

**BAREFOOT  
YOGA  
COURSE  
PROSPECTUS**



**200 HOUR  
YIN & VINYASA  
TEACHER TRAINING**

BY

**BY JESSICA MARTIN-JONES & ADAM  
KAOULLAS**

# WHAT THIS WILL ENABLE YOU TO DO

## Your job prospects + Qualifications

- You will be Qualified + Certificated to be a registered Yoga Teacher under an internationally recognised governing board of Yoga Alliance.
- Specialising in Yin, Vinyasa + Hatha Yoga classes. Although you are not limited to teaching these classes alone, and with time will be able to progress to other forms.
- Employable at Yoga Studio's, Gyms, Hotels, hostels, Lodges, Resorts, events, festivals, and schools all over the world.
- Teach 1:1 Yoga classes
- Teach Yoga internationally as this is an internationally recognised qualification
- Confidence in being able to teach beginners + possibly intermediate level, students
- You will be able to run your own classes, courses, workshops + Retreats!
- You will be able to attain Insurance cover as a qualified teacher.
- You can even run your own Yoga business!

## Opportunities with Barefoot Yoga Studio

- Barefoot Yoga School is affiliated with many studios around Australia. Therefore after completion of your 200-hour certification, we may recommend you to a local studio so you can start teaching straight away.
- Every hour completed on this course contributes to the total 500 hours required for your Yoga Diploma
- Future discounts on Online classes + courses
- Possible opportunity to assist on our other courses + Retreats as a Karma Yogi.



# KEEP GROWING

# ABOUT THE THE COURSE



This course is designed for those Yogi's and Yogini's who are ready to take the next step in their Yoga Journey and explore the teachings of Vinyasa + Yin Yoga over the period of 21 days at our beautiful location in Central Byron Bay, NSW.

We are a Yoga Alliance Certified School, therefore you will be certified as a 200 hours Vinyasa + Yin teacher. Our main aim is to produce teachers who feel confident in teaching by the end of our course. You will be able to teach 60-90minute + Vinyasa, Yin, and Hatha classes on completion of the course. There is plenty of time allocated to building the necessary skills to teach your peers, cue with correct anatomical guidance, plan a well balanced spiritual and authentic class and of course, adjust and align your students safely alongside the deep discussions into the History and Philosophy of where these forms of Yoga originate.

The course is located in a beautiful 6 bedroom home with a Yoga studio in Central Byron Bay. We are just 500m off Talow beach- the quieter side of the Lighthouse. This is a stunning location to immerse yourself in this intensive course.

You will be living with our other students, this is a very authentic way to do your course, the lead trainers Jessica & Adam have completed all of their training's in India- where they lived on campus at a Yoga Ashram. They wanted to recreate this family-orientated way of studying and practicing right here on the East Coast of Australia. You have assumed right that this will be a very personable, small group in which you have 24/7 support from your lead trainers. This adds to your unique experience as you will establish a close teacher-student relationship with your trainers, they are on this journey with you all of the ways- helping you become the confident, well-rounded teacher and answer any question that you need.



# ALWAYS WITH PASSION

# ABOUT THE ITINERARY

We have planned a well-balanced schedule to ensure that our students feel capable of completing every day with passion & enthusiasm. You will start your day at 6 am and finish at 7 pm. Please look carefully over the Itinerary below to better understand how each day will look!

## Example Daily Schedule

6 - 8am Vinyasa Flow  
815-9am Breakfast  
9-1030am Teaching Methodology + peer teaching  
10am -12pm Anatomy or Philosophy  
12-215pm Break (Exploring byron)  
215-345pm Asana alignment  
345 - 4pm Snack  
4- 530pm Yoga Philosophy  
530-6pm Yin class  
715pm Dinner

## Sunday

Your full-day off to explore neighboring towns, waterfalls, farmers markets, go surfing, hike, or just unwind. This day is for you to enjoy.

This is an example itinerary, a more detailed structure is on the following page, explaining classes and what each one covers. The Schedule will be subject to change especially in the final week as we head into our assessments!



It is important for us to mention that we have a ZERO tolerance for alcohol + drugs being consumed during your training.

