



DIPLOMA OF YOGA TEACHING 10554NAT

Slow down Expand your heart Still your mind Nourish your body Honour your soul Embrace the whole



 WEEKLY PRACTICUM	TUTORIALS	4 YOGA RESIDENTIAL RETREATS
<p>Mon 1:00pm - 7:30pm</p> <p>Wed 4:00pm - 8:30pm</p> <p>Thu 10:30am - 3:30pm</p>	<p>Weekly Yoga Tutorials Mondays 2:15-5:15pm Starting 22 Jan 2018</p> <p>Weekly Sutras Tutorials Vibhuti Pada Term Two 2018, Thursdays 2-3:30pm Kaivalya Pada Term Four 2018, Thursdays 2-3:30pm</p> <p>Drama Games and Improvisation Term One 2018, Thursdays 2-3:30pm Term Three 2018, Thursdays 2-3:30pm</p> <p>Children's Yoga Instructor Workshop Weekend workshop + volunteer teaching 28, 29 April 2018 20, 21 Oct 2018</p>	<p>16-18 Feb 2018 Believe in Yourself, Transform your Life</p> <p>23-25 March 2018 Meaning, Purpose and Happiness</p> <p>11-13 May 2018 Emotional Intelligence and Wellbeing</p> <p>15-17 June 2018 Cook, Taste, Heal: Healthy Mind, Healthy Body</p> <p>4 weekend residential yoga retreats in the beautiful Gold Coast hinterland. All accommodation, meals and program activities included.</p> <p>Nirvana Wellness Retreat is located at 87 Binnaburra Rd, Beechmont, QLD.</p> <p>Friday 4pm - Sunday 4pm</p> <p>18 contact hours per retreat</p> <p>Massages, wellness treatments, single room upgrade and special diets are available as optional extras.</p> <p>Students are welcome to attend other classes, or retreats, space permitting. Fees apply.</p>
<p>STUDY UNITS</p> <ul style="list-style-type: none"> Administer a practice Confirm physical health status Vedic philosophy and Yogic concepts Yoga and ayurveda health - the next level Instruct Yoga asana Instruct yoga breathing Instruct yoga for relaxation Instruct clients in the use of yoga for effective concentration Conduct yoga meditation Lead yoga chanting Yoga leadership 		

Term One 2018: Mon 22 Jan – Thur 29 March (10 weeks)
 Term Two 2018: Mon 16 April – Fri 29 June (11 weeks)
 Term Three 2018: Mon 16 July – Fri 21 Sept (10 weeks)
 Term Four 2018: Mon 8 Oct – Fri 14 Dec (10 weeks)

Term break: Fri 30 March - Sun 15 April
 Term break: Sat 30 June – Sun 15 July
 Term break: Sat 22 Sept – Sun 7 Oct

Total: 600hrs i.e. minimum 15hrs/week over 40 weeks MUST be signed off in your student contact diary
 International students MUST attend all classes outlined on this timetable. Failure to attend the above fixed schedule will result in the student facing the consequences of being reported to the Department of Immigration and Citizenship and will risk losing their visa.

