy.

Five Element Meridian Theory

Five Element Theory, coming from TCM and Taoism, are a unique aspect of Japanese yoga study. The five seasons and related organs and meridians are:

Earth – Summer - Stomach and Spleen

Metal – Autumn - Lung and Large Intestine

Water – Winter - Kidney and Bladder

Wood – Spring - Liver and Gall Bladder

Fire – Late Summer - Heart & Small Intestine and Triple Heater & Heart Protector

With each season the study includes related foods, cooking styles, emotions, supportive lifestyle practices, times of day and associated colours and tastes. Yoga asanas and exercises that activate and nourish each of the meridians are studied and practiced.

TECHNIQUES OF YOGA

Asanas

Traditional Yoga Asanas are studied using the Okido yoga approach.

1. Hogushi Self Massage and Stick Yoga for warming up, release and Asana Preparation.
2. Creative or Zen aspect, cultivating enhanced feeling and visualisation potential.
3. San Mit Su or The Three Diamonds - Mind Body Breath. Japanese Yoga aims to unify mind, body and breath. In Zen practice, Zazen is sitting meditation whilst Dozen describes moving meditation. All of the physical practices in the training aim to have the quality of Dozen.

4. Yoga for the Seasons Asana Practice – 5 Element Way. Learn effective Okido Yoga asanas and sequences to experience and activate the meridians.
5. Unique Okido versions of Salute to Sun and Moon are also studied.

Hogushi Self Massage & Stick Yoga

Hogushi Self Massage is a body-mind care system with a focus on warming up and releasing key areas of the body including the hips, legs, abdomen, lower back, shoulders and neck. Hogushi means 'release the tension'. Hogushi practice results in better body temperature, circulation, lymph and hormonal flows. Yoga asana practice can be markedly improved with Hogushi and injuries avoided and alleviated. The text used is '**Stretching and Hogushi Massage**' by Saburo Ishii.



Partner Yoga & Kyokaho

Kyokaho are strengthening exercises created by Master Oki. Often done in partners, they derive their inspiration from animal and natural movements. Kyokaho exercises help with Hara training, posture and developing adaptability. The text is '**Kyokaho -Strengthen Your LifeForce**' by Masahiro Oki.

Do-In

Do-In, with a 5000 year history, are exercises to cultivate mental, physical and spiritual wellbeing. There are 63 movements in the Do-In routine studied in the course, with each movement performed 12 times using an ancient Japanese counting system that is both calming and energising. The sequence works through the whole body and stimulates many major tsubos along the meridians. This Do-In sequence was originally passed on by Urata Sensei, the wife of Master Oki.

Pranayama

The main Pranayama studied in the course is a **9 Step Pranayama** that focuses on nourishing and balancing the hormonal and nervous systems, lengthening the exhalation and bringing experiential awareness to the Hara. This pranayama was developed by Yuji Yahiro, the senior Okido Yoga teacher in Italy and author of **'Meiso Shiatsu'**.

Meditation, AOM, Heart Sutra, Pledges, Laughing & Sound Exercises

These spoken, silent and sound-movement practices are integrated into the course. They enhance self-healing and develop breath, focus, expression, posture and mindfulness. Meditation connects and balances the inner essence by consciously creating a positive mind and attitude.

PHILOSOPHY, ETHICS & LIFESTYLE

The primary text relating to yogic philosophy, ethics and lifestyle studied in the course is **'Meditation Yoga'** by Masahiro Oki (Japan Publications 1978). Included in this study are:

Patanjali's 8 limbs of yoga

- Yama
- Niyama
- Asana
- Pranayama
- Pratyahara
- Dharana
- Dyhana
- Samadhi

Okido Key Principles

- Positive Mind
- Gratitude
- Hara
- Smile-Laugh
- Mindfulness
- Wholeheartedness
- Oneness

Natural Laws

- Change
- Balance
- Stability

The **Okido Yoga Sutra Book** is another resource studied in the course. It's a practical manual of Okido Pledges and Chanting. These are used in classes and provide further explanation of yogic ethics and daily life philosophy.

The **Okido Yoga Guidelines for a Yoga Leader** and the **YA Code of Ethics** are also studied and discussed in the course.

ANATOMY & PHYSIOLOGY

Theory content will cover major body systems and associated musculo-skeletal anatomy:

- Cardiovascular
- Lymphatic
- Nervous
- Endocrine
- Respiratory
- Digestive



TEACHING METHODOLOGY

Assisting and Observing

The importance of assisting and observing is emphasised and practiced during the course.

Adjustments

How to respectfully offer adjustments in a class where appropriate.

Class design

Principles of yoga class design and structure are studied and become the basis for creating classes.

Voice Projection

Sound practices, chanting and other related exercises are used to develop presence and voice projection.

INTEGRATIVE PRACTICE & TEACHING

Regular review within the training

At weekend sessions, the past month's work is reviewed and clarified and trainees are invited to lead specific practices.

Small Teams

The training group is divided into smaller groups on the weekends and given the opportunity to practice teach to each other.

Assisting and Observing

Teacher trainees are encouraged, where possible, to assist in or observe yoga classes during the course.

Practical Class Preparation

On the final weekend of the course, each student has the opportunity to design and lead a thirty minute yoga class. During the mentoring phase of the training following the initial six months of training, students have the opportunity to design and lead a one hour class.

