



CERTIFICATE IV IN YOGA

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



January Timetable 2020 Certificate-IV-version3 Updated 18th Dec 2019

 WEEKLY PRACTICUM	THEORY TUTORIALS	4 YOGA RESIDENTIAL RETREATS
<p>Mon 9am-7:30pm</p> <p>Tue 10:30am-1:30pm</p> <p>Thu 10:30am-1:30pm</p> <p>NOTE: The Weekly Practicum schedule may be subject to change. Please download this timetable again or check the times with our Office Administrator at the beginning of your term.</p> <p>DESCRIPTION</p> <p>Pranayama - breathwork Yoga - stretch and tone Nidra - deep relaxation and self-healing Meditation - concentration practices Kirtan - chanting 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>Weekly Yoga Tutorials Mondays 2:30 - 4:30pm Starting Jan 28th, 2020</p> <p>Sanskrit Course 9 March 2020</p> <p>Children's Yoga Course 9-10th May 2020</p> 	<p>6-8 March 2020 Believe in Yourself, Transform your Life</p> <p>22-24 May 2020 Emotional Wellbeing</p> <p>24-26 July 2020 Cook, Taste, Heal</p> <p>11-13 September 2020 Finding Meaning and Purpose</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>Term One 2020: Tuesday 28 January - Friday 3 April Term Two 2020: Monday 20 April - Friday 26 June Term Three 2020: Monday 13 July- Friday 18 September Term Four 2020: Tuesday 6 October - Friday 11 December</p>		<p>Term break: 4 April - 19 April Term break: 27 June - 12 July Term Break: 19 Sept - 5 Oct</p>
<p>Total: 600hrs i.e. minimum 15hrs/week over 40 weeks MUST be signed off in your student contact diary on the day of attendance</p> <p>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.</p>		

