



**HEALTH INSTITUTE**  
AUSTRALASIA

*Shape your future, Reshape the world.*



## DIPLOMA OF YOGA TEACHING

GOVERNMENT ACCREDITED 10886NAT  
CRICOS CODE 105456F

The Diploma of Yoga Teaching course fully qualifies you as a yoga instructor. Diploma of Yoga Teaching from the Health Institute Australia is the second part of our Yoga Teacher Training Core Program. It is a 1200-hour Government Accredited, Austudy and CRICOS Approved Course.

The Diploma of Yoga Teaching course qualifies you as a yoga teacher. In this course you will learn how to structure and effectively teach a yoga class. You will practice teaching under tuition, supervision and guidance.



NATIONALLY RECOGNISED  
TRAINING



**HEALTH INSTITUTE**  
A U S T R A L A S I A

## SHANTI YOGA

The style of yoga we teach is called Shanti Yoga® which is integrated yoga made easy. Shanti Yoga incorporates the physical aspects of hatha yoga and amalgamates it with all the other yoga paths, combining the spiritual and mental in the traditional and classical form of hatha yoga.



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

## PURPOSE OF THIS COURSE

The Diploma of Yoga Teaching presents comprehensive training in teaching the world's most ancient and holistic mind-body health practices. The course gives the participant thorough knowledge and skills of the essential components for teaching a yoga class at a Diploma level and to become an accomplished and qualified yoga teacher.

This course provides the participant with the knowledge, training and authorisation to teach the path of classical yoga to others and has both vocational and educational outcomes.

In this course participants will:

Explore the classical yoga approaches to health and wellness

Learn to teach a series of 55 minute Diploma level Yoga classes

Work towards blending the ancient principles of classical yoga with the modern precision of safety and strength for dynamic and inspiring classes which:

strengthen and streamline the body

enhance posture and body awareness

reduce tension and stress

support abdominal and lower back care

improve overall health and well-being

Develop the skills on how to structure and effectively teach a class to a variety of levels and ages  
Cultivate the skill and sensitivity required to fulfill the varying needs of students  
Learn the art and science of yoga and its related disciplines  
Cultivate the communication, facilitation, learning and teaching skills to effectively share the yoga world view  
Practice teaching under tuition, supervision and guidance  
Enhance the participant's own personal growth as a human being, and a yoga teacher  
Learn to teach yoga asana correctly with the breath and safety features  
Execute the principles of alignment and adjustment of yoga postures  
Develop core teaching skills: observation, demonstrations, use of language + voice tone, and sequencing  
Teach exercises in small and large groups  
Teach a series of exercise routines such as: eye, neck, shoulders, chest and bust, standing, salute to the sun, abdominal and back gastric ease, spinal twist, classical sitting, side stretches, cat arch and variations, back breathing and tension release and the anti-rheumatic group of exercises  
Teach pranayama (yoga breathing)  
Teach yoga nidra (deep relaxation)  
Teach yoga concentration  
Develop interpersonal skills  
Learn about and practice occupational health and safety – the principles and practices that are relevant to the teaching of yoga  
Learn about practising yoga ethics, leadership and the professional yoga teacher  
The diploma of yoga teaching is also a pathway towards higher qualifications and level of yoga teaching such as the Advanced Diploma of Therapeutic Yoga Teaching

*Take small steps along the path of spiritual growth*



## STUDY UNITS

NAT10886001- Communicate and promote yogic concepts  
NAT10886002- Communicate effectively with clients about yoga and ayurvedic health  
NAT10886003- Instruct yoga asana  
NAT10886004- Instruct yoga breathing  
NAT10886005- Instruct yoga relaxation  
NAT10886006- Instruct clients in the use of yoga for effective concentration  
NAT10886007- Conduct yoga meditation sessions  
NAT10886008- Lead individual and group yoga chanting sessions  
NAT10886009- Provide leadership as a yoga instructor  
HLTAAP002- Confirm physical health status  
CHCDIV001- Work with diverse people

# COURSE COMPONENTS

The Diploma of Yoga Teaching presents comprehensive training in teaching the world's most ancient and holistic mind-body health practices. Modules are well organised and fit in perfectly with the requirement as set out by the standards of rishis (sages), making it a completely fulfilling course. The modules are carefully chosen to give you a thorough knowledge of the essential components for teaching a yoga class and include:

practice of yoga asana

principles of alignment and adjustment

therapeutics

core teaching skills: observation, demonstrations, use of language + voice tone, sequencing

discussion of teaching methodologies + philosophies

teaching exercises in small and large groups

homework assignments.

