



essence OF LIVING
ACADEMY



YOGA • YIN • PILATES • BARRE • THAI MASSAGE

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Welcome to the Gold Coast's favorite yoga and pilates studios offering over 170 classes. A celebration of body, mind and life in Mermaid Beach and Southport Ferry Road to over 2,500 students.

About Michelle Merrifield

Michelle Merrifield is the founder and operator of popular Essence of Living Yoga and Pilates studio and International Teacher Training Academy on the Gold Coast. After first discovering yoga and pilates at the young age of 16, she knew with every cell of her body that this was her calling and she wanted to share both the spiritual and physical benefits of the practice with others.

Essence of Living Yoga and Pilates studio was founded in 2004 and currently offers over 170 classes a week between studio, council, corporate, school and private sessions throughout the Gold Coast. With over 2,500 students a week participating in Essence of Living classes, Michelle's students range from kids to elderly, athletes to beginners. Strength conditioning, rehabilitation and recovery, weight management, corporate productivity, stress relief and individual wellbeing are all integrated.

Due to rapidly growing demand, Michelle Merrifield established Essence of Living International Academy in 2008, where she personally trains future teachers her individual style and techniques for delivering fun, dynamic and inspiring yoga, pilates and barre classes. The Academy is recognised by Fitness Australia and Yoga Alliance. Essence of Living's corporate relationships include Gold Coast Suns, Gold Coast City Council and Australian Institute of Sport, to name a few, along with local schools and non-profit organisations.

After completing a Business Degree and an Advanced Diploma in Recreational Fitness, Michelle went on to further her training with an International Advanced 'Stott Pilates' Mat course specialising in stability ball, fitness circle, flex band and foam roller instruction, together with reformer apparatus training. Later she expanded her knowledge and completed the internationally recognised 'Body Control Pilates' Mat Course.

Michelle went on to deepen her understanding of yoga by completing a 'Yoga Arts' 200hr intensive teacher training course in Ubud, Bali, a 'Brahmani Yoga' 500hr intensive Ashtanga teacher training in Goa India, a 'Jivamukti Yoga' 300hr intensive teacher training, plus a 500hr apprenticeship in New York. She then trained intensely with 'Dena Kingsberg' for 4 years and completed her 3 month committed Ashtanga practitioner course in Byron Bay, followed by 'Yin Yoga' 100hr teacher training in Mexico with Paul and Suzee Grilley.

After falling in love with Thai Massage and the benefits closely linked with yoga, Michelle also completed a 3 month intensive 'International Thai Massage' teacher training in Chiang Mai, Thailand. She now facilitates internationally accredited Thai Massage courses, making graduates more employable and resourceful, in order to accommodate a wider cross section of the population.

With the constant evolution of the industry, Michelle has kept her finger on the pulse with the latest trends and returned to New York for numerous intensive training programs, where she studied barre from the Lotte Berk lineage. There she trained at the world's most exclusive clubs, learning new techniques and methods, and brought a new style of barre back to Australia. Barre is a fusion of yoga, pilates and ballet. Michelle completed her certified barre training at 'Exhale' California with the original method founders Fred Devito and Elisabeth Halfpapp.

More recently, Michelle completed the Integrative Nutrition Holistic Health coaching course after exiting her Natural Medicine Degree halfway through due to the increasing growth and demands of the business. This has given her an even wider base to draw upon to facilitate a well-rounded holistic approach to health and happiness.



"I live and breathe my vocation as it resonates with every cell of my body. I truly love what I do and do what I love. I want to share my passion with the world around me and hope to create a happier, healthier world with those willing to change and grow with me." - MICHELLE MERRIFIELD

Michelle is the creator of all training programs at Essence of Living, and is the primary facilitator all course work for:

Yoga Level 1 • Yoga Level 2 • Yin Yoga • Pilates Level 1 • Pilates Level 2 • Thai Massage Level 1 & 2

Pilates level 1 Teacher Training - (200hr)

This course is ideal for pilates enthusiasts and those wanting to teach pilates. At Essence of Living, we strive to help trainers achieve the highest standards and become thoughtful, confident and responsible leaders in the pilates industry. We focus on the classic pilates method with a systematic approach that teaches our trainers to be capable and dynamic pilates instructors. Pilates is rhythmic, fluid and focused on connecting one movement to the next, building greater strength, flexibility and stability. At Essence of Living, we've developed our own unique method to increase the confidence and capabilities of each student.

Course Structure

This course is delivered over two timeframes, allowing you to choose which delivery suits you and your lifestyle.

- 1) 3 weeks intensive, Monday – Friday full-time, or
- 2) 7 weekends, Saturday & Sunday.

In addition to contact days, students are required to participate in 40 classes and observe 6 classes.

WHAT YOU WILL GAIN

You will be well versed in the science of human movement as well as adaptation to given situations. You will have the confidence and creativity to apply solutions in a range of

circumstances according to the needs of each individual. After completion of this course you will be able to lead and instruct a well-rounded pilates mat based class for clients.

