

**200 hr
PROGRESSIVE
VINYASA
YOGA
TRAINING**

**Welcome to the
2026 200-hour
Progressive Vinyasa
Yoga Teacher
Training in Perth,
Australia.**

This training offers a solid foundation for students who wish to take their practice to the next level and learn how to teach Vinyasa Yoga for all levels.



www.greenlotusyoga.com

Course Curriculum

- **Asana Journey** – Develop your Vinyasa practice and apply the wisdom from your journey to guiding others.
- **Teaching Methodology** – Learn how to teach Vinyasa for all levels. You will combine instruction with principles of demonstration, observation, modification, pacing, and timing.
- **Anatomy and Alignment** – Develop your understanding of your body through anatomy and alignment studies.
- **Subtle Anatomy, Pranayama & Meditation** Delve into the depths of subtle anatomy, energetics, pranayama and meditation.
- **Yoga Philosophy** – Learn about the history and philosophy of yoga and how to connect this ancient practice with Western living.
- **Ayurveda** – Learn the basics of Ayurveda and the holistic aspects of the practice
- **Somatics, Interoception and Nidra** – Learn the basics of Somatic Theory and how to regulate your nervous system through interoception, breathwork and yoga nidra.
- **Business** – Learn about the business of yoga and develop your business and your niche and your brand.

Reading List

- “Align Teacher Training Manual” – (printed and bound), included in Fees.
- Progressive Vinyasa Energetics Manual (free PDF)
- Progressive Vinyasa Teaching Methodology Manual (free PDF)
- “The Art of Teaching Yoga”– Ebook included in Fees.
- From the Vedas to Vinyasa – Amy Vaughan

Progressive Vinyasa

Progressive Vinyasa is an alignment-centered, breath-led approach to Vinyasa Yoga that combines intelligent sequencing with respect for each individual's body, mind, and nervous system. Rooted in the principles of **Vinyasa Krama**, or wise progression, this practice builds strength, flexibility, and resilience while honouring the holistic, meditative nature of yoga.

Every posture is approached with mindful attention to alignment, supporting joint health, postural awareness, and safe long-term practice. Classes are structured to progressively develop muscular strength, joint stability, and core integration alongside flexibility, with breath guiding the pace and quality of movement. This breath-centered approach supports nervous system regulation and encourages mindful awareness throughout the practice.

Progressive Vinyasa uses a **foundational sequence** that provides consistency while remaining adaptable for different levels, class durations, and student needs. Students work with Primary and Intermediate sequences that serve as a **structured framework**, helping to guide their practice and support independent home practice. Over time, creative loops and variations are introduced to the sequencing, allowing teachers and students to keep the practice fresh, dynamic, and engaging while still maintaining the integrity of alignment and progression.

Beyond the physical, Progressive Vinyasa integrates meditation, breathwork, philosophical reflection, and somatic awareness, nurturing both body and mind. This combination creates a complete, balanced yoga experience that strengthens, energizes, and cultivates mindful presence on and off the mat.



Carol Murphy

Carol Murphy is the founder and lead trainer with Green Lotus Yoga. The Progressive Vinyasa training is Carol's signature training; she has taught it roughly 35 times in Ireland, Spain, India and Morocco. It was also the first training she taught in Galway in 2006 when she started Green Lotus Yoga. Carol is ready and able to guide you through every step of deepening your practice and preparing you to teach.



Tash Katsimbardis

With over 20 years of experience as an Ashtanga practitioner and more than 8 years of teaching Vinyasa and children's yoga, Tash brings a rich, diverse approach to the mat.

She's also a dedicated strength and conditioning enthusiast, a trained pranic healer, a mum to three beautiful kids, and when she's not in the studio, you might find her immersed in her other passion—designing and building spaces through architecture.

