



**HEALTH INSTITUTE**  
A U S T R A L I A

*Shape your future, Reshape the world.*



## **ADVANCED DIPLOMA OF YOGA TEACHING** 10555NAT

Advanced Diploma of Yoga Teaching from the Health Institute Australia is the third and final part of our Yoga Teacher Training Program. It is an 1800-hour Government Accredited, Austudy and CRICOS Approved Course.

This is the highest yoga qualification you can obtain not only in Australia but in the world with our Advanced Diploma course being 1800 hours.



**NATIONALLY RECOGNISED  
TRAINING**



**HEALTH INSTITUTE**  
A U S T R A L I A

## SHANTI YOGA

The Advanced Diploma of Yoga Teaching is the first step along the road towards becoming a very real master of a small section from the vast body of the ancient, healing art of yoga that can have tremendous benefits for you, in your life and the lives of others. Through its use, as a true master, you can eliminate stress and fatigue, and with deep experience, remove disease from your life.

This course follows the Diploma of Yoga Teaching, which you must complete first and which fully qualifies you as a yoga instructor.



*Unbind your spirit. Don't let the opinion of others restrain you*

## PURPOSE OF THIS COURSE

The Advanced Diploma of Yoga Teaching is designed to provide participants with a thorough knowledge of more advanced asanas, knowledge, skills and specific competencies for the provision of the Advanced Diploma of Yoga Teaching qualification.

This qualification arises from the Industry's vision for the future services in yogic health and what the workforce for yoga teachers of the future will look like. The course is designed to train the yoga teacher of the future to address yoga workforce development priorities, support what is in place, and address barriers to workforce development and activities. Thus the primary purpose of this qualification is to equip the individual with advanced skills and knowledge to become a senior yoga teacher and to be able to teach yoga to a wider audience.

## OVERVIEW FOR ADVANCED DIPLOMA OF YOGA

### PRACTICUM TUTORIALS

Self Mastery

Yoga Health

Yoga Relationships

Yoga body, asana

Yoga breath, pranayama

Yoga relaxation, nidra

Yoga concentration, Dharana  
Yoga meditation, Dhyana  
Yoga language, mantra, kirtan, bhajan, sanskrit  
Yoga leadership  
DHARMA: Journey with Purpose (Dates TBA)  
ARTHA: Journey with Success (Dates TBA)  
KAMA: Journey into Healing (Dates TBA)  
MOKSHA: Journey into Freedom (Dates TBA)

## SUBJECTS



### ASANAS

A thorough knowledge of more advanced asanas, from the Advanced Diploma Manual of Shanti Yoga Asanas, along with the ability to identify postures appropriate to participants' needs, together with training teachers in the instruction of asanas.

### INTRODUCTION TO STYLES OF HATHA YOGA

An understanding of the approach and emphasis of some of the common styles of Yoga taught and practised in the West, with class plans and tips gained from the lifelong Yoga experience of our Faculty of Teachers.

### PRANAYAMA LEVEL 2 AND BANDHAS

In depth training in the principles, practice and teaching of specific, therapeutic pranayamas, along with the principles, practice and teaching of the more common Bandhas (or locks) which can be incorporated into Pranayama practices.

### DHYANA (MEDITATION)

The seventh limb of Yoga, dhyana, is the prime tool for establishing a calm, steady and clear state of mind. This subject will train participants in the principles, practice and teaching of the more common meditation techniques from Shanti Gowans' book: Inner Peace Handbook.

### CLASSES FOR SPECIAL NEEDS

As yoga teachers we see a lot of injuries to bones and joints simply from 'weekend warrior' type of exercises that inappropriately jam too much exercise into a small space of time, and into a body that is not ready for this. Some yoga students who work and spend time at sedentary jobs during the week, try to make up for it by overdoing their exercise (and asana) efforts. As a result, joints start hurting, neck and back discs can pinch nerves, knees may be injured.

The Yoga Sutras offer a practical system of 10 guidelines for inspired decision-making. When you learn to employ these tools in daily living, you will be

able to reliably access your own intuitive wisdom that will guide you to resolve every issue skilfully. These time-honoured guidelines will teach you how to transform the contractive power of unhelpful, stress-provoking, negative emotions and habits into an expansive, creative and dynamic force, in real-life situations that could include family, friends, work and recreation that will both prevent injuries and still help.

Application of your understanding in providing Yoga practices indicated (or contra-indicated) in some of the more common areas of special needs in the community, while training participants to make appropriate choices in the development of special needs classes such as:-

**The elderly**

**Tweens and teens**

**ADD & ADHD**

**Pregnancy Yoga**

**Healthy Back**

**Introduction to Yoga Therapy**

As a teacher you must empower yourself and your students to gain a sense of control over their lives and thereby have more peace within themselves. Health care via an introduction to yoga and ayurveda therapy is designed to provide an introductory overview of the principles of classical and applied Yoga and Ayurveda as prescriptive therapy, combining a knowledge of remedial therapies from both these sciences that include counselling on nutritional and lifestyle practices. Teachers wishing to train as Yoga Therapists will be encouraged to undertake further, specialised studies.

PLEASE NOTE: Course curriculum is changed periodically to reflect the changing needs of the profession, to retain leadership in academic standards and to fulfil the changing needs of the end user in the world.

