



Raw Power Yoga & Australia's Leading Yoga Educators



Transform Your Practice.

Lead With Purpose.

Discover a World-Class Yoga Experience.





Endorsed by Australia's Best

Trusted by high-performance teams
and organisations across the nation



- 01. Australian Defence Force
- 02. Brisbane Broncos
- 03. Brisbane Bullets
- 04. The QLD Firebirds
- 05. Australian Rugby League
- 06. Nicola Curry Australian Ballet
- 07. English Cricket Team
- 08.. And many more professional athletes and elite performers.



Why Train With Us?



Expert Instructions

Learn from Simon Kerle and a dynamic faculty of industry leaders who are redefining yoga education.



Credibility That Opens Doors

Endorsed by national teams and trusted by professionals, our training stands out on any resume.



Real-World Results

Our graduates walk away with not just a certificate but a powerful foundation to teach, lead, and inspire all over the world.



Supportive, Safe & Fun

We create a learning environment where growth is grounded in community, clarity and care.



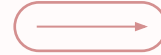


Who is This Training For?



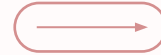
Core Philosophy

At Raw Power Yoga, we see no separation between student and teacher. We are all learning, growing, and here to inspire and uplift one another.



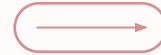
Students Deepening Practice

Those who want to deepen their yoga practice, regardless of teaching ambitions.



Aspiring Teachers

Looking to build a solid foundation in modern and traditional yoga.



Existing Instructors

Read to enhance their skills, confidence and career.



Personal Development Seekers

Ready to explore potential, expand self-awareness, and discover deeper levels strength and clarity.





O1

You feel a deep pull to explore yoga beyond the mat.

You know yoga is more than movement - it's a path of discovery and personal transformation.

O2

You feel inspired to guide others.

Whether you've dreamed of teaching or want to share what you love, even starting from zero.

O3

You want to study the full spectrum of yoga.

Not just poses, but philosophy, history, meditation, breathing techniques, and anatomy.

O4

You're ready to grow.

Physically, mentally, and emotionally. You want a challenge in a safe, structured environment.

How to know you're ready...



You value self-growth, truth, and meaningful connection.

You're not just looking to teach - you're looking to evolve. You want to grow emotionally, gain clarity on your purpose, and surround yourself with a community that believes in authenticity, accountability, and shared growth.





Training That Delivers More Than a Certificate

Stepping into your highest potential through education with a difference.

- ✓ World-Class Yoga Instruction
- ✓ Leadership-Development
- ✓ Public Speaking
- ✓ Psychology of Transformation
- ✓ Personal Evolution

Raw Power Yoga's 250HR Teacher Training isn't just about learning to teach yoga - it's about stepping into your highest potential.

Designed to elevate and accelerate your personal growth, both as a teacher and as a human being.

What You'll Receive



Expert-Led Education

Learn from industry leaders with decades of experience in teaching, healing, and coaching across the globe.

Confidence to Teach Anywhere Around The World

Gain the tools to teach powerfully and authentically in studios, schools, corporate settings, and wellness spaces worldwide.

Growth-Focused Environment

Train in a community that values your voice, journey, and unique strengths. Be challenged and uplifted in equal measure.

Immersive 10-week Experience

Participate in a deeply transformative program filled with connection, practice, feedback, and mentorship every 2 weeks.

Personal Evolution

Journey of emotional strength, mental clarity, and spiritual growth. Expect breakthroughs, confidence, and deep inner change.

Lifelong Friendships

Be surrounded by like-minded individuals creating strong community, support, and connection lasting beyond graduation.