This includes coming home under the influence as well. We expect our students to respect their bodies, other students, our sacred space and of course our philosophy as health and wellness practitioners. We also encourage our students to use us as their resources, we are happy to organise 1:1 sessions during your training.

# LOOSEN YOUR GRIP

# ABOUT THE CLASSES

**Monday-Friday**

**Saturday we plan to finish early**

## **6 - 8am Vinyasa Flow + Debrief**

An energising way to start your day and switch on your brain and digestive system for a day of learning and digesting!

## **8-9am Breakfast**

Breakfast will be a healthy buffet style cuisine suitable for vegans + vegetarians. What might be on offer; Vegan Porridge, Fruit Platter, wholemeal toast, avocado, mushrooms, Eggs, scrambled tofu, tomatoes, protein pancakes, vegan sausages, smoothies, health shots & Brekkie greens!

## **9-1030am Teaching Methodology + peer teaching**

This class is to learn HOW to teach and practice teaching your fellow students with confidence, preparing you for your final assessments + the outside world of future classes.

## **1030am - 12pm Anatomy**

This time slot will be allocated to Anatomy with our lead trainer Adam Kaoullas. Anatomy will be covered in the greatest depth possible for the 30hours allocated to it including the musculoskeletal system, injury prevention, how to cue at an anatomical level.

## **12-215pm Lunch**

Go and explore Byron, go for a swim, chill out, get a coffee or make some lunch. This is an extra long break to keep the balance!

## **145-345pm Asana Practice**

With many asanas to break down from standing, balancing, backbend, forward fold, twist, and more- we will be teaching the correct alignment and technique for your most popular asanas. This will also help our teachers begin to build their sequence with greater knowledge and ability, thus building confidence as a teacher.

## **345-4pm Refreshments**

Warm cocoa, chai, refreshing homemade kombucha, fruit, protein hit, or snack

## **4- 530pm Yoga Philosophy**

Yoga philosophy is a fascinating subject, we like to encourage discussion and dive deep into the most interesting questions such as the meaning of our existence!

## **530-7 pm Yin Practical**

Yin is a very relaxing style of yoga designed as a therapy to realign your body, let go and go on a parasympathetic journey of healing. This is the perfect way to balance the yang by welcoming the yin after a big day of learning.



# ABOUT THE CLASSES PART 2

## 715pm Dinner

Dinner will be another balanced nutritional meal, fully organic and local ingredients. For example; Mediterranean roasted vegetables + legumes, Vegan chili con-carne, Fajita-less Mexican, Thai Curry, Buddha Bowls, Sushi, Vietnamese, Dhal, Salads, Mixed Grains, Homemade soups and freshly prepared sauces and condiments

## Hump Day

On Wednesday nights we have MOVIE NIGHT streamed on our huge projector with Popcorn!

## Saturday

Instead of dinner we have lunch on Saturdays and allow the day to finish early so that you have a full day and a half off.

## Additional Classes + Workshops to look forward to:

- Business of Yoga
- Journaling
- Pranayama
- Meditation
- Nutrition + cooking class
- Acro Yoga
- Peak Postures
- Deep Stretching

If there is anything that our students can offer we are also very much open to learning + sharing!

All of your meals are lovingly prepared by our private Chef, Angie! With a Greek background, there's always a fantastic amount of flavour and traditional dishes on the table!

If you have any dietary requirements or allergies, please inform us far before the training commences as this may affect our menu planning and grocery shopping.

As mentioned before, food on your day off will be up to you. You are more than welcome to use the facilities as you please, as long as you clear up behind you.



# ABOUT THE HOUSE + LOCATION



Capturing the true essence of Byron Bay, the newly renovated beach house was designed for the complete Beachside living experience. Located just 500m off Tallow Beach and 1KM from Byron shops in a beautiful leafy neighborhood. With 6 bedrooms and 3 gorgeous bathrooms, this designer beach house will be shared with your students. Accommodating from 8 students.