COURSE UNITS

- Practical Pilates Sequencing
- Anatomy and Physiology
- Exercise Programming
- Special Populations
- Client Screening
- Nutrition
- Workplace Relations



"The only way to do great work is to love what you do"

Pilates level 2 Teacher Training - (100hr)

Continue to develop and further your skills as a dynamic pilates instructor. The Essence of Living Pilates Level 2 course is one of the most exciting and dynamic courses in Australia. The 100-hour training course is comprehensive, providing trainers with information not only on the wide selection of equipment-based exercises themselves, but how to effectively teach them in an inspiring and uplifting way.

Course Structure

This course is delivered over two timeframes, allowing you to choose which delivery suits you and your lifestyle.

- 1) 2 weeks intensive, Monday – Friday full-time, or
- 2) 5 weekends, Saturday & Sunday.

In addition to contact days, students are required to participate in 40 classes and observe 2 classes.

WHAT YOU WILL GAIN

The course ensures instructors will be able to instruct a broad range of clients from special populations to advanced athletes, offering a wide variety of modifications to exercises, in order to suit client needs and desired outcomes. The course clearly illustrates how to progress equipment based exercises for beginners right through to the advanced clients. Teaching safe and effective layering and sequencing techniques to maximize results.

There is a huge variety of creative, fun, equipment based exercises to choose from so that instructors and clients are always inspired and motivated to continue.

COURSE UNITS

This course will allow instructors to teach dynamic classes using the Essence of Living sequencing formula anywhere, any time, ensuring your success in your future training and business pursuits.

- Barre
- Ring
- Thera-Band
- Chi Ball
- Swiss Ball
- Ankle Weights
- Hand Weights



“When you’re surrounded by people who share a passionate commitment around a common purpose, anything is possible.”

Yoga Teacher Trainer - LEVEL 1 (200hr)

If you are passionate about yoga and want to share your love of yoga with others, Essence of Living welcomes you with Level 1 (200hrs) Yoga Teacher Training. Essence of Living is one of the fastest growing yoga schools in Australia, and is led by our highly qualified team of local and international teachers. The Essence of Living Teacher Training Courses are much more than just a teaching qualifications. As our students discover, we aim to nurture the 'teacher-to-be' and empower you with teaching skills that will enable you to teach and practice safely, with a strong foundation in the essence of yoga. Anyone can do this Teacher Training Course, whether for personal or professional development. This Teacher Trainer Course is essentially about you, guiding you on a journey of transformation.

The Essence of Living Teacher Training program is fully accredited with Yoga Alliance 200 hr Certification.

Course Structure

This course is delivered over two timeframes, allowing you to choose which delivery suits you and your lifestyle.

- 1) 4 weeks intensive, Monday – Friday full-time, or
- 2) 10 weekends, Saturday & Sunday.

In addition to contact days, students are required to participate in 40 classes, observe 8 classes and assist in 10 classes.

WHAT YOU WILL GAIN

During this training you will be challenged and immensely rewarded: physically, mentally and emotionally. You will become part of a beautiful community of like-minded individuals ready to support you, in your dreams and passions.

COURSE UNITS

- Yoga Philosophy
- Practical Yoga Sequencing
- Anatomy and Physiology
- Exercise Programming
- Special Populations
- Client Screening
- Nutrition
- Workplace Relations
- First Aid



“Nothing is as important as passion. No matter what you want to do with your life, be passionate”

Yoga Teacher Trainer - LEVEL 2 (300hr)

Yoga Alliance Course

Advance your yoga studies and grow from the foundations of your Level 1 Yoga Teacher Training. This course is a wonderful opportunity to go deeper into the study of yoga principles, philosophy, asana, pranayama, meditation, and anatomy, but more importantly the study of the 'self'. We feel that the learning journey of a yoga practitioner and teacher is a life-long journey, and goes far beyond the physical. We study the awakening of deeper levels of the energetic body as well as the attunement to the subtler messages of the body's intelligence. Michelle Merrifield combines her experience and knowledge with specialist guest teachers to offer one of the most exciting and diverse trainings, enabling you to truly reach your highest potential as a yoga teacher and practitioner.

Course Structure

This course is delivered over two timeframes, allowing you to choose which delivery suits you and your lifestyle.

- 1) 2 weeks intensive, Monday – Friday full-time, or
- 2) 5 weekends, Saturday & Sunday.

In addition to contact days, students are required to participate in 40 classes, observe 2 classes and assist in 20 classes.

WHAT YOU WILL GAIN

During this course, you will be a full-time yoga student again, relighting the fire of your own practice. This course is designed in an intimate group setting to enable more

one-on-one support with Michelle Merrifield. Your level of training in anatomy, public speaking, adjustments, injury prevention and treatment, and even the business of yoga, will grow immensely. Upon completion you will receive the 300 hr Yoga Alliance Course Certificate.

