



YOGA

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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.

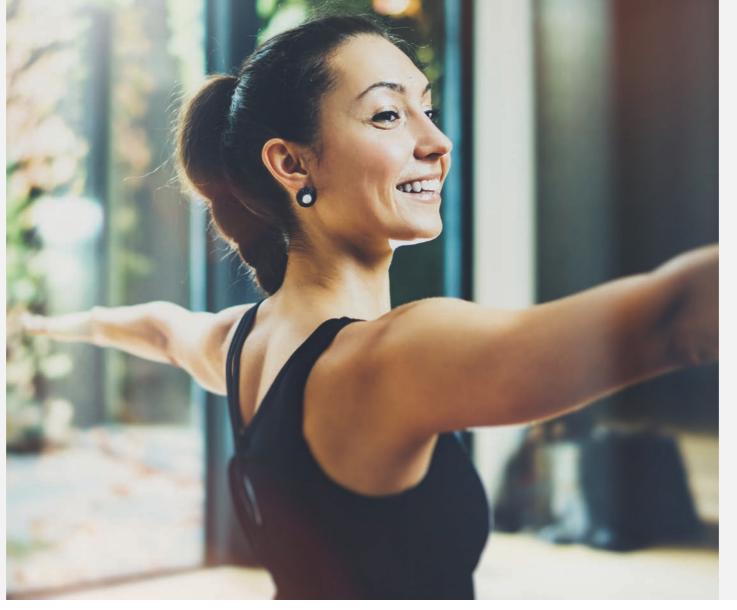
It will focus on physical movements (Asanas), breathing techniques (Pranyama), relaxation techniques (Yoga Nidra, Shavasana), philosophy for lifestyle choices and mindfulness practices (Meditation).

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





500 hours RYS



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 6.0 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
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
2026	19 JAN	23 FEB	13 APR	18 MAY	06 JUL	10 AUG	28 SEP	02 NOV
2027	18 JAN	22 FEB	12 APR	17 MAY	05 JUL	09 AUG	27 SEP	01 NOV

QUALIFICATION	UNIT CODE	UNIT NAME
Diploma of Holistic	NAT10975001	Apply Yoga sequencing to holistic classical Yoga practice and teaching
Diploma of Holistic	NAT10975009	Perform and lead Mantra chanting sessions in holistic Yoga practice and teaching
Classical Yoga	NAT10975013	Interpret and provide advice on ayurvedic nutrition and yogic diet
Practice and	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
Teaching	NAT10975002	Apply Yoga alignment techniques in holistic classical Yoga practice and teaching
10975NAT	NAT10975004	Apply Yoga Asana techniques to holistic classical Yoga practice and teaching
107/JINAT	NAT10975003	Apply Yoga anatomy and physiology principles to holistic classical Yoga practice and teaching
CRICOS Course Code 107414M	NAT10975005	Apply Pranayama techniques to holistic classical Yoga practice and teaching
0111003 00d13c 00dc 107414H	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
Tuition Fee	NAT10975012	Apply concepts of Gunas and Doshas to holistic classical Yoga practice and teaching
00.000	NAT10975010	Apply Yoga history and philosophy to holistic classical Yoga practice and teaching
a\$ 20,000	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
Duration	HLTWHS003	Maintain work health and safety
Duration	BSB0PS403	Apply business risk management processes
24 months	TAEDEL404	Mentor in the workplace
8 Terms /80 College Weeks	SITXCOM005	Manage conflict
o rernis 700 contege weeks	BSBPEF502	Develop and use emotional intelligence
	SITXHRM003	Lead and manage people
	HLTAID011	Provide First Aid
	BSBPEF402	Develop personal work priorities