## Facilities:

- 6 bedrooms and 3 bathrooms (1 bathtub)
- Hot outdoor shower to wash off after a day at the beach.
- Yoga Studio
- Communal balconies off the lounge
- Surfboards
- Wifi, Netflix and smart home speaker system
- Brand new modern kitchen, with servery window opening to the large outdoor deck + lounge with fairy lights
- BBQ + Firepit
- Large Garden

## EXTRAS:

Each bedroom and bathroom have been supplied with 5\* hotel quality linens and bath towels to make your stay extra special.

The beautifully crafted timber servery hatch and french doors lead through to an amazing sheltered deck where you can relax and unwind in our Byron Bay hanging chair with the sea-breeze behind you to keep you cool.

We will be making use of the BBQ & fire pit for some unforgettable evenings spent with your Yoga family and friends.

Our property is 30 minutes drive from Ballina Airport, 50 minutes from the Gold Coast Airport, or just under a 2-hour drive from Brisbane.

## Summer time in Byron Bay

Nov- Feb  
Max 27 Degrees  
Humid  
Water Temp: 26 degrees

You will need to bring sun screen and a light rain jacket as we are in the sub tropical rainforest region!

# ABOUT THE BEDROOMS

## BEDROOMS (AS LISTED ON WEBSITE)

Bedroom 1- Shared room, x2 single beds, shared bathroom + bathtub

Bedroom 2 - Basic Private Queen, shared bathroom + bathtub

Bedroom 3 - Luxury Private En suite and walk in robes + private access through french doors\*

Bedroom 4- Private Queen with own balcony + outdoor hanging chair/ study area

Bedroom 5- Large Private Queen with Lounge

Bedroom 6- Large Shared room x2 single beds, shared bathroom + Private entry onto garden

