



FEELGOODSTUDIO & Townhouse Yoga 200 hours Yoga Teacher Training

International Yoga Alliance registered course

November 22nd, 2024 – June 1st, 2025
Lead trainers: Knut Rakus, Julia Rakus,
Eva-Maria Hinterwirth, Bruno Teyssandier

FEELGOODSTUDIO TEACHER TRAINING

THE TEACHERS

LEAD TRAINER MMAG. KNUT RAKUS

I experienced my first proper yoga session in 2003 in Jaisalmer, India. The session was composed of static asanas, pranayama and chanting, and it was interesting because it was relatively “Indian” – it had nothing at all to do with colorful leggings, plastic mats, loud music and flowing movements.

It was followed by many years of up & down, irregularity and experimentation in my yoga practice. I followed the fairly typical path of a stressed pencil pusher plagued by back pain, sprinting through airports with a trolley and searching for some kind of balance.

In 2008, I had the opportunity to take weekly one-on-one classes with Axel Dinse. Since then I’ve practiced every day.

For me, yoga means moving through life in accordance with certain ideas and concepts. Asanas are one aspect of yoga, but many of the other aspects are ethical, action-based guidelines for existence.

Knut will cover analytical asana training, overview the practicum classes, teach ethics and lifestyle, sequencing principles and methodology.

Knut is E-RYT 500 (experienced registered Yoga teacher at International Yoga Alliance).



LEAD TRAINER DR. JULIA RAKUS

Julia Rakus is a mother of 3 Kids, has been practicing Yoga since 2000 and teaching since 2003. As a doctor she is working in emergency care and private practice with Yoga, Massage and Chinese Medicine.

She has been teaching since 2003, calculated around 8000 classes ... including privates, yoga therapy, meditation, prenatal, postnatal, Mama Baby Yoga, Yoga with Kids in Kindergarten and school.

Julia has profound training in acupuncture, yoga therapy, traditional Chinese medicine, hypnotherapy, Chi Gong and prenatal and postnatal yoga.



Julie will cover analytical asana trainings, guide through led classes and the meditation & pranayama module. A particular focus of her classes is on prenatal and postnatal yoga as well as Yoga therapy.

FEELGOODSTUDIO TEACHER TRAINING

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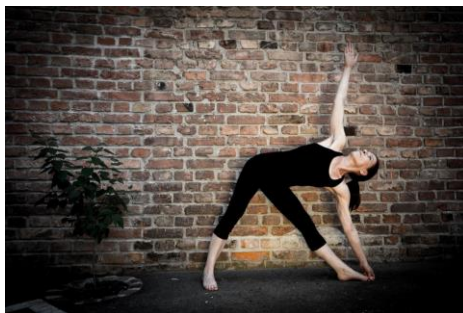
LEAD TRAINER DR. EVA-MARIA HINTERWIRTH

Throughout the 200 hours Yoga Teacher Training I am here for you, I will try to answer your personal questions. And, I will contribute anything I can do for your progress as yoga student and yoga teacher.

I studied Ashtanga Yoga with Paul Dallaghan and Horst Rinnerberger (200 + 300 hrs), Core Strength Vinyasa Yoga with Sadie Nardini (200 hrs), Pranayama Anatomy with Neil Barker (100 hrs), Yin Yoga with David Kim (30 hrs) and Bernie Clark (20 hrs), Yoga Nidra with Kate Kuss (20 hrs.), Bowspring with Desi Springer and John Friend, as well as Yoga Anatomy, Yoga History with Doug Keller, Fascia Anatomy with Dr. Robert Schleip, Restorative Yoga with Cindy Lee & Yoga Sequencing with Mark Stephens.

Eva will cover (functional) anatomy, the philosophy, ethics and lifestyle modules as well as teaching methodology.

Eva, Knut & Bruno are E-RYT 500 & YACEP (Yoga Alliance Continuing Education providers).



LEAD TRAINER BRUNO TEYSSANDIER

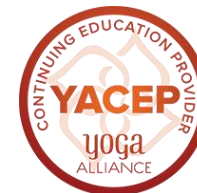
I was a professional mountain biker and backpacking tour guide before I discovered Yoga in 1998. I graduated from a Bikram teacher training in Los Angeles in 1999 and from two Iyengar therapy programs in Pune (India) in 2000 and 2001, followed by a year-long teacher training apprenticeship in the Iyengar method in San Francisco in 2002, a Moksha teacher training in 2010 and Budokon yoga first approach in 2015.