The Live Studio Training

The live portion of the training takes place in **Energy Cntr Yoga** in the heart of Perth. Energy Centre Yoga is a modern yoga studio dedicated to fostering a vibrant and inclusive community. The studio offers a variety of classes designed to meet practitioners where they are, whether they are new to yoga or seasoned practitioners. Tash teaches at Energy Centre Yoga on a weekly basis, bringing her expertise in Progressive Vinyasa to support students of all levels.

The studio's ambiance is intentionally designed to be a sanctuary—a place where students can leave behind the stresses of daily life and reconnect with themselves. With a focus on community, care, and understanding, Energy Cntr Yoga has become a space where individuals feel welcomed and supported on their yoga journey.

2026 Live Studio Dates & Times

The live training takes place over 14 weekends across 7 months. Dates include:

- May 2nd-3rd
- May 16th-17th
- May 30th-31st
- June 13th -14th
- June 27th-28th
- July 25th-26th
- August 8th-9th
- August 22nd-23rd
- September 5th - 6th
- September 19th-20th
- October 17th - 18th
- October 31st - November 1st
- November 14th-15th
- November 28th-29th

Studio Times

- Saturdays: 1.00 p.m. – 5.00 p.m.
- Sundays: 10.30 a.m. – 4.00 p.m.

Up to 20 contact hours can be missed and made up through approved assignments.

The Online Training

The online training component runs over six months, with all sessions held live on Zoom. Training alternates between Anatomy, Energetics, Philosophy & Business, and later Teaching Methodology & Alignment sessions.

- Classes take place on Tuesdays and Thursdays, starting at 7.00 p.m. Perth time.
- Anatomy classes (approx. 2 hours each) take place roughly every second week during the first half of the training, progressing from foundational anatomy through standing postures, hips, core, backbends, inversions, and twists.
- Energetics, Philosophy, and Business sessions (around 75 minutes each) are interwoven throughout, supporting the anatomical content with teachings on energetics, philosophy, and professional development.
- From September onward, the focus shifts to Teaching Methodology and Alignment, leading into assessment preparation and course completion in October.

Online Student Platform

To support the online experience, the training includes access to the **200 hr Online Student Platform** — a dedicated space to stay connected throughout your journey. Here, you'll find everything you need: Zoom links, manuals, recordings, and a community chat where you can share insights and connect with fellow trainees.

Online Attendance Requirements

Recordings are available for a limited number of sessions (up to two anatomy, three energetics, and three philosophy/business classes), allowing flexibility while maintaining the emphasis on live participation.

Dates

Exact dates can be found on the online platform and any date changes will be discussed and agreed upon with the group via a poll to accommodate everyone's availability.

Investment

- **One-Time Payment:** AUD \$4,250 (if paid before April 3rd, 2026)
- **Staggered Payment Option:** AUD \$4,750, broken down as follows:
 - AUD \$400 non-refundable deposit
 - AUD \$870 for the first month
 - AUD \$580 per month for the following 6 months

Refund Terms and Conditions

Deposit Refund

Deposits are non-refundable.

Refund after Full Fees are Paid

If a student leaves the TTC after paying full fees, GLY will retain the deposit and fees for hours taken and refund the remaining fees. It may be possible, but not guaranteed, to defer your deposit to another training within 3 years.

What You Receive

- Printed course manual and papers
- Access to the 200 hr online Student platform where you can access manuals, papers, Zoom links and recordings in addition to the ongoing support via the community chat.
- Access to the 200 hr graduate student platform where you can access your training papers and continued community chat after you graduate.

Accreditation

This training is registered with Y.A and graduates are eligible for worldwide insurance.



Next Steps

Still on the Fence?

Take your time to reflect — this is an important decision. If you'd like to chat through any details or get a better feel for the training, you're very welcome to reach out on email at **info@greenlotusyoga.com** or book a call using this **booking schedule**.

Or Ready to Apply?

Or if you feel ready to take the next step and begin the journey, simply complete the, please fill out the **application form**.

In support,

The Green Lotus Yoga Team



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