



YOGA

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WHY STUDY AT CSF

CONVENIENT LOCATION
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COLLEGE OF SPORTS & FITNESS

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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.



300 hours +



500 hours
RYS



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.

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**

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

QUALIFICATION	UNIT CODE	UNIT NAME
Diploma of Holistic Classical Yoga Practice and Teaching 10975NAT CRICOS Course Code 107414M	NAT10975001	Apply Yoga sequencing to holistic classical Yoga practice and teaching
	NAT10975009	Perform and lead Mantra chanting sessions in holistic Yoga practice and teaching
	NAT10975013	Interpret and provide advice on ayurvedic nutrition and yogic diet
	NAT10975016	Apply methods of assisting and adjusting students in holistic classical Yoga practice and teaching
	NAT10975017	Apply Yoga equipment in holistic classical Yoga practice and teaching
	NAT10975002	Apply Yoga alignment techniques in holistic classical Yoga practice and teaching
	NAT10975004	Apply Yoga Asana techniques to holistic classical Yoga practice and teaching
	NAT10975003	Apply Yoga anatomy and physiology principles to holistic classical Yoga practice and teaching
	NAT10975005	Apply Pranayama techniques to holistic classical Yoga practice and teaching
	NAT10975006	Apply Mudra and Bandha techniques to holistic classical Yoga practice and teaching
	NAT10975007	Apply Relaxation techniques to holistic classical Yoga practice and teaching
	NAT10975008	Apply Meditation techniques to holistic classical Yoga practice and teaching
	NAT10975011	Apply concepts of Chakras and Koshas to holistic classical Yoga practice and teaching
	NAT10975012	Apply concepts of Gunas and Doshas to holistic classical Yoga practice and teaching
	NAT10975010	Apply Yoga history and philosophy to holistic classical Yoga practice and teaching
	NAT10975015	Plan, deliver and evaluate Yoga class and program in holistic classical Yoga practice and teaching
	NAT10975014	Reflect on, improve and monitor your own personal holistic Yoga practice
	HLTWHS003	Maintain work health and safety
	BSBOPS403	Apply business risk management processes
	TAEDEL414	Mentor in the workplace
	SITXCOM010	Manage conflict
Tuition Fee A\$ 15,000	BSBPEF502	Develop and use emotional intelligence
	SITXHRM009	Lead and manage people
	HLTAID011	Provide First Aid
	BSBPEF402	Develop personal work priorities
Duration 18 months 6 Terms /60 College Weeks		