COURSE UNITS

- Advanced Techniques Training/Practice
- Advanced Teaching Methodology
- Physiology
- Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers
- Practicum
- A Weekend Retreat



“Everyone has been made for some particular work, and the desire for that work has been put in every heart”

Yin Yoga Teacher Training - (100hr)

Yin Yoga is not a new practice, but rather an old practice with a new name. The complete art of Yin Yoga encompasses postures of stillness for promoting growth, clearing energetic blockages, and enhancing circulation. Before the Ashtanga Vinyasa revolution of the 1980s, the Yin Yoga method or attitude towards the asana practice was to maintain a state of relaxation, to never strain or force the body into a position. Through this practice, Essence Of Living training promotes a relaxed confidence, fluidity and grace in the body. Guest facilitators will draw upon ancient Buddhist teachings and traditional Chinese medicine principles to awaken the energetic body and quiet the mind.

Course Structure

This course is delivered over two timeframes, allowing you to choose which delivery suits you and your lifestyle.

- 1) 2 weeks intensive, Monday – Friday full-time, or
- 2) 5 weekends, Saturday & Sunday.

In addition to contact days, students are required to participate in 18 classes and observe 1 classes.

WHAT YOU WILL GAIN

This course will inspire you to teach a safe and effective Yin Yoga class that will suit all different skeletal variations and health conditions. You will learn different practices to awaken the meridian channels of the body, creating an overall feeling of calmness and contentment for your students.

COURSE UNITS

- Techniques, Training and Practice
- Teaching Methodology
- Anatomy and Physiology
- Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers
- Practicum
- Buddhist Philosophy
- Traditional Chinese Medicine
- Meridian Theory



“Yin Yoga is an art form... Being in flow with the rhythm and flow of nature is the true essence of Yin Yoga.”

Thai Massage - LEVEL 1 & 2

Learn the ancient healing art and discover the unique traditional experience of Thai Massage on the beautiful Gold Coast, Australia. Perfect for beginners or qualified therapists as a career and/or personal development. Even if you have limited or no experience in body work, Thai Massage is for anyone interested in healing, for it is a simultaneous process of giving and receiving healing. This training delivers the deepest knowledge in an intimate setting and is designed to teach you about your body and how to share with, and spread, wellbeing to others. This course is internationally recognised and affiliated with the International Thai Massage (ITM) School Chiang Mai.



Course Structure

This course is delivered over two timeframes, totalling 60 hours, allowing you to choose which delivery suits you and your lifestyle.

- 1) 2 week intensive, Monday - Friday full-time, or
- 2) 5 weekends, Saturday & Sunday.

WHAT YOU WILL GAIN

Upon completion of this course you will receive ITM Level I & II. You will have the knowledge to perform a comprehensive 1½ to 3 hour full body Thai Massage. ITM style incorporates massage, yoga stretches, meridian work, acupressure, joint mobilization, moving meditation and relaxation. We focus on flowing movements, sensitivity/awareness and tailor-made techniques to suit individual needs. Essence of Living believes that everybody is different and encourages students to adjust their techniques to suit individual needs and body conditions.

Yoga Teachers: Thai Massage gives yoga teachers more confidence in adjusting their students throughout their yoga practice.

COURSE UNITS

Level 1 - Foundation of Thai Massage

- Cover Front Position (feet to face)
- Energy Lines (SEN) and Yin/Yang
- Stretches, Acupressure Points, and Proper use of Body Weight
- Abdominal (Hara) Work
- Perform an effective 1 - 1½ hour Thai Massage

Level 2 - Intermediate Thai Massage

- Cover Side, Back (Prone) and Sitting Positions
- Advanced Yoga-Like Stretching Movements
- Perform a comprehensive 1 ½ to 3 hour Thai Massage



"Touch was never meant to be a luxury. It is a basic human need. It is an action that validates life and gives hope to both the receiver and the giver. The healing of touch is reciprocal"

Essence of Living Academy

Ready to pursue your passion?

Taking the next step in pursuing your passion and making it your new career is an important decision. Essence of Living is here to help you along this new journey every step of the way. You will finish your course not only with the highest level of qualifications, but also become part of a supportive community of like-minded individuals.

APPLICATION PROCESS

If you have any questions, or wish to apply for a course, please call (07) 5526 6600 or email essence@essenceofliving.com.au.

PAYMENT PLANS

Payment plans are available for all our Academy training, in 3 month and 6 month options, with weekly or fortnightly payments.

All deposits must be paid in full prior to starting the course and to secure your position.

SCHOLARSHIPS

Essence of Living offers scholarships for our courses to select candidates. To apply for a scholarship please call (07) 5526 6600 for more information.



"Be your own success story,"



essence OF LIVING ACADEMY



“Be the change you want to
see in the world”

- MAHATMA GANDHI

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