



## DIPLOMA OF YOGA TEACHING 10554NAT

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



 WEEKLY PRACTICUM	TUTORIALS	4 YOGA RESIDENTIAL RETREATS
<b>Mon</b> 1:00 - 6:30pm	<b>Weekly Tutorials</b> Mondays 6pm - 8pm <b>Starting Feb 2017</b>  <b>Children's Yoga Teacher Training (optional)</b> 3-4 September 2016  <b>STUDY UNITS</b>  Administer a practice Confirm physical health status Vedic philosophy and Yogic concepts Yoga and ayurveda health - the next level Instruct Yoga asana Instruct yoga breathing Instruct yoga for relaxation Instruct clients in the use of yoga for effective concentration Conduct yoga meditation Lead yoga chanting Yoga leadership	<b>22-24 July 2016</b> Cook, Taste, Heal: Healthy Mind, Healthy Body  <b>12-14 August 2016</b> Believe in yourself, Transform your life  <b>9-11 Sept 2016</b> Meaning, purpose and happiness  <b>21-23 Oct 2016</b> 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  18 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.
<b>Tue</b> 5.30 - 9pm		
<b>Wed</b> 5:30 - 8:30pm		
<b>Thurs</b> 10:30am - 1:30pm Indian Arts and Culture (Optional) 4:30-5:15pm - Mudras and Classical Indian dance 6:30-7:15pm - Bollywood - contemporary Indian dance		
		

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.

