

Lakshmi Voelker Chair Yoga® Self-Study Teacher Training

Unlock the Power of Chair Yoga with Our Self-Paced Online Certification Program

Thank you for your interest in our Lakshmi Voelker Chair Yoga® (LVCY) Self-Study Teacher Training. This flexible and comprehensive online course is designed to help you teach chair yoga safely and effectively to people of all abilities—without the need to get on the floor. Whether you're a yoga teacher, healthcare professional, or community worker, this course will give you the tools to bring the transformative benefits of yoga to a wider audience.

Why Become Certified in Chair Yoga?

Yoga is for everyone, but traditional yoga poses often exclude people who face challenges such as:

- Difficulty getting on or off the floor due to age, injury, or mobility challenges
- Limited space or time (e.g., at work, while travelling, or in a doctor's office)
- Balance, strength, or mobility concerns

Chair Yoga bridges this gap, offering a way for anyone—regardless of ability, age, or mobility—to experience the benefits of yoga. With our Self-Study Teacher Training, you can expand your teaching practice, help clients with specific needs, and gain confidence in teaching yoga to people who may not be able to practice traditional mat yoga.

Who Should Take This Course?

This course is perfect for:

- Yoga teachers who want to expand their skills
- Yoga teachers-in-training
- Fitness or Pilates trainers
- Healthcare professionals (nurses, physiotherapists, occupational therapists, exercise physiologists etc.)
- Caregivers, aged care, social or community workers
- If you're anyone who is passionate about helping others and making yoga more inclusive, this course is for you!

What is Lakshmi Voelker Chair Yoga®?

Lakshmi Voelker Chair Yoga® (LVCY) is an innovative approach to traditional yoga, adapted to be practised while seated in a chair. Developed by Lakshmi Voelker in the 1980s, LVCY combines ancient yoga techniques with modern adaptations to make yoga accessible to everyone.

Key features of LVCY include:

- Different Options for EveryBODY: Chair poses are tailored to individual needs, taking into account differences in ability, flexibility, range of motion, and strength.
- Accessible and Trauma-Informed: Emphasis on inclusivity and creating a supportive and safe environment for all students.
- Breathing, Foundation, and Functional Movement: Focused on grounding, functional movement, and mindful breathing techniques.

This adaptable method allows you to teach students of all ages, abilities, and experiences. LVCY helps people move better, breathe more freely, and feel empowered—whether they're seated in a chair, wheelchair, or using assistive equipment.

Course Objectives

By the end of the LVCY Self-Study Teacher Training, you'll be able to confidently teach Chair Yoga to a variety of students, from beginners to those with specific health needs. You'll gain the knowledge to:

- Safely adapt classical yoga poses to the chair (what we call Chairasanas)
- Teach classes that address different abilities with varied levels of flexibility, mobility, and strength
- Incorporate meditation, breathwork, and relaxation techniques into your classes
- Tailor your classes to individuals with physical or mobility challenges

What Will You Learn?

Our Self-Study Training Program includes 32 hours of online training, which covers the following:

- Chair Yoga Styles:
 - Single Chair Yoga™
 - Double Chair Yoga™
 - Pair Chair Yoga™
 - Weighted Chair Yoga™
 - Wheelchair Yoga™
- Chairasanas (adapted yoga postures) including:
 - Sun Salutation
 - Moon Salutation
 - Earth Salutation

- Warrior Sequence
- Balance Sequence
- Plus additional yoga poses and variations
- Eastern Disciplines such as:
 - Acupressure hand and knee strengthening exercises
 - Breathing techniques for relaxation and asanas
 - Introduction to the 7 Chakras and their affirmations
 - Do-In Chinese Self-Massage
 - Foot Reflexology
 - Pa Tuan Chin (8 Essential Sitting Exercises)
- Teaching Techniques:
 - Trauma-Informed Language
 - How to communicate inclusively and adaptively
 - Basic anatomy and contraindications for each pose

How the Course Works

Our Self-Study Chair Yoga Teacher Training consists of:

1. 16 Hours of Pre-Recorded Video: Watch the training recordings at your own pace.
2. 16 Hours of Homework: After watching the videos, you'll complete assignments, including:
 - Studying the course manual and additional online resources
 - Practising chair yoga at home
 - Creating a lesson plan
 - Preparing for a 15-minute practical assessment (you can send a video of yourself teaching or do it via Zoom)
3. Final Assessment:
 - A 12-question written assessment
 - Submission of your lesson plan, home study declaration and practical assessment video/zoom call

After successfully completing the course, you'll receive your LVCY Chair Yoga Teacher Certificate.

What's Included in Your Course?

- Comprehensive Teacher Manual (200+ pages with over 75 illustrated asanas)
- DVD for at-home practice
- Ongoing support from Claire and the LVCYAU community
- Lifetime Access to online course materials and the recordings
- Membership to a Teacher's Facebook Group for ongoing resources and community support
- 50% discount for additional resources such as mentoring circles, Chair Yoga e-book, Chair Yoga and Meditations videos and scripts, and more.
- 32 CEUs (Continuing Education Units) through Yoga Alliance and Yoga Australia

Pre-Requisites

- Basic experience with yoga (minimum 15 hours of personal practice or training)
- Open to yoga teachers, fitness trainers, healthcare professionals, and those interested in teaching yoga to a wider audience. Also this course is open to you if you wish to enhance your personal chair yoga practice.

Continuing Education Credits

Upon completion, you'll earn 32 Continuing Education Credits (CEUs) with Yoga Alliance or Yoga Australia.

Course Investment

- \$797.50 AUD (gst inclusive)
- Payment plans available: 3 or 6 months, with no additional fees. We can also tailor a plan to suit your individual needs.

How to Register

1. Visit our registration page: www.getfitwhereyousit.com.au/onlinechairyogatraining
2. Choose your payment option: Pay in full or click the link to select a payment plan.
3. Upon payment, you'll receive access to your course materials and can begin your training.

Questions?

For more information or to ask about the course, please contact:

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Follow us for updates and inspiration:

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Visit: www.getfitwhereyousit.com.au

Ready to make yoga accessible for EVERYBODY?

Start your journey today with LV Chair Yoga® Self-Study Teacher Training!