Laying the Foundations

Essential Principles of Raw Power Yoga's Unique Teaching Methodology



What You'll Learn

Asana Physiology & Alignment
Applied Anatomy
History of Yoga
Teaching Skills
Live Coaching & Feedback
Social Media & Business
Oxygen Advantage Breathing Technique
Physical Teaching Practice Daily

The Art of Meditation
Breathwork & Bandhas
Yogic Philosophy
Class Sequencing
Transformational Leadership
Finding Your Voice

Key Highlights

- ★ Safe, functional movement and alignment principles
- ★ Accessible meditation and breathwork techniques
- ★ Real-world application of anatomy knowledge
- ★ Intelligent sequencing and class structure
- ★ Professional feedback and skill refinement
- ★ Business skills for sustainable yoga career

Foundation Building

Build a solid foundation in both physical and philosophical aspects of yoga, while developing your voice and presence as a teacher.

This first module introduces the essential principles that will guide your entire teaching journey.





Assisting & Alignment Program

The art of assisting through touch, presence, and precision



You Will Learn To

- ★ Safely and effectively assist all postures in the vinyasa sequence
- ★ Develop global awareness to see and support the whole room
- ★ Interact energetically and intuitively with students
- ★ Adapt to different bodies, injuries, and levels of experience
- ★ Apply correct alignment principles to all body types
- ★ Manage and modify for common injuries and physical conditions
- ★ Dive deeper into yoga philosophy, meditation, and history
- ★ Practice advanced pranayama (breath control)
- ★ Explore the chakra system and energetic alignment

Key Focus Areas

Through the power of connection and intelligent physical support, you'll develop a heightened sensitivity to different body types and energy states in the room.

Mastering the Art of Assisting

This module is dedicated to refining your ability to support students through touch, presence, and precision. It ties together everything you've learned in the core module.

Learn to safely and confidently guide students into deeper more aligned experiences - whether they are injury-free, working with limitations, or completely new to the practice.





Laying the Foundations

Anatomy the science of movement, structure, and safe teaching



What You'll Gain

- ★ Deep Understanding of the anatomical foundation behind key yoga postures.
- ★ Comprehensive asana manual covering progressions, modifications and safety cues.
- ★ Confidence in teaching correct alignment for all body types.
- ★ Techniques to modify, adjust, and enhance each pose responsibly.
- ★ Ability to design safe, progressive sequences that flow logically and support breath.
- ★ Informed approach to prevent injury and enhance longevity in practice - for both you and your students.

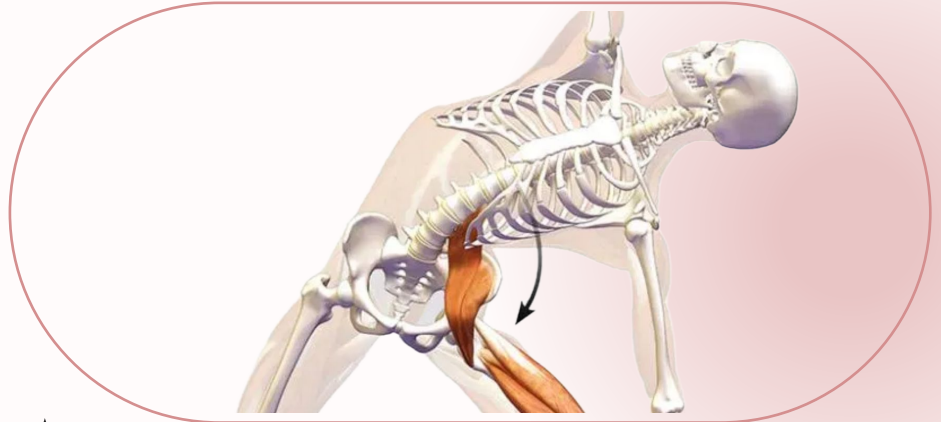
Core Objective

Confidently guide students with anatomical precision, ensuring safety and effectiveness in every pose and sequence.

Science-Based Approach

This module is dedicated to the science of movement, structure and safe teaching. Through focused workshops and practical teaching, you'll gain the tools to understand the body's mechanics.