I studied in Mysore under the guidance of Sri K Pattabhi Jois in 2003 for 6 months and 2004 for 3 months.

My style of teaching is a blend of all of my above studies but not limited to any one of them, with a strong emphasis on alignment.



Bruno will cover analytical asana trainings, guide through led classes and the meditation & pranayama module, will contribute to the methodology module and overview the practicum classes.



FEELGOODSTUDIO TEACHER TRAINING

***WHY TRAIN
WITH FEELGOODSTUDIO?***



FEELGOODSTUDIO WILL PROVIDE YOU WITH EVERYTHING YOU NEED TO BECOME A GREAT YOGA TEACHER!

YOU WILL GAIN PROFOUND KNOWLEDGE ABOUT:

- Functional Anatomy & Yoga Physiology (20 hours)
- Yoga Philosophy, Ethics & Lifestyle (30 hours)
- Teaching Methodology (25 hours)
- Integrative Practice and Teaching (100 hours)
 - Alignment & Assists & the Use of Props
 - Analytical Asana Studies
 - Practical Teaching Yoga Skills
 - Pranayama
 - Meditation Techniques
 - Mudras, Chanting, Sanskrit

FEELGOODSTUDIO TEACHER TRAINING

WHAT WE EXPECT FROM YOU



FEELGOODSTUDIO IS ALL ABOUT THE WILL –

- to learn
- to practice
- to trust your teacher
- to be open to experience
- to welcome, respond and integrate your shadows
- to grow
- to change
- to transform

And the will to share your knowledge. This path will not be easy.

FEELGOODSTUDIO TEACHER TRAINING

FREQUENTLY ASKED QUESTIONS



SCHEDULE

The TT200 will be offered on one weekend per month (Saturday and Sunday), from November 22nd, 2024, to June 1st, 2025 (including 2 intensive trainings in May) – Fridays (5pm to 9pm), Saturdays and Sundays (10am to 6pm). All classes take place at one of the **FEELGOODSTUDIOS** (1040 Vienna, Paulanergasse 13/2/Loft or 1070 Vienna, Burggasse 31).

The weekend courses cover the main categories (functional anatomy & physiology, yoga philosophy, ethics, asana practice, analytical asana studies, teaching methodology, chanting, practicing pranayama & meditation and more). Trainees will get comprehensive scripts; three anatomy video courses (27 videos) are available.

For dates and exact schedule check out www.townhouseyoga.com or www.feelgoodstudio.at



There are different payment options depending on the date of payment (including an “early bird”-rate). Check out www.townhouseyoga.com. We can offer a special flexible payment plan, please ask for more information.

The course fee covers the Training Manuals and all classes taught to receive your certification. There is no additional fee for the final examination. The course fee does not cover additional material such as books necessary for your study or your individual Yoga practice at any studio including classes at Feelgoodstudio.

FEELGOODSTUDIO TEACHER TRAINING

WHAT WILL BE COVERED?



ANATOMY & YOGA PHYSIOLOGY – APPLYING ANATOMY

The anatomy course provides an understanding of the physical as well as the energetic human body. Trainees will understand the complexity of the human body, and the principles of movement. They will learn to name the main muscle groups and their function. The different human systems (muscular, skeletal system, respiratory, nervous system) are covered. Applying anatomy classes aim to integrate anatomy knowledge into practice, they focus on specific regions of the body with crucial importance for yoga students and teachers. With their understanding of functional Yoga anatomy and Yoga physiology trainees will be enabled to teach safely and to create, reason, practice and teach sequences according to healthy movement patterns.



YOGA HISTORY, PHILOSOPHY, LINEAGE, ETHICS & LIFESTYLE

This module cover lecture and discussion about the most important scriptures of Yoga. Trainees get an understanding of the importance of philosophy for their own practice and for their future teaching.

A deep insight to the following scriptures is given: Yoga Sutras of Patanjali, Hatha Yoga Pradipika, the main Upanishads including the Mahabharata and the Bhagavad Gita.

