



# Call for Expressions of Interest (EOI) for Canberra Level 1 Yoga Teacher Training Scholarship



*Issue Date: 13 May 2022*

*Submission Deadline: 5pm 10<sup>th</sup> June 2022*

*Request To: Current and Ex Serving ADF Members residing in ACT*

# TABLE OF CONTENTS

INTRODUCTION .....	3
THE OPPORTUNITY .....	3
ELIGIBILITY REQUIREMENTS.....	4
APPLICATION PROCESS.....	4
SUBMISSION DEADLINE.....	5
ABOUT THE LEVEL 1 200 HOUR YOGA TEACHER TRAINING COURSE .....	6
ABOUT FRONTLINE YOGA.....	7
LIMITATIONS .....	7
PRIVACY.....	8

## INTRODUCTION

Frontline Yoga is seeking expressions of interest from ACT-based ADF Veterans to be considered for a scholarship to undertake a recognised Level 1 Yoga Teacher Training course.

The scholarship is possible thanks to grant monies received from the ACT Government Veterans Support Grants Program and will enable two (2) successful candidates to undertake Level 1 200hr Yoga Teacher Training, Trauma Aware Teacher Training, and a business mentorship to assist in starting and running their own yoga business.

Frontline Yoga is a not-for-profit organisation offering best practice guidance on the delivery of Yoga to First Responders, Emergency Services and Military Veteran community. Through our network of skilled teachers, we also offer a suite of Yoga services that cater to the needs and abilities of all members within the community.

Frontline Yoga recognises the challenges faced by veterans in finding employment after service in the ADF. The objective of this scholarship is to provide high quality recognised training and experience that will enable the successful applicants to become qualified yoga teachers and if desired, run a small yoga business.

## THE OPPORTUNITY

Successful candidates will be enrolled on a Level One 200 hour Yoga Teacher Training course facilitated by [Byron Yoga Centre](#). There is an option to be enrolled on a part-time Canberra-based course or a 12 day intensive course held in Byron Bay.

In addition to the Level 1 Yoga Teacher Training course, successful candidates will be funded to attend a basic First Aid course and [Trauma-Aware Teacher Training](#). Finally, after completing formal training, graduates will be enrolled in a business mentorship program facilitated by Frontline Yoga.

Please note, travel is NOT included under the scholarship. Any travel is to be self-funded by the student.

## ELIGIBILITY REQUIREMENTS

The successful candidates will be selected by the Frontline Board based on consideration of the criteria detailed below, and a formal interview process. Applicants will first be shortlisted based on EOI submissions. Shortlisted applications will then progress to second round board deliberations followed by announcement of successful candidates.

### Essential Criteria

- ADF Veteran or currently serving ADF, but transitioning out of ADF in the near future;
- Currently residing in, and planning to remain a resident of the ACT for the foreseeable future;
- Ability to successfully complete all learning outcomes of the training *within the timeframes specified by the training providers*;
- Demonstrate a genuine passion for, and regularly practice Yoga;
- Possess a desire to develop others through the teachings of yoga;
- Medically fit to teach and practice Yoga and
- Be willing to commit to Frontline Yoga by agreeing to set up and deliver Frontline Yoga classes in your community for at least 12 months

### Desirable Criteria

- Currently attending Frontline Yoga classes; and
- Previous training or instructional experience.

## APPLICATION PROCESS

### **STEP 1 – REFER TO THE ELIGIBILITY REQUIREMENTS**

If you meet the criteria detailed above, you are encouraged to proceed with this expression of interest.

### **STEP 2 – INFORMATION SESSION**

It is highly recommended you attend the online information session which will be held by Frontline Yoga on 7:30pm 25<sup>th</sup> May 2022. Please register via link (not available on DRN): <https://bit.ly/37GLQ3H>

If you require any further information or have any questions about this expression of interest, the scholarship or the training, please email [info@frontlineyoga.com.au](mailto:info@frontlineyoga.com.au).

### **STEP 3 – COMPLETE THE EXPRESSION OF INTEREST FORM**

Please complete the expression of interest form and submit to [info@frontlineyoga.com.au](mailto:info@frontlineyoga.com.au) NLT 5pm 27 May 2022. Ensure you thoroughly address the criteria detailed above, attaching examples and evidence where appropriate.

#### **STEP 4 – SHORTLISTING**

Shortlisted candidates will be contacted via email and may be requested to provide additional information and attend an online interview. Further information will be provided to shortlisted candidates at a later date.

Unsuccessful applicants will be advised by email. We are expecting a large volume of applications and are a small volunteer organisation with limited resources, so unfortunately we may be unable to provide specific details relating to individual applications.

#### **STEP 5 – ANNOUNCEMENT OF SUCCESSFUL CANDIDATES**

Successful candidates will be notified by telephone no later than 30<sup>th</sup> June 2022.

#### **SUBMISSION DEADLINE**

Please provide all submissions via email to [info@frontlineyoga.com.au](mailto:info@frontlineyoga.com.au) by 5pm 10<sup>th</sup> June 2022.

# ABOUT THE LEVEL 1 200 HOUR YOGA TEACHER TRAINING COURSE

## **Part A: Pre-Course Preparation**

The preparation for the part-time Level 1 Teacher Training Course can begin up to 6 weeks before course commencement date. You will need to complete approx 30 hours of e-learning and self-study before the first weekend. This will include practicing with a link we will send you to a Purna Yoga sequence for Level 1, learning the Sanskrit names of poses and completing some pre course reading.

## **Part B: Canberra Studio Sessions**

Friday 4pm-8pm. Saturday 8am-5pm. Sunday 8am-5pm.