Learn to adapt for individual needs and sequence intelligently with anatomical precision and care.





Daily Schedule Overview

Each training day is
intentionally crafted to
nourish, challenge and
inspire.

- ★ Meditation & Pranayama
- ★ Daily Yoga Practice
- ★ Practice Teaching
- ★ Anatomy & Alignment Workshops
- ★ Personal Development Sessions
- ★ Philosophy & History



What You Gain From the Course



Globally Recognised Training Certificate

Receive your official certification from Raw Power Yoga, backed by over a decade of experience in training world-class teachers. Includes over \$4,500 worth of added bonuses - completely free with your enrolment.

Eligibility for International Accreditation

Qualify to register with Yoga Alliance and Yoga Australia, two of the world's leading yoga accreditation bodies. This opens the door to teaching opportunities locally and internationally.

Pathway to Advanced Certification

Upon completion, you can continue your education with our 500 HR professional development pathway - refining your mastery and deepening your knowledge over time.





What You Gain From the Course... continued

One on One Mentoring

Enjoy personalised mentoring and career guidance from our senior teaching team - even after graduation for FREE. You'll never feel like "just another number."

Lifelong Friendships

You'll be surrounded by like minded individuals on the same path - creating a strong sense of community that lasts well beyond graduation.





Teach Anywhere, Anytime Worldwide

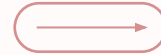


Equipped to teach a transformational yoga practice in virtually any setting



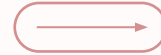
Schools

Help young people regulate stress and build self-esteem.



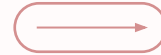
Corporate Offices

Support productivity and mental wellness in the workplace.



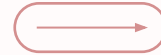
Fitness Centres

Integrate yoga into holistic strength and conditioning.



Professional Sporting Teams

Enhance mobility, and recovery for elite athletes.



Studios

Join a vibrant teaching community across Australia and beyond.



Healthcare & Wellness Practices

Complement allied health services with mindful movement.





Teach Anywhere, Anytime Worldwide

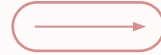


Outcomes...



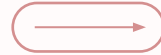
Industry Respect & Real World Results

Graduate with one of the most respected yoga teaching certifications in the country - trusted by studios, professions and elite organisations alike.



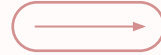
Unshakable Confidence

Develop clarity in your voice, presence in your body, and belief in our ability to lead others.



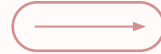
Physical Strength & Vitality

Deepen your physical practice, enhance your energy, and discover new levels of awareness to lead others.



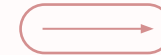
Strong Job Placement Outcomes

Over 65% of our graduates go on to teach in yoga studios across Brisbane, Australia and around the world. Many secure teaching roles before the course even ends.



Emotional & Mental Strengths

Transform limiting beliefs, uncover your inner leadership, and cultivate resilience and self worth.



Belief in Yourself

Walk away empowered, inspired, and ready to make a difference in the world - and in your own life.



Simon Kerle

From Elite Athlete to Embodied Leadership Guide & Yoga Educator

Simon Kerle is a former professional basketball player turned internationally respected yoga educator and performance coach. With over 30 years of high-performance experience—from elite sport to embodied leadership—Simon's work bridges physical strength with mental clarity and emotional depth. His mission is to help others lead with presence, purpose, and resilience.

A Career Built on Excellence - Elite Basketball Foundations

Simon's professional basketball career spanned 18 years in the NBL and internationally, including teams such as:

- ★ Brisbane Bullets,
- ★ Townsville Crocodiles,
- ★ Melbourne Magic
- ★ Southern Melbourne Saints
- ★ Geelong Supercats
- ★ Club Messina Italian Professional League

Simon is the founder of **Raw Power Yoga**, voted *Brisbane's Best Yoga Studio*. Known for its all inclusive levels of yoga from meditation, athletic, breath-led classes and inclusive community, the studio has become one of Australia's most influential yoga spaces. Simon's teaching style blends the discipline of elite sport with the depth of yoga, creating a powerful, accessible experience for all levels.

