



Certificate IV in Yoga 10885NAT

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



TYPICAL SCHEDULE

	TYPICAL WEEKLY PRACTICUM	THEORY TUTORIALS	4 YOGA RESIDENTIAL RETREATS
Mon	9:00 am - 5:30 pm	Weekly Yoga Tutorials Mondays 2:30 - 4:30 pm 6 months Sanskrit Tutorials TBA Children's Yoga Teacher Training Sat & Sun Date: TBA First Aid Course 1 full day 	Summer Retreat Believe in Yourself, Transform your Life Autumn Retreat Emotional Wellbeing Winter Retreat Cook, Taste, Heal. Ayurvedic Cooking Spring Retreat Finding Meaning and Purpose 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 4 pm - Sunday 4 pm 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.
Tues	10:30 am - 1:30 pm		
Thurs	10:30 am - 1:30 pm		
	NOTE: The Weekly Practicum schedule may be subject to change. Please download this timetable again or check the times with our Office Administrator at the beginning of your term. DESCRIPTION Pranayama - breathwork Yoga - stretch and tone Nidra - deep relaxation and self healing Meditation - concentration practices Kirtan - chanting Bollywood - contemporary dance Karma Yoga - service and duties 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.		

Total: 600hrs i.e. minimum 15hrs/week over 40 weeks **MUST** be signed off in your student contact diary on the day of attendance

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.