



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 (Saturdays)	4 YOGA RESIDENTIAL RETREATS
<p>Mon 9am - 4pm</p>	<p>TIME/DATE</p> <p>1 a -</p> <p>16 July - Self Mastery 30 July - Yoga Concentration 6 Aug - Yoga Health 20 Aug - Yoga History 3 Sept - Yoga Asana 15 Oct - Yoga Breathing 29 Oct - Yoga Relaxation 5 Nov - Yoga Meditation 19 Nov -Yoga Chanting,Kirtan,Bhajan,Mantra 3 Dec - Yoga Leadership</p>	<p>22-24 July Cook, Taste, Heal: Healthy Mind, Healthy Body</p> <p>12-14 August Believe in yourself, Transform your life</p> <p>9-11 Sept Meaning, purpose and happiness</p> <p>21-23 Oct Emotional Wellbeing</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>Tue 5.30 - 9pm</p>		
<p>Wed 4:30 - 9pm</p>		
<p>Thurs</p> <p>Indian Arts and Culture (Optional) 4:30-5:15pm - Mudras and Classical Indian dance 5:30-6:15pm - Yoga stretch and tone 6:30-7:15pm - Bollywood - contemporary Indian dance</p>		
<p>DESCRIPTION</p> <p>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</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>		

Term One 2016: Monday 11 July - Friday 16 September (10 weeks)
 Term Two 2016: Tuesday 4 October - Friday 9 December (10 weeks)
 Term Three 2017: Monday 23 January - Friday 31 March (10 weeks)
 Term Four 2017: Tuesday 18 April - Friday 23 June (10 weeks)

Term break: 17 Sept - 3 Oct
 Term break: 10 Dec - 22 Jan 2017
 Term break: 1 April - 17 April

Total: 600hrs i.e. minimum 15hrs/week over 40 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.