Recognised as a **pioneer in performance-based yoga**, Simon Kerle is a mentor to those ready to live and lead with greater intention. Whether on the mat, in the boardroom, or on the field, he brings the same unwavering presence, focus, and integrity that defined his professional basketball career—now devoted to guiding others toward their full potential.



Train the body. Calm the mind. Lead from the heart.

Master Teacher & Educator

Simon leads Raw Power Yoga's acclaimed **250HR and 300HR Teacher Training** programs, having trained hundreds of teachers across Australia and beyond. His holistic approach includes:

- ★ Functional movement & intelligent sequencing
- ★ Breathwork & nervous system education
- ★ Teaching & public speaking skills
- ★ Yoga philosophy, ancient & modern
- ★ Business strategy for yoga professionals
- ★ Personal development & embodied leadership

Trusted by Professionals & Industry Leaders

Simon Kerle is a trusted advisor to elite sports teams, corporate leaders, and high performers seeking clarity, resilience, and alignment. His unique approach has been sought out by:

- ★ **Australian Defence Force**
- ★ **Brisbane Broncos** (NRL)
- ★ **Brisbane Lions** (AFL)
- ★ **Brisbane Bullets** (NBL)
- ★ **Queensland Firebirds** (Netball)
- ★ **Queensland Reds** (Rugby Union)
- ★ **Australian Rugby League**
- ★ **Nicola Curry – The Australian Ballet**

Simon also works one-on-one and in groups with CEOs, entrepreneurs, and leadership teams—delivering tailored programs in:

- ★ Meditation & breath training
- ★ High-performance mindfulness
- ★ Emotional resilience & nervous system recovery
- ★ Executive presence & communication
- ★ Embodied leadership & sustainable performance



Sailesh & Marina Darshan

About

Sailesh and Marina are renowned meditation teachers and spiritual guides with over 25 years of dedicated practice and facilitation. Known for their grounded, accessible approach, they transmit ancient teachings in a way that speaks directly to the modern soul.

Rooted in classical yoga, Vedanta philosophy, and mindfulness-based practices, their work invites students to meet meditation not as escape, but as a deep, present engagement with life. Their sessions support nervous system regulation, inner clarity, and embodied stillness.

At **Raw Power Yoga**, Sailesh and Marina are core faculty in the Teacher Training programs, where they lead the **Philosophy, Meditation, and Inner Awareness** modules. They are widely respected for translating complex spiritual wisdom into meaningful, relatable insights—while always honouring the sacred lineages they carry.



They are not only teachers of meditation—they are a living embodiment of it

Guided Meditation & Somatic Awareness.

- ★ Practices to awaken inner sensing, intuition, and the body-mind connection.
- ★ Deep Study & Reflective Practice
- ★ Structured exploration of yogic scriptures, mantras, and contemplative journaling.
- ★ Emotional Resilience & Nervous System Regulation
- ★ Tools to navigate life's challenges with calm, strength, and self-compassion.

Heart-Centred Healing & Energy Work.

- ★ Subtle body awareness and vibrational practices that restore flow, balance, and inner clarity.
- ★ Sacred Union & Conscious Relationships
- ★ Exploring intimacy, communication, and spiritual partnership as paths to awakening.

Mentorship, Integration & Deep Listening.

- ★ Supportive guidance to anchor insights into everyday living with wisdom and grace.

Classical and Contemporary Meditation

- ★ Grounded practices for cultivating stillness, presence, and awareness in daily life. Yoga Philosophy & Embodied Ethics Living the Yamas and Niyama's with integrity—on and off the mat.