Every Bedroom has large wardrobes + linen

\*Find detailed description of bedrooms on COST page\*





# ABOUT THE BEDROOMS

## BEDROOMS + SHARED BATHROOM

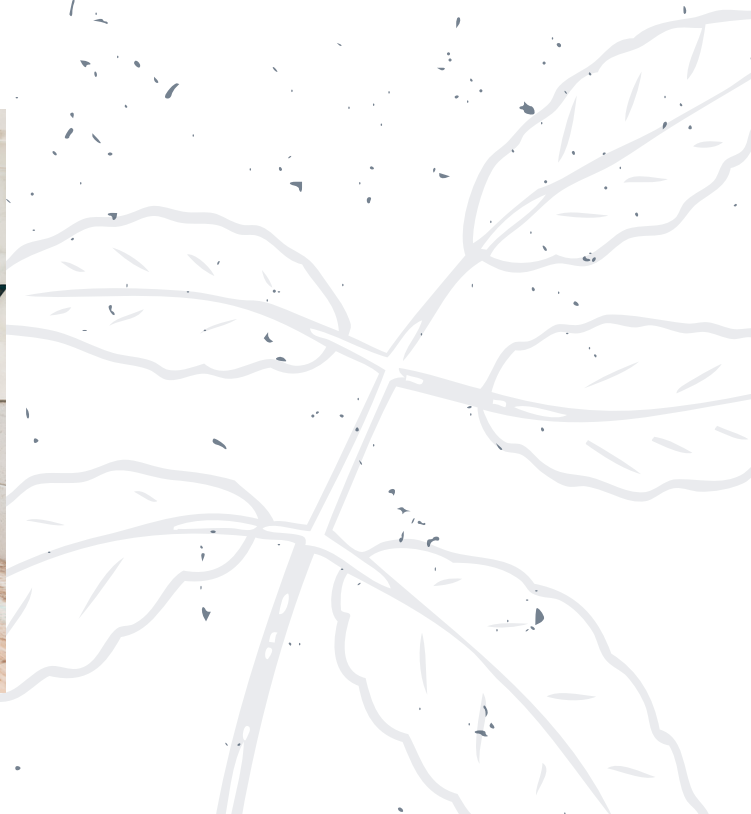
### BEDROOM 1



### BEDROOM 2



### BATHROOM



# BEDROOM 3 + PRIVATE EN SUITE



# BEDROOM 4 (SHARED BATHROOM NOT PICTURED)



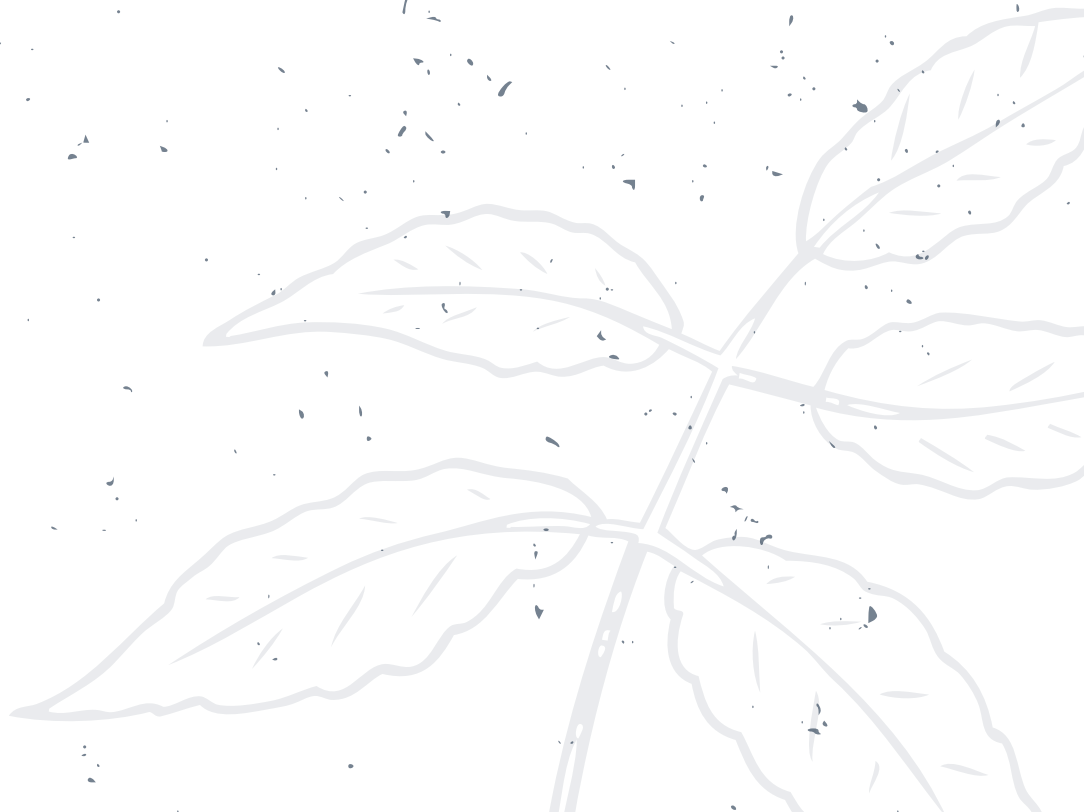
# BEDROOM 5 (SHARED BATHROOM NOT PICTURED)



**BEDROOM 6 (SHARED BATHROOM NOT PICTURED)**



**PLEASE BARE IN MIND THAT THESE BEDS ARE TWO SEPARATE SINGLES.**



# ABOUT THE SURROUNDINGS

WHAT IS AROUND US?  
YOU CAN SEE WHERE WE ARE MARKED ON THE MAP



**WATERFALLS  
BEACHES  
HIKES  
LIGHTHOUSE  
SURFING SPOTS  
FARMERS MARKETS  
NIMBIN  
CRYSTAL CASTLE**

**ASK US FOR THE SECRET SPOTS**

# PHOTO GALLERY



# PHOTO GALLERY





# ABOUT THE TEACHERS



**Adam Kaoullas - Registered E-RYT 500  
Lead Trainer of Yin, Chinese Medicine, Anatomy**

**Jessica Martin-Jones Registered E-RYT 500 + Meditation Teacher IMTTA  
Lead Trainer of Vinyasa, Philosophy, Meditation**

Jess and Adam are the owners of Barefoot Yoga school, they currently reside in Byron Bay on the East Coast of Australia. They are partners in life and business, Having created this vision whilst travelling and studying in India & Sri Lanka they are proud to bring to life a Yoga school which is both scientific and spiritual!

