

*Shape your future, Reshape the world.*



## **CERTIFICATE IV IN YOGA**

GOVERNMENT ACCREDITED 10885NAT  
CRICOS CODE 105455G

Our Certificate IV in Yoga will help you cultivate a healthy body and a clear mind through the practice of classical yoga, in the Shanti Yoga method. It is suitable for both beginners and those who are experienced in yoga practice. It is a one-year course in yoga for life, and the first step in yoga certification. It can then take you onto further studies to become a fully qualified yoga instructor, through the two higher qualifications, namely, The Diploma of Yoga Teaching and the Advanced Diploma of Therapeutic Yoga Teaching, providing you with recognition of prior learning from this first year of preliminary training.



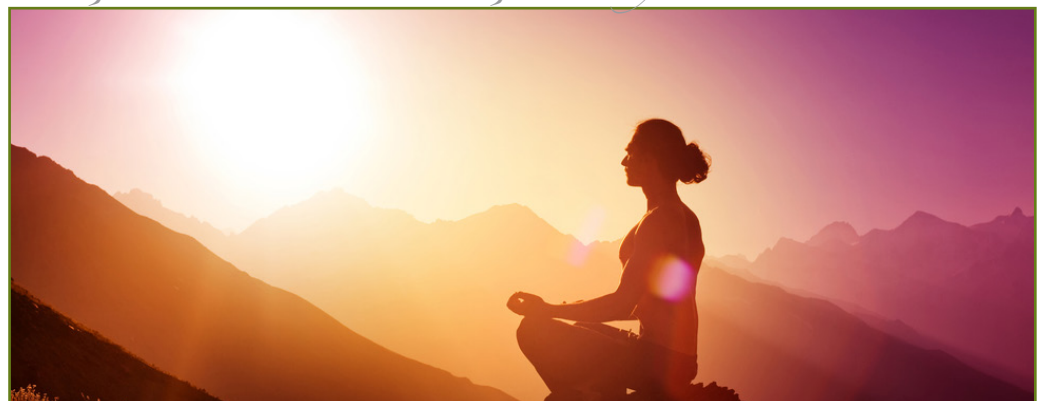
**NATIONALLY RECOGNISED  
TRAINING**

## WHAT IS YOGA

Yoga represents universal aspirations, ideals, sentiments and practices for a harmonious life. It stems from an Indian art of freedom and wellbeing that has been practiced for over two thousand years.

Shanti Yoga is a unique and integrated system of healing yoga, developed by yoga master Shanti Gowans. The Shanti Yoga method is a holistic program for body, mind, and spirit. Physically, Shanti Yoga presents a form of gentle, relaxing exercise, that strengthens the joints, muscles, tendons and bones, increases flexibility, stimulates the circulation of energy in the body, and enhances mental clarity. This provides the foundations for mindfulness meditation practice, which together with yoga ethics help you develop emotional wellbeing, peace of mind, and enlightened living. Slow movements, mindful stretching, floor, sitting and standing postures, internal self-massage, yogic breathwork, yoga relaxation and meditation, self-mastery, leadership, and an introduction to Ayurveda allow healthy individuals to maintain physical and mental wellbeing.

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



## PURPOSE OF THIS COURSE

Yoga has been shown to positively benefit one's emotional, mental and social wellbeing. This course provides the student with the confidence and skills, in a mix of fundamental yoga theory and practices. It introduces the student to practical experience in yoga asana (postures), pranayama (yoga breathing), nidra (yoga relaxation), meditation, mantra, chanting, yoga health, with an introduction to the basic study of anatomy and physiology, Ayurveda, yogic cooking, yogic life philosophy, yoga psychology, including the fundamentals of self-mastery, concentration, leadership, and ethics. It also covers the deep and historical origins and background of yoga.

Certificate IV in Yoga is the starting point and foundation for core studies, in a hierarchy of yoga education and practical skills. It can be counted as the prerequisite essential first year of study for the 2-year Diploma of Yoga Teaching course, and the 3-year Advanced Diploma of Therapeutic Yoga Teaching course. As the common, first, academic year, it provides the underpinning and foundational knowledge and skills whereby students without any previous study in yoga can enroll to undertake higher Yoga education in the form of the Diploma of Yoga Teaching and Advanced Diploma of Therapeutic Yoga Teaching.

*Take small steps along the path of spiritual growth*



## SHANTI YOGA

Certificate IV in Yoga represents the foundation course in Shanti Yoga, meticulously designed and taught by Shantiji and Shanti Yoga teachers. It is a complete introduction to the foundations of yoga and its wisdom traditions, designed to be applied to the complexity of our daily lives and to develop health, courage and sanity in these troubled times of uncertainty.

This course helps you deepen your own practices and understanding of the philosophy and psychology of Yoga. It is suitable for both beginners and those who are experienced in yoga practice.