Pranayama & Breath-Led Mindfulness

- ★ Techniques to regulate the nervous system, calm the mind, and energise the body. Silence as a Healing Practice
- ★ Harnessing the transformative power of deep stillness and inner listening.
- ★ Self-Inquiry & Conscious Awakening
- ★ Guiding students to explore identity, conditioning, and spiritual truth through direct experience.

Wisdom from Sacred Texts

- ★ Practical integration of the Bhagavad Gita, Upanishads, and other ancient teachings.



Ramone Bissett

About

Meet a World-Class Teacher, Healer & Embodied Leadership Guide

This internationally respected educator brings together a rare fusion of ancient wisdom, modern neuroscience, and lived experience across diverse human and ecological landscapes.

Her work is grounded in **outdoor adventure leadership**, **wildlife conservation**, **trauma-informed therapy**, and **nervous system education**—all in service of empowering others to reconnect with their innate wisdom, resilience, and potential.

A Life Shaped by Nature, Healing & Human Connection

Guided by a lifelong curiosity about nature and the human experience, she has worked in some of the world's most remote and ecologically sensitive regions. Her early career as a conservationist and wilderness guide deepened her reverence for the wild, while her journey into therapeutic healing sparked a passion for inner transformation. She has since trained extensively in modalities that support deep personal and collective healing—drawing on both ancient traditions and evidence-based practices.



Her vision is to help shape **compassionate, well-regulated leaders** who embody calm, confidence, and inclusivity.

Her mission is to **transform how we live, lead, and connect** through trauma-sensitive, nervous system-informed practices that empower people to:

- ★ Understand and regulate their nervous systems
- ★ Unpack unconscious beliefs and dismantle internalised oppression
- ★ Embody their values and lead from presence
- ★ Approach others with compassionate curiosity

What Sets Her Work Apart ? Her unique approach blends:

- ★ **Somatics** and nervous system science
- ★ **Psychological insight** and therapeutic depth
- ★ **Culturally-informed healing traditions**
- ★ **Outdoor and nature-based experiences**

Everything she offers is accessible, practical, and grounded in **ethics and integrity**. Her spaces are inclusive and rooted in values such as:

- ★ Respect
- ★ Compassion
- ★ Curiosity
- ★ Accessibility
- ★ Evidence-based education
- ★ Mind-body integration

With decades of experience across global ecosystems and human transformation spaces, she understands that true healing is less about becoming more—and more about remembering who we already are. By gently releasing survival-based beliefs and behaviours that once served us, her work opens the path to alife rooted in authenticity, purpose, and vitality. Whether you're a leader, healer, educator, or seeker—her teachings invite you to be wild, be wise, and be well in every sense of the word.



Melissa Billington

About

- ★ Embodied anatomy and bio-intelligent movement
- ★ Nervous system regulation and trauma-aware yoga
- ★ Women's wellbeing and cyclical wisdom
- ★ Voice work, mantra, and vibrational healing
- ★ Yoga philosophy as a lived practice of social and spiritual evolution



Melissa Elvira Billington is a globally respected yoga teacher, somatic educator, and performance artist with over 30 years of experience in yoga, embodiment, and personal transformation. Known for her integrative, heart-centered approach, Melissa weaves ancient yogic wisdom with modern somatic science to guide students toward authenticity, presence, and empowerment.

Founder of **MYOGA – Freedom to Unfold**, a methodology and former studio in Wellington, NZ, Melissa spent 15 years teaching and training thousands to reconnect with body, breath, and truth. Her lineage includes Kripalu Yoga, Kundalini, Tantra, and trauma-informed somatic practices, blending movement, breath, stillness, and inquiry into profound journeys of self-discovery.

She has led 200HR and 300HR teacher trainings, workshops, and retreats across Aotearoa, Australia, and the U.S., mentoring teachers to embody authenticity and integrity.

Now based in Australia and pursuing a Master of Environmental Management at UQ, she continues to bridge inner work with planetary care.

