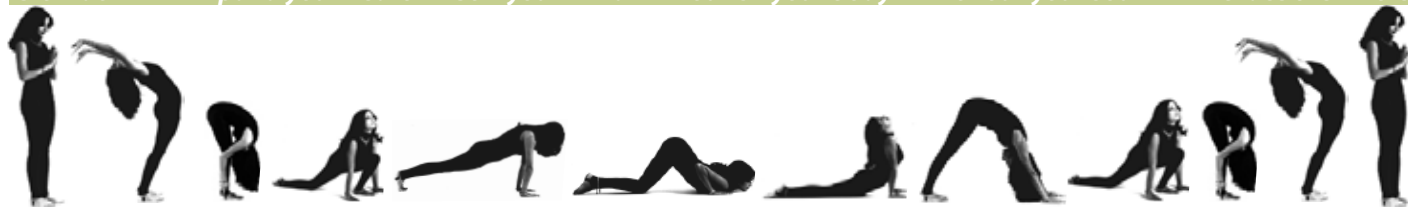



Advanced Diploma of Yoga Teaching 30849

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



First year timetable starts Monday 2 February 2015 – Friday 19 December 2016

	PRACTICUM (weekly)	THEORY TUTORIALS (Sundays)	RETREATS (Fri 4pm to Sun 3pm)
Mon	9am-3pm	TIME/DATE 10am -4pm 08 February - Self Mastery 22 February - Concentration 08 March - Ayurveda Health 22 March - Yoga Relationship 26 April - Yoga Body, asana 03 May - Yoga Breathing, pranayama 17 May - Yoga Relaxation, nidra 31 May - Meditation 21 June - Kirtan 28 June – Leadership	13-15 February Believe in yourself, Transform your life 13-15 March Healthy Mind, Healthy Body 8-10 May Meaning, purpose and happiness 5-7 June Emotional Wellbeing 4 weekend residential yoga retreats in the beautiful Gold Coast hinterland. All accommodation, meals and program activities included. Nirvana Wellness Retreat is located at 87 Binnaburra Rd, Beechmont, QLD. Friday 4pm - Sunday 4pm 25 contact hours per retreat Massages, wellness treatments, single room upgrade and special diets are available as optional extras. Students are welcome to attend other classes, or retreats, space permitting. Fees apply.
Wed	4.30-9pm		
Thur	5.15-7.45pm		
	DESCRIPTION Pranayama - breathwork Yoga - stretch and tone Nidra - deep relaxation and self healing Meditation - concentration practices Kirtan - chanting Bharat Natyam - classical dance Bollywood - contemporary dance Karma Yoga - service and duties Students are required to bring comfortable exercise gear to these 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.		

TERM DATES 2015

Term 1: Monday 2 February - 2 April (9 weeks)
Term break: 3-19 April

Term 2: Monday 20 April - Friday 26 June (10 weeks)
Term break: 27 June - 12 July

Term 3: Monday 13 July - Friday 18 September (10 weeks)
Term break: 19 Sept - 5 October

Term 4: Tuesday 6 October - 19 December (11 weeks)
End of year term break: 20 Dec 2015 – 31 Jan 2016




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Second year timetable starts Monday 1st February - Friday 16 December 2016

PRACTICUM & TUTORIALS (weekly)		ASANA TOPICS	4 YOGA RETREATS
Mon	4.-9pm	SHANTI YOGA ASANA SERIES Eye Exercises Neck Exercises Shoulder Exercises Check and Bust Exercises Standing Work Exercises Salute to the Sun Exercises Abdominal and Back Gastric Ease Spinal Twist Classical Sitting Positions Side Stretches Cat arch and Variations Back Breathing Morning Wake-up routine Tension Release and Anti-Rheumatic Group Exercises Children's Yoga Instructor Training Teaching Pranayama Teaching Yoga Nidra Yoga Concentration Interpersonal skills Occupational Health and Safety - the principles and practices that are relevant to the teaching of Yoga Yoga Ethics, Leadership and the Professional Yoga Teacher	4 weekend residential yoga retreats in the beautiful Gold Coast hinterland. All accommodation, meals and program activities included. Nirvana Wellness Retreat is located at 87 Binnaburra Rd, Beechmont, QLD. Friday 4pm - Sunday 4pm Dates for 2016 TBA. 25 contact hours per retreat Massages, wellness treatments, single room upgrade and special diets are available as optional extras. Students are welcome to attend other classes, or retreats, space permitting. Fees apply.
Tues	5.30-9pm		
Wed	10.30am-4pm Practical Tutorials (subject description next column)		
Thurs	Optional and free: Classical and contemporary Indian Dance 4.30-7.30pm		
			