*Only you can make it happen*

## **ELECTIVE WORKSHOPS**

The Yoga Sutras

Yoga Health: Ayurveda for Yoga Teachers

Hatha Yoga

Therapeutic Flow

Pregnancy Yoga

Chair Yoga

Children's Yoga: Foundational + 18 months-5 years + Tweens and teens

Peaceful Warrior

Meditation for Teens

Yoga for a Healthy Back

Assist Yoga

Improve your Teaching Skills

Yoga Nidra

Pranayama

Living Ayurveda

### **ADD ON ELECTIVES**

Asana Assisting and Adjusting, Safety Modifications and Effective Teaching Skills

The principles and practice of assisting students in a 'hands on' manner, commonly known as 'adjusting'.

### **FIRST AID TRAINING**

The Shanti Yoga Health Institute strongly recommends CPR (cardiopulmonary resuscitation) and first aid training for all yoga teacher trainees (YTT). However, CPR and first aid training hours cannot be counted toward satisfying the minimum YTT curriculum hour requirements. First Aid training is not included in your course and incurs an extra fee.

*Take small steps along the path of spiritual growth*

# OUTCOMES

This course will provide you with a range of advanced knowledge, skills and specific competencies to enable you to be a much needed senior yoga teacher in the community.

The learning outcomes in this program enable you to transfer and apply advanced theoretical concepts and technical skills to a range of situations. It offers opportunities to explore yoga teaching at an advanced level with an understanding of the physical, emotional and restorative effects of yoga postures, yoga breathing and relaxation, together with facilitating students in asana work. Such skills can be applied across a range of roles in a variety of contexts.

The course is designed to equip you as a yoga teacher with the skills to:-

Analyse, diagnose, design and execute judgments across a broad range of technical and management functions

Generate ideas through the analysis of information and concepts at an abstract level

Demonstrate a command of wide ranging, highly specialised, technical, creative and conceptual skills

Demonstrate accountability for personal and group outputs.

In this course you will:

*A silent mind doesn't ask anything at all*

Learn to instruct a deeper level of yoga health to individuals and in groups

Develop advanced skills on how to structure and effectively teach a yoga class to a variety of levels and ages including children, teenagers and seniors

Learn to teach advanced yoga asana correctly with yoga breathing and safety features

Execute the principles of alignment and adjustment of advanced yoga postures

Teach advanced yoga exercises with integrity in small and large groups

Teach a series of advanced yoga exercise routines

Teach advanced pranayama (yoga breathing) techniques

Teach advanced yoga nidra (deep relaxation)

Teach specialised yoga concentration

Develop advanced interpersonal skills, teaching people, not just poses.

Teach yoga for pregnancy

Teach specialised classes for children

Teach yoga for special needs

- Yoga for a Healthy Back

- Restorative Yoga

- Therapeutic Flows

- Chair Yoga

- Yoga for Healthy Ageing

- Pregnancy Yoga

- Yoga for Cancer and Chronic Illness

In conclusion, as a potential Yoga instructor, you will need to demonstrate a broad knowledge base incorporating theoretical concepts with substantial depth in Yoga postures, breathing, meditation and relaxation and apply these skills to a range of situations; and as a yoga instructor, you will be directly responsible for the achievement of group and individual outcomes.

On successful completion of a course, you will be competent to perform duties appropriate to the relevant industries and sectors.

A pathway to complimentary medicine VET courses

The Advanced Diploma of Yoga Teaching is also a pathway towards complimentary medicine VET courses such as the Advanced Diploma of Ayurveda. As a graduate of Yoga, you can further your studies in the field of yoga together with ayurvedic medicine and therefore be better equipped to offer an extensive range of services to your clients whilst running your own business.

Why do we say this is the best yoga teacher training in the world?

Like no other school in the world, the Health Institute Australia offers the most in-depth 600-hour, 1200-hour and 1800-hour hatha yoga teacher training courses..

# GOLD COAST - AUSTRALIA

Our campus is located on the beautiful Gold Coast of Australia, with proximity to shops, beaches, libraries and other facilities.



*I am the peace I wish to see in the world*

## COURSE DETAILS

Qualification	Advanced Diploma of Yoga
CRICOS Course Code	077506D
Accredited Code	10555NAT
Delivery mode	On-campus only.
Duration	156 weeks inclusive of 104 weeks from prerequisites Certificate IV in Yoga Education and Diploma of Yoga Teaching
Hours	1800 hours inclusive of 1200 hours from prerequisites Certificate IV in Yoga Education and Diploma of Yoga Teaching
Awarded by	Health Institute Australia
Pre-requisites	Because of the intense teaching practicum and involved nature of the course, it is a prerequisite and compulsory that course participants have:- Completed the Certificate IV in Yoga Education And an additional 600 hours from Diploma of Yoga Teaching And at least one year of regular yoga practice

### ENROLLING FOR 3 YEARS

Please note: You can enrol directly in this course even if you haven't yet done the prerequisites. If you enrol directly into the Advanced Diploma of Yoga Teaching for 3 years, you will automatically be registered to do the pre-requisites.

It just means that you will do Certificate IV for the first year, the Diploma of Yoga Teaching for the second year and Advanced Diploma of Yoga Teaching for the third year, with each year being 600 hours.

Entry requirements	IELTS score 5.5 is required for international students
Course Intake	Course intake is in February and July each year.