Commence your formal studies with yoga for self maintenance and establish the foundational curriculum and groundwork for all subsequent training. The Certificate IV in Yoga course is the foundation for a progressive, deep, exploration program of yoga and yourself. It introduces participants to several basic practices of yoga drawn from the unique lineages of Hatha (Tantra) and Raja Yoga, Samkhya and Vedanta. The training delves into:-

The ethical principles (yamas) and observances (niyamas)

The postures (asana)

Breathwork (pranayama)

Deep yogic healing relaxation (nidra)

Concentration and meditation (dharana and dhyana)

Dietary understanding and purification

Physical and subtle anatomy

Philosophy

Scriptural study

Pedagogy

Yogic lifestyle

... and includes actual experiential practices, lectures, sat sang, kirtan and darshan.

# OUTLINE

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The program and curriculum revolves around (-super health) (+wellbeing) in the following:

Sharira – optimum health for the body.

Sundara – rejuvenation, anti-ageing, beauty and inspiration

Shudha – detoxification, for purity of mind and body

Sukha – emotional de-stress and happiness

Santosha – contentment

Shakti – energy and positivity

Shanti – peace, peace, deep peace

## Fundamental classroom training consists of weekly practice on the mat and meditation cushion

Face-to-face practice on the mat and meditation cushion includes:

Yoga Nidra - deep relaxation and self healing

Meditation

Mindfulness and Pranayama - yoga breathing

Mantra and Kirtan - chanting

Darshan - philosophy, discourse and discussion with Q&A, from the wisdom teachings of world Yoga

Karma Yoga - selfless service



## CORE UNITS OF COMPETENCY (also available via Skype for correspondence students), topics include:

NAT10885001 Develop and implement a personal self mastery action plan

NAT10885002 Apply the principles of Ayurveda self-care for health

NAT10885003 Apply yoga history, literature, and philosophy to own practice

NAT10885004 Perform a range of common Yoga postures

NAT10885005 Develop yoga breathing techniques

NAT10885006 Develop and apply yoga relaxation techniques

NAT10885007 Use Yoga techniques to develop effective concentration

NAT10885008 Develop and apply meditation skills

NAT10885009 Perform yoga chanting

NAT10885010 Adopt yoga practices for ethical living

HLTAID003 Provide first aid



# TIME-OUT

## RETREATS

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Included in this course are residential weekend yoga retreats of living yoga for psycho-spiritual development, inclusive of twin-shared accommodation, delicious Ayurvedic vegetarian meals, program, Karma Yoga, and yoga duties, the art of performing selfless actions without expectations.

Experience the transition from practicing yoga to living yoga.

All weekends at our Nirvana Wellbeing Retreat include Friday evening mindfulness and pranayama (breathwork), early morning meditation and/or yoga, darshan and sat sung (discourse and discussion), Saturday afternoon yoga nidra (deep relaxation), an evening program such as kirtan (chanting), Shanti yoga, spiritual cinema, nature walks, the opportunity to be involved in the farm experience, forest bathing and touch-the-earth.



## OUTCOMES

Certificate IV in Yoga is the starting point and essential, foundational core studies, in a hierarchy of yoga education and practical skills. It qualifies individuals with a broad range of specialised knowledge and skills in various contexts to undertake their own skillful practice and as a pathway for further learning.

Graduates of Certificate IV in Yoga will have broad factual, technical and theoretical knowledge in the specialised field of yoga. They will have:

- Cognitive skills to identify, analyse, compare and act on yoga information from a range of sources
- Cognitive, technical and communication skills to apply and communicate yoga solutions to a range of predictable and unpredictable problems
- Specialist yoga skills to execute routine and non-routine yoga tasks and functions
- Language and Communication skills to share their yoga learning

Certificate IV in Yoga is not a teaching qualification by itself. It can serve as RPL for the first year of the 2-year Diploma of Yoga Teaching, and the 3-year Advanced Diploma of Therapeutic Yoga Teaching.

The volume of learning serves as a fitting foundation for entry level to the Diploma of Yoga Teaching and Advanced Diploma of Therapeutic Yoga Teaching

# GOLD COAST - AUSTRALIA

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



## COURSE DETAILS

Qualification	Certificate IV in Yoga
CRICOS Course Code	105455G
Accredited Code	10885NAT
Delivery mode	On-campus or by correspondence (correspondence option is not available for international students)
Duration	52 weeks
Hours	600
Awarded by	Health Institute Australasia
Pre-requisites	None
Entry requirements	IELTS score 5.5 is required for international students



### 2023 START DATES

Monday 23rd January  
Monday 17h April  
Monday 10th July  
Tuesday 3rd October

### 2024 START DATES

Monday 22nd January  
Monday 15th April  
Monday 8th July  
Monday 30th September

### 2025 START DATES

Tuesday 28th January  
Tuesday 22nd April  
Monday 14th July  
Tuesday 7th October