TERM DATES 2016

Term 1: Monday 1 February - Thursday 24 March (8 weeks)
Term break: 25 Mar – 10 April

Term 2: Monday 11 April - Friday 24 June (11 weeks)
Term break: 25 June – 10 July

Term 3: Monday 11 July - Friday 16 September (10 weeks)
Term break: 17 Sept – 3 Oct

Term 4: Tuesday 4 October - Friday 16 December (11 weeks)
End of year term break: 16 December, 2016 - 24 January 2erm




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Third year timetable starts Monday 30 January - Friday 15 December 2017

 WEEKLY PRACTICUM	10 TUTORIALS	4 YOGA RESIDENTIAL RETREATS														
Mon 4.30-8.30pm	WHEN Held once a month Saturday and Sunday 9am-5pm 1. SELF MASTERY Practising Peace 2. INSTRUCT YOGA HEALTH Yoga for a Healthy Back 3. YOGA RELATIONSHIP The Yoga Sutras 4. INSTRUCT ADVANCED YOGA ASANA Advanced Diploma Asanas Includes the classical paths of Yoga and modern styles of Hatha yoga. 5. INSTRUCT ADVANCED PRANAYAMA 25 Breathing Practices 6. INSTRUCT ADVANCED YOGA NIDRA The Power in Stillness: Yoga Nidra 7. INSTRUCT YOGA CONCENTRATION The Power in Focus and Steadiness: Concentration and Mindfulness 8. YOGA MEDITATION Meditation by the Monks of the Ramakrishna Order Sanskrit Mantras and Slokas 9. YOGA LEADERSHIP & BUSINESS The Spiritual Guide to Attracting Abundance The Art of being...in business 10. YOGA FOR SPECIAL NEEDS Chair Yoga Healthy Ageing	TOPICS FOR MEDITATION RETREATS 1. Mindfulness meditation 2. Training the mind, Lojong meditation 3. Vipassana meditation 4. Calm abiding & the seven spiritual laws of success 4 weekend residential yoga retreats in the beautiful Gold Coast hinterland. All accommodation, meals and program activities included. Nirvana Wellness Retreat is located at 87 Binnaburra Rd, Beechmont, QLD. Friday 4pm - Sunday 4pm Dates for 2017 TBA. 25 contact hours per retreat Massages, wellness treatments, single room upgrade and special diets are available as optional extras. Students are welcome to attend other classes, or retreats, space permitting. Fees apply.														
Tues 5.30-9pm																
Wed 9.30am-1.30pm																
Thurs Optional & Free: 4.30 - 7.30pm Classical & modern Indian dance																
DESCRIPTION Class practicals include: <table border="0"> <tr> <td>Pranayama</td> <td>breathwork</td> </tr> <tr> <td>Yoga</td> <td>stretch and tone</td> </tr> <tr> <td>Nidra</td> <td>deep relaxation</td> </tr> <tr> <td>Meditation</td> <td>concentration</td> </tr> <tr> <td>Bharat Natyam</td> <td>classical dance</td> </tr> <tr> <td>Bollywood</td> <td>modern dance</td> </tr> <tr> <td>Karma Yoga</td> <td>service and duties</td> </tr> <tr> <td>Kirtan</td> <td>chanting</td> </tr> </table> <p>Students are required to bring comfortable exercise gear to these 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>	Pranayama	breathwork	Yoga	stretch and tone	Nidra	deep relaxation	Meditation	concentration	Bharat Natyam	classical dance	Bollywood	modern dance	Karma Yoga	service and duties	Kirtan	chanting
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Meditation	concentration															
Bharat Natyam	classical dance															
Bollywood	modern dance															
Karma Yoga	service and duties															
Kirtan	chanting															

Term One 2017: Monday 30 January - Friday 31 March (9 weeks)
 Term Two 2017: Tuesday 18 April - Friday 23 June (10 weeks) Monday
 Term Three 2017: 10 July - Friday 15 September (10 weeks)
 Term Four 2017: Tuesday 3 October - Friday 15 December (10 weeks)

Term break: 1-17 April
 Term break: 24 June - 9 July
 Term break: 16 Sept - 2 October

Total: 1800 hours over 156 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.

