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WHY STUDY AT CSF

CONVENIENT LOCATION SMART TEACHING FRIENDLY STAFF

COMPETITIVE FEES STRONG NETWORK FITNESS FACILITIES

COMMITMENT TO SUCCESS STUDENT SUPPORT FOCUS ON QUALITY

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YOGA

Diploma of Holistic Classical Yoga Practice and Teaching

This course will give you an understanding of holistic classical Yoga techniques & its' benefits. It will guide you in your first steps towards becoming a holistic classical Yoga teacher, or deepening and progressing your current Yoga teacher qualifications.

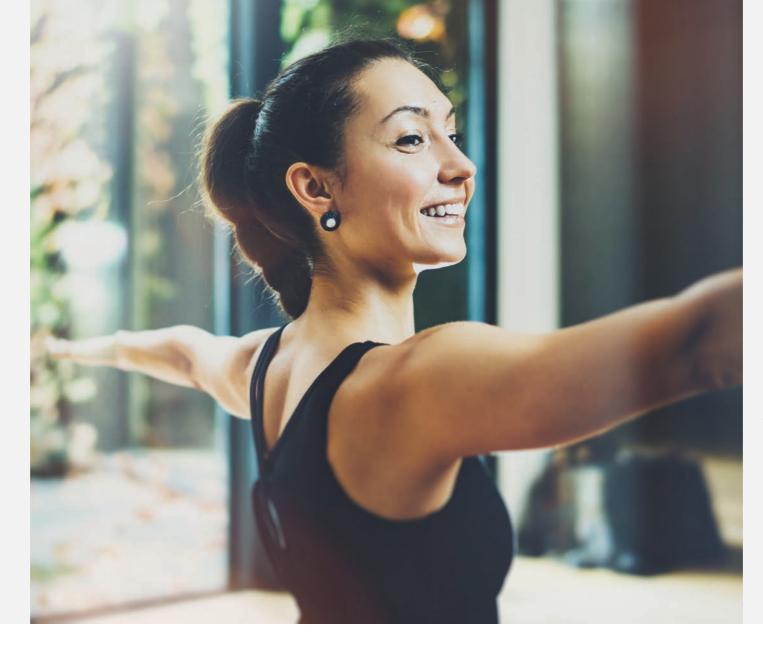
It will focus on physical movements (Asanas), breathing techniques (Pranyama), relaxation techniques (Yoga Nidra, Shavasana), philosophy for lifestyle choices and mindfulness practices (Meditation).

Australia's first Diploma to be recognised by Yoga Australia and Yoga Alliance.





500 hours RYS



ENTRY REQUIREMENTS

> Be 18 years of age or above

- English language level of minimum IELTS 5.5 or equivalent (if the level of English is insufficient, a suitable course can be organised)
- > Year 11 or equivalent certificate of senior secondary education

COURSE DELIVERY

This course is delivered over 20 hours per week through a combination of face-to-face and online delivery.

ADDITIONAL FEES

Enrolment Fee: A\$200 Uniform Fee: A\$100

QUALIFICATION UNIT CODE UNIT NAME NAT10975001 **Diploma of Holistic** NAT10975009 Classical Yoga NAT10975013 NAT10975016 Practice and NAT10975017 Teaching NAT10975002 NAT10975004 10975NAT NAT10975003 NAT10975005 CRICOS Course Code 107414M NAT10975006 NAT10975007 NAT10975008 NAT10975011 NAT10975012 Tuition Fee NAT10975010 A\$ 15.000 NAT10975015 NAT10975014 HLTWHS003 BSB0PS403 18 months TAEDEL414

6 Terms /60 College Weeks

Maintain work health and safety Mentor in the workplace Manage conflict SITXCOM010 BSBPEF502 SITXHRM009 Lead and manage people HLTAID011 Provide First Aid BSBPEF402 Develop personal work priorities

ACADEMIC YEAR / START DATES — The year is divided into 4 terms. See below for term intake dates.

YEAR	TERM 1 INTAKES		TERM 2 INTAKES		TERM 3 INTAKES		TERM 4 INTAKES	
	PRIMARY	MID-TERM	PRIMARY	MID-TERM	PRIMARY	MID-TERM	PRIMARY	MID-TERM
2022	24 JAN	28 FEB	18 APR	23 MAY	11 JUL	15 AUG	03 OCT	07 NOV
2023	23 JAN	27 FEB	17 APR	22 MAY	10 JUL	14 AUG	02 OCT	06 NOV
2024	22 JAN	26 FEB	16 APR	20 MAY	08 JUL	12 AUG	30 SEP	04 NOV
2025	20 JAN	24 FEB	14 APR	19 MAY	07 JUL	11 AUG	29 SEP	03 NOV

COURSE INFORMATION

Our Yoga course is approved for delivery by the Australian Skills Quality Authority (ASQA). It is a nationally recognised and accredited course within the Australian Qualification Framework (AQF).

This course will provide you with skills and knowledge that you may apply to other career paths, e.g. as a Counsellor, Massage therapist, Naturopath, Physiotherapist, Fitness Instructor, Personal Trainer, Chiropractor, Reiki Practitioner and many more.







FUNCTIONAL DELIVERY & ASSESSMENT TECHNIQUES

Delivery and assessment strategies have been selected to mirror the nature of all elements and performance criteria within each competency cooperatively providing the needs and learning styles of the learners.

Apply Yoga sequencing to holistic classical Yoga practice and teaching

- Perform and lead Mantra chanting sessions in holistic Yoga practice and teaching
- Interpret and provide advice on ayurvedic nutrition and yogic diet
- Apply methods of assisting and adjusting students in holistic classical Yoga practice and teaching
- Apply Yoga equipment in holistic classical Yoga practice and teaching
- Apply Yoga alignment techniques in holistic classical Yoga practice and teaching
- Apply Yoga Asana techniques to holistic classical Yoga practice and teaching
- Apply Yoga anatomy and physiology principles to holistic classical Yoga practice and teaching
- Apply Pranayama techniques to holistic classical Yoga practice and teaching
- Apply Mudra and Bandha techniques to holistic classical Yoga practice and teaching
- Apply Relaxation techniques to holistic classical Yoga practice and teaching Apply Meditation techniques to holistic classical Yoga practice and teaching
- Apply concepts of Chakras and Koshas to holistic classical Yoga practice and teaching
- Apply concepts of Gunas and Doshas to holistic classical Yoga practice and teaching
- Apply Yoga history and philosophy to holistic classical Yoga practice and teaching
- Plan, deliver and evaluate Yoga class and program in holistic classical Yoga practice and teaching
- Reflect on, improve and monitor your own personal holistic Yoga practice
- Apply business risk management processes
- Develop and use emotional intelligence