



Yoga Assistant Training



Duncan Peak
Founder, Power Living
Australia



Fiona Leard
Yoga Teacher to Olympic
& Elite Athletes

Power Living's Yoga Assistant Training program is the first of its kind in Australasia and the only place to learn the art of assisting. Learn from the best, Duncan Peak, founder of Power Living Australia and Fiona Leard, Yoga Teacher to Olympic & elite athletes, in this world class training opportunity.

invaluable
connection

You will:

- Enhance your teaching in the classroom and working one on one with students
- Gain confidence as an Assistant Teacher
- Develop a deeper understanding of your own personal Yoga practice
- Have opportunities to join the Power Living Assisting Team on retreats and in our studio

You will learn:

- Safe, effective assisting and adjusting techniques
- Different types of assists
- Safe alignment, joint movements and muscles engaged in postures
- How to support and enhance the practice experience for the student



no
experience
needed

Next course starts

love life • connection • universal power • calm the mind • inner strength • peace

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