



## CERTIFICATE IV IN YOGA 10553NAT

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



 WEEKLY PRACTICUM	THEORY TUTORIALS	4 YOGA RESIDENTIAL RETREATS
<p>Mon 9:00am-4:00pm</p>	<p><b>Weekly Mc[ UTutorials</b> Mondays 4:30-6:30pm Starting 16 July 2018</p>	<p><b>27 - 29 July</b> Cook Taste Heal</p>
<p>Tue 4:30pm-8:15pm</p>	<p><b>Yoga Sutras Tutorials</b> 19 Apr -28 June 2018, Thursdays 2-3:30pm 11 Oct -13 Dec 2018, Thursdays 2-3:30pm</p>	<p><b>17 - 19 August 2018</b> Believe in Yourself, Transform Your life</p>
<p>Wed 5:30pm-9:00pm</p>	<p><b>Sanskrit</b> Nov 2018 Mon 2-5pm</p>	<p><b>7 - 9 September 2018</b> <b>Finding</b> Meaning and Purpose</p>
<p>Arts and Culture Monday 6:30 - 7:15pm Bollywood contemporary Indian dance (optional) Thursday 2:00 - 3:00pm Express Yourself (starting 19 July 2018)</p>	<p><b>Children's Yoga (optional)</b> 20 - 21 Oct 2018 10am-5pm</p>	<p><b>26 - 28 October 2018</b> Emotional Intelligence and Wellbeing</p>
<p><b>DESCRIPTION</b></p> <p>Pranayama - breathwork Yoga - stretch and tone Nidra - deep relaxation and self healing Meditation - concentration practices Kirtan - chanting Bollywood - contemporary dance Karma Yoga - service and duties</p> <p>Students are required to wear comfortable exercise gear to practical sessions. You may like to also bring your own yoga mat, alternatively please bring a fresh towel and we'll provide you with a yoga mat on the day.</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>

Term One 2018: Monday 16 April - Friday 29 June (11 weeks)  
 Term Two 2018: Monday 16 July - Friday 21 September (10 weeks)  
 Term Three 2018: Monday 8 October - Friday 14 December (10 weeks)  
 Term Four 2018: Tuesday 29 January - Friday 5 April (10 weeks)

Term break: 2 July - 15 July  
 Term break: 24 September - 7 October  
 Term Break: 17 December - 28 January

**Total:** 600hrs i.e. minimum 15hrs/week over 40 weeks MUST be signed off in your student contact diary on the day of attendance

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.