Adam

As a retired professional boxer, Adam is now leading a different life as a life long student to Yoga and qualifying Acupuncturist & Chinese Medicine practitioner. Adam has over 12 years experience in physiology, rehabilitation, anatomy and personal training. He runs the Yin yoga, Chinese medicine and Anatomy modules in these courses.

Jess

The on hand qualified course counsellor, Meditation Teacher & Nutritionist, with a passion for Holism, neurology and business. Jess is the driving force behind this passion project and school. She built Barefoot Yoga from the ground up after moving to Australia in 2017 with the vision of leaving behind the East vs West mentality and age old arguments and integrating them as whole. Jess runs the philosophy, Vinyasa, Hatha and meditation modules throughout the courses.

Jess and Adam are both highly experienced and registered with Yoga Alliance Australia and International. They have accredited over 6000 hours of Teaching between them over the past 2 years and many more in the last 5-10 years in the industry.

# ENTRY REQUIREMENTS

Before attending your 200 Hour Certificate program:

- You must have completed all course modules and quizzes on the 20 Hour online Course. This course is fully self-paced and included in your overall course costs.
- We also recommend reading Bernie Clark, Yin Insights before attending as this will really help lay the foundations better for you.
- You must have paid your Deposit and remaining amount 30 days prior to attending

Other than this, we highly recommend not 'over doing it'. Many people think they must arrive in their most flexible and fit states! This is not what we expect nor what we encourage. You are coming to learn how to practice properly, therefore we suggest just keeping up a light practice. The the 20 hour course will keep you busy enough!



# ABOUT THE COST

## **Inclusions:**

- 21 days of Accomodation
- Breakfast, Dinner, Snacks & Refreshments
- All classes & workshops
- 20 Hour Online Course
- Course Textbook
- Equipment; blocks, bolsters, straps & eye pillows are provided
- Basic Study materials (notebook, pen)
- Tote bag for study materials
- Fresh linen & Towels on arrival
- Beach towels
- Surf boards
- Unlimited Wifi
- Laundry facilities onsite
- Full use of Kitchen facilities

## **Exclusions**

- Airport Transfer
- Yoga Mat
- Suggested reading materials
- Travel insurance
- Lunch time meal
- meals on day off (1 day per week)



# ABOUT THE COST

The following prices are inclusive of everything as stated above.

## **Bedroom 1- 2 Single Beds + TV**

This is a divine simple room for friends to share, equipped with large wardrobes + a flatscreen TV, sharing a bathroom with 1 other bedroom.

\$3,950 p/p

## **Bedroom 2 - Queen**

This is a light filled, stylish and comfortable abode at the top level of the house. This is one of the smaller Queen sized rooms with a share a bathroom with one other room.

\$4,950p

## **Bedroom 3 - Double Bed + En Suite + TV**

THE BEST ROOM OF THE HOUSE- this is an exquisite bedroom with a TV, sliding doors into the large walk in wardrobe + bathroom. An extra added luxury with the glass doors opening up on to the back patio + deck area with outdoor seating.

\$6,450

## **Bedroom 4 - Queen Bed + Private Balcony + hanging Chair**

This is one of the smaller beautiful queen size rooms with glass doors leading out onto a private outdoor area with a hanging chair and space for Yoga. This bedroom is on the bottom floor and shares a bathroom with 2 other rooms.

## **Bedroom 5 - Queen Bed + Lounge + TV**

This is a very stylish room with lounge suite, TV and extra room for yoga practice. This is on the bottom floor house- next door to the Yoga Studio, hallway with a shared bathroom with 2 other bedrooms

\$5,450

\$5,450

## **Bedroom 6 - 2 Single Beds + Garden Access + TV**

This is a seriously cool bunk room for friends to share! With two double beds, a large flatscreen TV, storage and glass doors- accessing the beautiful green garden. This bedroom is on the bottom floor and shares a bathroom with 2 other rooms.