TEACHERS



PETER MASTERS - Course Leader

BA Communications, Dip.Shiatsu STAA, Senior Level 3 Registered Teacher with Yoga Australia

Peter's been practicing yoga and meditation for 45 years and teaching for 35. He's a senior Okido Yoga teacher with a wealth of training and teaching experience in Australia and Japan. He was Director of Zen Central Yoga Studio in West End, Brisbane from 2001-17 and has been leading Yoga Teacher Training in Sydney and Brisbane since 1999. The East West Centre in Sydney, founded by Daniel Weber and Marcea Klein, was Peter's original place of Okido study in the early 80's and he trained with Dr Masahiro Oki (1919-85) at the International Oki Yoga Dojo in Mishima, Japan in 1984 after meeting him in Sydney in 1983.

Peter's led numerous retreats and workshops throughout Australia and has also taken many groups to study yoga in Japan, Italy and Bali. He's also organised many Okido Yoga seminars and retreats in Australia with guest Japanese, Italian and Brazilian teachers.



He studied with Takao Nakazawa (1951-98), and was on staff, at the Carlton Okido Centre for Discovery in Melbourne in 1985-86. He also studied with Masako Kunino (1938-2019), and was on staff, at the Okido Yoga & Healing Arts Centre in Darlinghurst, Sydney and the Wentworth Falls Okido Dojo in the Blue Mountains from 1995-2000. Peter was a senior teacher at Mosman Village Yoga in Sydney from 2012-19 and is currently teaching at the Glebe studio of Balance Yoga Sydney.

Peter has a close working relationship with Saburo & Hisae Ishii at the Family Yoga School in Kanda, Tokyo. He's also collaborated with Okido Italia, led by Yuji Yahiro, in Italy and Australia since 1999, and with Fernando Montoto from Okido Brazil since 2016. Peter's also a Zen Shiatsu practitioner and other areas of study include Qigong and Feng Shui.

'Yoga and meditation have been great blessings in my life and I've been fortunate to meet and study with some remarkable teachers. Yoga and meditation are the foundation of my wellbeing and have also been the gateway to a rich path of discovery, community, healing and peace.'



DANIELLE SIU LING

Danielle is the Director of the Takara Yoga Studio in Mullumbimby where she offers weekly classes, seasonal cleanse rituals, retreats and private sessions.

She began her Yoga journey in her late teens, exploring and experimenting with various styles for the next ten years, until finding Japanese Yoga Therapy in 2000. The first class had such an impact that Danielle was instantly inspired to dive deep and learn the systems and tools of this healing tradition and began teacher training with Ryoho founder, Andzej Gospodarczyk and Lisa Foster, Women's Health specialist. This life changing training was completed in 2002, followed by teaching and further mentoring for three years at the Sydney centre.

Since then, Danielle has continued her yoga and healing arts studies including workshops with Yuji Yahiro, Okido Italy; Peter Masters, Okido Australia; Fernando Montoto, Okido Brazil; and Mizue Tamaki, Okido Holland.

2020/21 Course dates

Session times **Sat 10am – 6:30pm** | **Sun 8am – 4:30pm**

Each weekend will have a combination of practices including asana, pranayama, chanting, philosophy, anatomy & physiology combined with a 5 Element seasonal focus.

September 19-20	(Introduction to Japanese Yoga)
October 17-18	(Wood element)
November 14-15	(Fire element)
December 5-6	(Earth element)
January 16-17	(Metal element)
February 6-7	(Water element)
February 27-28	(Integration)
March 20-21	(Practical Classes)

- In order to meet the course requirements, it's important to attend all sessions. If you're unable to attend a session, then a private session will be required, at an additional cost.
- As well as the face to face weekends, additional home study, reading and personal practice is part of the course structure.
- For those wishing to become registered teachers, participation in the mentoring program from **April to September 2021** is required in order to continue learning under supervision, and to satisfy Yoga Australia registration requirements.
- Attendance at a minimum of two yoga classes each week is required during the course, the cost of which is additional to the course tuition fees.
- Assessment is by attendance and participation at the weekends, written assignments as well as the practical teaching component.

VENUE

Takara Yoga Studio
28 Mill Street, Mullumbimby, NSW 2482

Course fees

200 hr tuition fees

This includes all notes, printed and digital and the required texts.

Early Bird Rate if paid in full by 1 September 2020 **\$4000**
A \$500 deposit secures a place, with the balance due by 1 June 2020.

OR

Payment Plan Option: **\$4400**

1. \$500 deposit to secure a place
2. \$1000 payable by 10 September 2020
3. \$1000 payable by 1 November 2020
4. \$1000 payable by 1 December 2020
5. \$900 payable by 10 January 2021

Additional Costs

Class attendance

Attendance at a minimum of two yoga class per week during the course.

For those intending to become registered teachers:

Mentoring (6 months following from April to September 2021) **\$550**
Includes 20 hours of group meetings, student teaching, assisting & observing.

First Aid Certificate: **\$100** (approx)
Essential to register with Yoga Australia.

Course Pre Requisite

A minimum 12 months regular yoga practice is required to join the course.

NEXT STEPS

To Find Out More

- Call or email with any questions.
- Fill out and return an enrolment application.
- If you're in Mullumbimby, come along to an **Information Session** at Takara Yoga Studio on **Saturday 8 August, 2020, 2-4pm** to meet the teachers, see the studio and find out more about the course.

To Register

- Complete the enrolment application and email to: info@zencentral.com.au
- Transfer the deposit to confirm your place

BSB: **112 879**

ACCOUNT: **419 333 533**

NAME: **Zen Central**

REFERENCE: **Your name + YTT deposit**

Please be in touch if you have any questions or to rsvp for the Information Session.

The course is also designed so that interstate and people outside of Mullumbimby can participate. In that case, please be in touch to arrange an email or phone conversation.

Peter Masters

info@zencentral.com.au

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