

AWAKENING THE TEACHER

13 MOONS KUNDALINI YOGA TEACHER TRAINING

250HR PLUS

The 13 Moons Womens Temple Kundalini Yoga & Meditation Teacher Training has been developed over many years to guide women into the modern era of holding therapeutic kundalini yoga & meditation classes, holding healing space and supporting others in their physical, mental, spiritual awakenings. ***You will graduate this training with a minimum of 250hrs of training as a Kundalini Yoga & Meditation teacher.***

As a practitioner of yoga and meditation you naturally begin to develop a deeply healing presence. This is an ancient technique in the art of deep relaxation and accessing the truth of the present moment. From this place you can begin to heal your own being, and you can heal others through the quantum field, through your presence. We help you to develop this capacity in the form of **Subtle Body Healing** (originally from the lineage of Sat Nam Rasayan) either for your own personal experience or so that you can go on to work as an energy healer in a commercial capacity. We offer you the opportunity to train in Subtle Body Healing as it gives you multiple modalities to practice working with energy as well as multiple streams of commercial service offerings if you would like to go on to work as an energy practitioner.

IN PERSON • LIVE ONLINE • RECORDED

This is an integrative online & in-person training where you'll receive the theory, history and philosophy of kundalini yoga via online lectures and lessons and experiential kundalini yoga, meditation and subtle body healing retreats over 9 x Friday retreats from February - September in Samford Valley (Brisbane).

Each session is delivered live in real time and simultaneously live-streamed online via Zoom with recordings uploaded within 24hrs into your online learning portal.



You can choose to attend in person, on the live zoom call or to complete the sessions via the recordings. You will also be invited to join our **training WhatsApp chat** where you have direct contact to Sam & Leila for 1:1 mentoring and to connect with other women in the program.

YOU WILL GRADUATE QUALIFIED TO TEACH

- Kundalini Yoga & Meditation classes for everyone
- Kundalini Yoga & Meditation classes for women
- Kundalini Meditation & Pranayama (breath work) classes
- Work as a Subtle Body Energy healer
- Facilitate Womens Circles



YTT LEVEL 1 ADVANCED



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Professional registrations available with Yoga Alliance International Registry, Yoga Australia and Meditation Australia.

POST GRADUATE STUDY OPPORTUNITIES

You have the opportunity to commence your studies in a specialised field of interest by enrolling in the 350hr Plus Kundalini Yoga & Meditation Teacher Training. You can [find out more here](#).



AREAS OF SPECIALISATION INCLUDE

Lunar Maria Teens Yoga & Meditation Teacher Training 70hr

Womanhood Womens & Pregnancy Yoga & Meditation Teacher Training 70hr

Wisdom Moons Menopause Yoga & Meditation Teacher Training 90hr

Kundalini Restorative Yoga Teacher Training (Deep Rest & Nervous System Recovery) 70hr

Death & Dying Meditations & Rituals for End of Life plus become an End of Life Doula / Guide 70hr

COURSE TOPICS

Throughout the duration of this training you will receive the teachings and the opportunity to research more on the below topics. They are not taught exactly in this order but are delivered in a way that is optimal for your learning and understanding.

Kundalini Yoga & Meditation - History & Application

Origins of Kundalini Yoga

The difference between Kundalini Yoga & Meditation and other disciplines of yoga

What is Meditation

Celestial Communications



Sound & Naad

Anatomy of Sound

Articulation & Pronunciation

Vibration and Frequency

Mantras in Kundalini Yoga & Meditation



Yogic Philosophy

Ladder of Manifestation

Age of Aquarius

Patajali's Eight Limbed Path

Introduction to Ayurveda and the Doshas

Female Physiology & Anatomy

Introduction to the Body Systems

Immune System, Endocrine (Glandular) System & Nervous System

Western Anatomy

Teaching Methodology

Postures & Positioning

Teaching Therapeutically

Holding and Kundalini Yoga & Meditation Classes



Sacred Spiritual Anatomy

The Chakras
10 Bodies
Vayus, Nadis, Meridians, Tattvas, Gunas
Moon Centres

Energy Healing

Subtle Body Healing (Sat Nam Rasayan)
Developing a Meditation Practice for a Healing Presence

Seasons & Cycles

Cycles of the Moon
Cycles of the Earth & the Sun (the seasons)
The Great Cycles of Time

Aquarian Business - a short business course for emerging yoga & meditation teachers and wellbeing workers in the Aquarian Age.

Business in the Aquarian Age
Visioning & Uncovering your Mission
Money, Wealth & Prosperity
Branding
Marketing & Social Media Marketing
Your Business Eco System



COURSE RESOURCES

You will receive printed hard copies of your manuals on the first day of training.
Your online learning portal will have all of your course information, downloads, zoom links & class recordings. You will have access to course resources & recordings from the date you enrol until December 31 and then the course portal will be closed down.

RETREAT DAY PROGRAM

9.30am - 1pm Morning Training Session
1pm - 1.30pm Lunch
1.30pm - 4pm Afternoon Training Session

2026 PROGRAM DATES

February 20
March 13
April 10
May 1
May 29
June 19
July 17
August 7
September 11



PRICING

Upfront Payment	\$4,400 inc GST (Save \$200)
Payment Plan	\$1000 upfront then 9 x monthly payments of \$400 (total \$4,600 inc GST)

Please contact us if you would like to discuss an alternative payment plan.

ENROLMENT PROCESS

Step One [Click Here to return to our Enrolment Page](#) and you'll complete the Enrolment Form where we gather some details about you and register you to our training database.

Step Two At the end of the enrolment form you will be asked to complete your payment. You'll be redirected to our Online School on Thinkific to create your student portal (or sign into an existing account you have with us).

Step Three Once you complete your payment you'll have full access to the training library where you can begin on the Alchemy of Prosperity course and any pre-loaded training videos.

YOUR ONLINE PORTAL

We use the Thinkific online learning platform to host our recordings, course resources & assessment uploads. You will have the option to instal this as an app on your phone which makes listening back to recordings and catching up on missed content very easy and accessible. Almost like a podcast!

The recordings will be available until December 31 and then they are discontinued.

QUESTIONS?

Please write to us at
admin@13moonswomenstemple.com.au
to arrange a time to talk with us.

Leila & Sam xx

p.s. you can also find out more about the 13 Moons Womens Temple on our [Instagram](#), [Facebook](#), take a look at our [videos on youtube](#) or have a listen to our [podcast](#).