\$4,650 p/p

Please ask for the availability for your preferred dates



# ABOUT THE COST

If you are ready to take the next step towards changing your life forever then CONTACT US directly through the following means:

## Emails

Barefootyogaschool@outlook.com

## Phone:

Jess- 0422 871 355

Adam- 0490 049 832

Whatsapp (+61)

## Website

Submit a contact form:

<https://www.barefootyoga.info/>

If we don't get back to you within 24hours please feel free to contact us through any of our social media page:

@barefootyogaschool



# TERMS OF THE + CONDITIONS

T+Cs

## COVID-19

We are complying with NSW government Health guidelines which can be viewed here:  
<https://www.nsw.gov.au/covid-19/easing-covid-19-restrictions/opening-in-dec>

We are a COVID safe business. If you have any questions please don't hesitate to ask.

## Illness/ Injury incurred during training

- If the individual falls ill or injured during the training and cannot complete the required hours to obtain the full qualification; each case will be treated individually.
- The student may seek compensation for the food allowance for each day remaining that they could not attend.
- There will not be compensation or refunds available for the accommodation/ training costs or course materials.

## Cancellation policy

- Upon cancelling your booking you will forfeit the deposit amount paid which is non refundable under any circumstances
- If you cancel and Barefoot Yoga school has received more than the deposited amount, you will receive:
- 50% refund within 60 days of course commencement
- No refund within 30 days of course commencement

## Refund Policy in the specific case of COVID-19

- If the training is cancelled or postponed you will be issued a full credit - no funds will be withheld
- Full refunds are not available, CREDIT ONLY

## Payments

- The remainder of your payment must be paid 30 days prior to arrival
- If you cancel your training the \$49 paid towards the 20 Hour online course will NOT be refunded on top of the deposit amount of \$990
- In the case that you have arranged a payment plan, you must stick to the agreed payment instalments and their due by dates which will be made to you in writing.
- All prices are non-negotiable



# TERMS + CONDITIONS

## ABOUT THE

### Course COST

#### Requirements

- You must attend a 20 hour online component before completing the remaining 180 hours In person, on campus at the house in Byron Bay.
- We are not obliged to award each student with the certification if your lead trainers feel that you have not passed the minimum requirements to attain the qualification. Resitting your exams and seeking extra paid tuition is an option.
- 100% Full attendance is required to pass and receive your 200 hour yoga teacher training qualification.
- To be fully committed and open to the Yogic lifestyle and teachings
- Committed to learning and leading a healthy lifestyle during the training.

#### Ethics and code of conduct

- We do not stand for any form of sexual misconduct such as; inappropriate remarks and comments, inappropriate or unwanted touching or behaviour.
- We require you to inform us of any allergies, intolerances, medications, injuries (past or present) and traumas before the commencement of the course so that we may be aware and keep you safe. This is a legal requirement
- We do not allow the consumption of alcohol, drugs or cigarettes on the premises of the Yoga teacher training
- We do not stand for any bullying.
- We do not stand for any form of discrimination ( this includes but not limited to race, age, sex or religion)
- Always respect your fellow students and teachers
- Respect each others privacy and personal space
- Always comply with COVID safe practice
- Never discriminate against another student or teacher
- Do not share, copy or resell the course materials that have been provided and written by Barefoot Yoga.
- Zero tolerance for alcohol, drugs and cigarettes on the premises
- Do not bring a stranger (including your own family and friends) into the house without consent from your lead trainers FIRST.
- Please let your trainers know if you are not attending a meal so that they do not over cook and waste food.
- 100% attendance rate is required for you to pass.
- You must pass your end of training exams to graduate
- Do not steal or use someone elses personal possessions or property without asking first
- Name your equipment
- Name any food and beverages that you have purchased before storing them in the communal kitchen
- No food or drinks in the bedrooms
- If you break or damage any of the equipment or homewares, you must replace them or pay for the damage in full. This is not the responsibility of the school or teachers.
- Return home before 10pm Monday- Sunday, otherwise the doors to the house will be locked. Please let your trainers know if you intend to come back later. This can be discussed but not guaranteed as this is a serious training, not a party opportunity.
- You are responsible for your own possessions during the training.

If we believe the safety or integrity of other students and/or teachers are impaired by your actions you we will ask you to leave the training immediately. You may receive a warning, but If any of the above rules are broken, we reserve the rights to ask you to leave the training without a refund.