Ethics for Yoga teachers covers themes like understanding the student-teacher-relationship, which qualities does a Yoga teacher have, and ethical guidelines for Yoga teachers, as well as how to deal with problems within the class.



YOGA METHODOLOGY

This module will deal with sequencing principles, how to structure classes, hands-on and verbal adjustment, use of props, demonstrating, assisting, and the use of authentic language and voice.

Trainees will uncover different teaching styles and techniques to guide students in a healthy and safe way.

By “seeing and understanding bodies” this module offers different approaches to different special needs. Attention is given to “read” bodies, faces, breath movement and body “language” of students.



YOGA TECHNIQUES, TRAINING & PRACTICE

Led classes will allow to experience physical edge and growth as a practitioner. Trainees will personally experience techniques, benefits, effects, and variations of all major asanas.

Analytical Asana Training will provide a detailed understanding of all major asana categories. Trainees will learn how to break-down, understand, and approach every pose.

Teaching practice/practicum: In groups trainees will teach each other the poses presented, will adjust their fellow-students and will give feedback to each other.



MEDITATION PRACTICE & YOGA NIDRA

Trainees will be enabled and encouraged to establish a profound personal meditation practice. They will learn to create a safe meditation class, giving assists, correcting mistakes, answer arising questions.

Yoga Nidra, bodyscan, Buddhist meditation, body and breath awareness will be uncovered, discussed and practiced.



PRANAYAMA – YOGA BREATHING TECHNIQUES

The pranayama module covers the introduction to the concept of pranayama and the most important terms used in pranayama classes: prana, types of pranayama in the Hatha Yoga Pradipika, technical terms used in hatha yoga for the breath, benefits of proper breathing.

Pranayama techniques will be presented and mutually practiced.

The trainees will experience on an individual basis the effects of a correct pranayama practice according to their own capacity and possibilities. They will learn to safely introduce pranayama techniques in their Yoga classes.



PRENATAL & POSTNATAL YOGA

In this module trainees will practice asanas for each trimester, will learn about do's and don'ts, the use of props as well as adjustments. Sequences for pregnant women as well as for the 4th trimester (“postpartum magic”) will be experienced. The classes also cover the practice of prenatal restorative classes, as well as breathing techniques for pregnant women and for the time after birth. An insight for birth rituals and more, as well as the focus on the pelvic floor & Mama & Baby Yoga complete this module.

Trainees will learn to understand how the female body changes during pregnancy, how the yoga asana practice should be adapted, about hormonal shifts during pregnancy and biomechanics of the expectant mother.

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CHANTING – SANSKRIT – MUDRAS – KRIYAS

The **chanting module** will present some of the most important prayers/mantras.

The **Sanskrit class** will focus on learning to count in Sanskrit and to learn the Sanskrit names of the major traditional yoga asanas.

Trainees will learn the meaning and effects of the common **mudras**.

Objectives of **Yogic Kriyas** and practices of Kriyas will be presented and discussed.

Trataka, Kapalabhati, Neti, Dhauti, Nauli and Basti will be explained.



PRACTICUM

This module covers classes for practicing teaching as lead instructor in different class sizes. The groups will be supervised by both lead trainers.

Trainees will practically prepare a sequence, bring it into class, apply what they have learned about the use of language and voice, will train to offer props and alternative asanas, how to manage a group of students and how to interact with the group in skillfull means.

Feedback is given by the other trainees and the lead trainer (sequencing marking sheet).



ASSIGNMENTS

Throughout the Teacher Training trainees will be asked to present several written assignments. The assignments are part of the examination process:

Techniques, Training, Practice: participation in 3 different classes of different Yoga styles and write about it. Assignments on sequencing are given.

Anatomy: The Yoga Anatomy Foundation Course and Functional Anatomy are also presented as video series. The answers to questions at the end of each chapter will deepen the knowledge of the human physiology.

Philosophy: Trainees are asked to read the main Yoga scriptures (e.g. Patanjali's Yoga Sutra, Hatha Yoga Pradipika, Baghavad Gita ...) and express their main thoughts on it.

FEELGOODSTUDIO TEACHER TRAINING

READY TO JOIN IN?