

DIPLOMA OF YOGA TEACHING 10554NAT

Slow down Expand your heart Still your mind Nourish your <u>body Honour your soul Embrace the whole</u>



	PRACTICUM & TUTORIALS (weekly)		4 YOGA RETREATS
Mon	6-9pm (3hrs)	Self Mastery: Skilful Living Yoga Awakenings Yoga Unveiled Yoga Health Anatomy and Physiology Eye, Neck, Shoulders Chest and Bust Exercises Tadasana series Surya Namaskar Abdominal and Back Spinal Twist Classical Sitting Side Stretches Cat arch and Variations Back Breathing Morning Wake-up routine Tension Release	24-26 July 2015 Healthy mind, healthy body
Tues	5.30-9pm (3.5hrs)		7-9 August 2015 Meaning, purpose, happiness
Wed	4.30-9pm (4.5hrs)		16-18 October 2015 Believe in Yourself
Thurs	10.15am-1.30pm (3.25hrs)		6-8 November 2015 Emotional Wellbeing
	9		LIVING YOGA RETREATS 4 weekend residential retreats Friday 4pm - Sunday 4pm 87 Binnaburra Rd, Beechmont. QLD
	OFFICIAL	Anti-Rheumatic Group Teaching Pranayama Teaching Yoga Nidra Yoga Concentration Yoga Meditation	These include shared accommodation, delicious, healthy, vegetarian meals, program and yoga duties.
	OPTIONAL Mudras and Classical Indian dance	Mantra and Kirtan Yoga Ethics and Leadership	Massages, wellness treatments,

Mudras and Classical Indian dance Thursday 4.30-5.15pm Bollywood Thursday 6.30-7.15pm

Term One 2015:

Monday 13 July - Fri 18 Sept 2015

Term Two 2015: Tuesday 6 October - Friday 11 December 2015 Term Three 2016: Wednesday 27 Jan - Thurs 24 March 2016

Term Four 2017: Monday 11 April - Fri 24 June 2016

Holidays: 19 Sept - 5 Oct Holidays: 12 Dec - 26 Jan Holidays: 25 Mar - 10 April Course Ends: 24 June 2016

single room upgrade and special

diets are available as optional extras.

International students MUST attend all classes outlined on this timetable. Failure to attend the above fixed schdeule will result in the student facing the consequences of being reported to the Department of Immigration and Citizenship and will risk losing their visa.

Find your Voice,

Express Yourself