



## 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
<b>Mon</b>	9:00 am - 5:30 pm	<b>Weekly Yoga Tutorials</b> Mondays 2:30 - 4:30 pm 6 months  <b>Sanskrit Tutorials</b> TBA  <b>Children's Yoga Teacher Training</b> Sat & Sun Date: TBA  <b>First Aid Course</b> 1 full day  	<b>Summer Retreat</b> Believe in Yourself, Transform your Life  <b>Autumn Retreat</b> Emotional Wellbeing  <b>Winter Retreat</b> Cook, Taste, Heal. Ayurvedic Cooking  <b>Spring Retreat</b> 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.
<b>Tues</b>	10:30 am - 1:30 pm		
<b>Thurs</b>	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.		
	<b>DESCRIPTION</b>  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.