Her guiding mantra: **Be wild. Be wise. Be well. Be you.**



Jai Hoffman

About

- ★ High-performance strength and conditioning
- ★ Trauma-informed yoga, breathwork, and meditation
- ★ Functional anatomy for yoga teachers
- ★ Nervous system regulation and resilience training
- ★ Leadership and performance under pressure
- ★ Corporate mindfulness and stress management



Jai Hoffman is a Strength and Conditioning Coach with a unique blend of military discipline, elite athletic training, and holistic wellness. A ten-year veteran of the Australian Army, Jai led high-risk training and operational deployments in the Middle East, developing leadership, resilience, and performance under pressure.

Following his service, Jai spent over a decade teaching yoga, breathwork, and meditation. His whole-system approach combines physical strength, mental clarity, and emotional balance—supporting individuals and organisations in building sustainable well-being and performance.

As a corporate keynote speaker and mindfulness coach, Jai brings science-backed tools for reducing stress and thriving under pressure. In elite sport, he's worked with the Queensland Reds, delivering high-performance programs that fuse athletic conditioning with nervous system awareness.

At Raw Power Yoga, Jai leads the Anatomy and Physiology modules in the 250HR and 300HR Teacher Trainings, integrating Western anatomy with yogic philosophy for a practical, embodied learning experience.



What's Included?

Over \$4500 in Bonuses - FREE with your
Training



- 01. Extra 50HR Accreditation
Value \$1,250
- 02. One on One Mentoring
Value \$2,500 LIFETIME
- 03. 4 Months Unlimited
In-Studio Access Value \$750
- 04. Complete 250HR Raw Power
Yoga Training Manuals
- 05. Functional Anatomy
Manual & Online
Recorded Classes
Traditional Yoga Studies
- 06. Philosophy Manual
- 07. Full Access to Class
Recordings
- 08. Free Meditation Journal



Early-Bird

\$3799

✓ **SAVE \$600**

✓ Must be paid in full before 01/01/2027



MOST POPULAR



Standard

\$4399

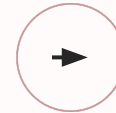
✓ Payment Plans Available

✓ Applies after 02/01/2027



Investment for the 250HR Teacher Training Program

To receive the Early Bird price, payment must be made in full by the deadline You can put down \$600 Deposit & Pay by 1/01 2027. Payment plans are available for these Early Bird prices but full price must be paid before 07/04/2027



Payment Options

Upfront Payment

Pay a non-refundable deposit of \$500 to secure your place. The remaining balance is due before the course start date.

Payment Plan (by Request)

Available only at the standard price.

Secure your place with a \$500 deposit, then pay the balance in 6 fortnightly instalments.





* Once you have started the course there are no refunds, you are allowed to complete the course at any other date in the future at no extra cost, you do not lose the money, it's used as a credit for the future.



To Secure Your Place:

Spots are LIMITED and sell out each year!

PAYMENT OPTIONS SCAN HERE →

Course Dates April 17th – Aug 8th, 2027

April – 17,18

May – 1,2,15,16,29,30

June -12,13,26,27

July – 10,11,24,25

August – 7,8

Cancellation Policy

Final date to withdraw from a program and not be responsible for the final payment is 60 days prior to the start date of the program. No refunds will be granted after that date but you will be able to transfer over to any year you would like to redo at no extra cost.

SAVE \$600
EARLY BIRD
SPECIAL



Early Bird Special
SAVE \$600 Raw

AU\$3799.

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One-off payment

Powered by **GoCardless**

DEPOSIT



Raw Power Yoga 250
hr Teacher Training

AU\$500.0

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One-off payment

Powered by **GoCardless**





CONTACT OUR YOGA FAMILY



To Book a FREE Information Call
0414 420 041

hello@rawpoweryoga.com.au

More information:

www.rawpoweryoga.com.au/raw-power-yoga-brisbane-teacher-training/

Raw Power Yoga is Accredited by Yoga Alliance International