19, 20, 21 August 2022

2, 3, 4 Sept 2022

16, 17, 18 Sept 2022

30 Sept, 1, 2 Oct 2022

14, 15, 16 Oct 2022

Over the 5 weekends, practical and lecture sessions will include the following:

- Asana Techniques and Alignment
- Teaching Methodology and Language
- Adjusting and correcting students
- Sequencing for classes and private students
- Applied Anatomy and Physiology
- Modifications and variations of poses
- Yoga Philosophy, focus on the 8 Limbs
- Lifestyle & Ethics for Yoga Teachers
- Meditation and pranayama practices
- Teaching Practice with feedback

An important focus for us is teaching you to teach, trainees get the opportunity to develop their teaching skills in a real-life context in yoga classes for the public.

Over a relatively short time, you'll emerge with the practical skills and confidence to launch your yoga teaching career.

## **Part C: Online and practical**

Part C is undertaken in your own time and can be completed between the studio sessions at a personal pace. It comprises the maintaining of a personal journal of self-practice and of teaching experience plus some e-learning study. If needed you can continue the study and complete the course after the residential intensive.

## ABOUT FRONTLINE YOGA

Founded in 2016 by veteran community members, Frontline Yoga offers best practice guidance on the delivery of Yoga to the First Responders, Emergency Services and Military Veteran community. Through our network of skilled teachers, we also offer a suite of Yoga services that cater to the needs and abilities of all members within the community.

**FY Resilience** – Adaptive classes accessible to all abilities. Including seniors, chair, extensively propped and gentle classes that are taught with an awareness of trauma.

**FY Strength** – Traditional classes based on hatha yoga. Suitable for participants looking to enhance physical and cognitive performance on the job and in life.

**FY Connection** – Yin based yoga classes designed to enhance the connection between body and breath.

All classes are suitable for all ages and ability levels. Frontline Yoga teachers are experienced and capable of providing intelligent modifications to suit individual requirements.

Classes are FREE to all Frontline Professionals – Current | Ex-servicing | Retired – Police, Fire, Ambulance, Military, Healthcare Workers & Volunteer Emergency Services.

## LIMITATIONS

In applying for this Scholarship you accept that the following limitations apply:

This scholarship provided by Frontline Yoga Inc. will cover course costs only. Any other expenses relating to the training or subsequent yoga practice/employment are the responsibility of the student.

Specific exclusions include, but are not limited to travel expenses (including accommodation, meals and incidentals), insurances, equipment, professional registration, stationary and business expenses.

Prior to teaching yoga, the teacher must hold adequate insurance coverage for activities being performed. It is a requirement that all Frontline Yoga teachers hold at least \$10 million Public Liability Insurance.

I CERTIFY that I am physically fit, have sufficiently prepared or trained for participation in this activity, and have not been advised to not participate by a qualified medical professional. I CERTIFY that there are no health-related reasons or problems which preclude my participation in this activity.

I WAIVE, RELEASE, AND DISCHARGE from any and all liability, including but not limited to, liability arising from the negligence or fault of the entities or persons released, for my death, disability, personal injury, property damage, property theft, or actions of any kind which may hereafter occur to me including my traveling to and from this activity, THE FOLLOWING ENTITIES OR PERSONS: Frontline Yoga Incorporated and/or their directors, officers, employees, volunteers, representatives, and agents, and the activity holders, sponsors, and volunteers;

I acknowledge that Frontline Yoga and their directors, officers, volunteers, representatives, and agents are NOT responsible for errors, omissions, acts, or failures to act of any party or entity conducting a specific activity on their behalf.

## PRIVACY

Frontline Yoga (FY) is committed to protecting your data and providing you with a safe online experience. The FY Privacy Policy is available at <https://frontlineyoga.com.au/privacy-policy/>

## Expression of Interest Form

### Contact Details:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Residential Address: \_\_\_\_\_

\_\_\_\_\_

Postal Address: \_\_\_\_\_

\_\_\_\_\_

Email: \_\_\_\_\_

### Criteria:

1. Are you a veteran or currently serving ADF transitioning in the near future? Y / N

**Service:** Navy / Army / Air Force **Date of Enlistment:** \_\_/\_\_/\_\_ **Date of Discharge:** \_\_/\_\_/\_\_

2. Do you currently live in, and do you intend to continue living in ACT for the next two years? Y / N

3. Describe your experience with the practice of Yoga (in 100 words or less): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

5. Why do you want to become a Yoga Teacher? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Do you have any limitations (schedule, location, physical or mental etc) that may prevent you from completing the training offered under this scholarship?

Y / N (if Yes, please describe): \_\_\_\_\_

---

---

Frontline Yoga relies on volunteer teachers to establish and deliver Frontline Yoga in their local communities. Teachers usually deliver one class per week in a yoga studio or community centre.

Have you attended a Frontline Yoga class?: Y / N (If yes, when and where did you last attend?)

Location: \_\_\_\_\_ Date: \_\_ / \_\_ / \_\_

What is your understanding of the services provided by Frontline Yoga?: \_\_\_\_\_

---

---

---

---

Explain how you will contribute to the Frontline Yoga mission after completing your training? \_\_\_\_\_

---

---

---

---

---

Please elaborate on any training delivery or instructional experience: \_\_\_\_\_

---

---

---

I confirm that I have read and understand the Expression of Interest document relating to this scholarship. My answers are true and correct and I acknowledge that I may be required to provide additional information or evidence to support my application.

Sign: \_\_\_\_\_ Date: \_\_ / \_\_ / \_\_

Name: \_\_\_\_\_