## GUIDED TRAINING & PRACTICE

Your course includes guided training and practice during classroom attendance of the traditional yoga practices such as asanas, pranayama, nidra, concentration, meditation, mantra, chanting.

To role-model teaching styles, classroom dynamics, and how these practices will work for you when you teach in the community, practices are conducted in an environment where the general public are also present. Attending class in a relaxed, non-pressured, supportive, group environment with like-minded people will further consolidate your personal practice of yoga, pranayama, and meditation, greatly increase your concentration, patience and general feeling of wellbeing, thus enabling you to impart this more authentically to others. This presents a platform for on-going and continued evaluation regarding your yoga skills, attendance, attention, concentration etc.

Please note: Even though personal private practice is highly recommended, no contact hours for the course are allowed for personal, private practice.

### MENTORING and MICRO GROUPS

Personal guidance and a one-to-one feel lay the foundations for study, practice and also lessen the distractions that divert the mind from the serious path of yoga teaching.

### SUPERVISED PRACTICUM & TEACHING METHODOLOGY

Practicums in learning how to teach are sessions for you to put into practice what you've already learned in your foundational education from your Certificate IV in Yoga Education studies, and you will be required to deliver the work to fellow students, Advanced Diploma students and other Shanti Yoga teachers. These sessions are not open to the general public. Here you will:-

gain invaluable practical teaching skills

receive technical and delivery feedback about what you're doing right, and what you can do just that little bit better

observe others teaching and giving feedback and advice;

gain early leadership skills which will train you to share the Shanti Yoga inspiration

have the chance to talk over anything that comes up during the session

best of all you will have the opportunity to work with existing yoga teachers and your peers.

*A silent mind doesn't ask anything at all*

## PRACTICUM ASSESSMENT

These sessions also consist of you being assessed as competent or not as yet competent for your Diploma or Advanced Diploma qualification. These assessments are logged in, and they also count towards ongoing professional development for your professional association membership.

PRACTICUM ASSESSMENT is based upon your knowledge and ability with:-

Functional Physiology, which is highly contextualised to the practice of yoga (Anatomy and Physiology)

Yogic Physiology, based on an integration of both paradigms: Western sciences and the tradition of yoga.

Please note: Teaching without permission, qualification, outside your scope, or risk taking, can bring on instant expulsion.

Please understand that course curriculum is changed periodically to reflect the changing needs of the profession, to retain leadership in academic standards, and to fulfill the changing needs of the end user in the world.

## OUTCOMES

The outcomes of this course is to provide participants with a range of knowledge, skills and generic and specific competencies for the provision of required yoga teachers in the community.

*Live, love, laugh, yoga=life success*

Diploma of Yoga Education graduates will:

Have specialised knowledge and skills for skilled/paraprofessional work and/or further learning.

Have technical and theoretical knowledge in a specific area or a broad field of work and learning.

Have a broad range of cognitive, technical and communication skills to select and apply methods and technologies to:

- analyse information to complete a range of activities
- provide and transmit solutions to sometimes complex problems
- transmit information and skills to others

Apply knowledge and skills to demonstrate autonomy, judgement and defined knowledge responsibility in known or changing contexts and within broad but established parameters and skills.

## RETREATS

Residential weekend yoga retreats 'Living Yoga' of psycho-spiritual development which include shared accommodation, delicious vegetarian meals, program and yoga duties.

Experience the transition from practising yoga to living yoga. All weekends at our Nirvana Wellness Retreat include Friday evening pranayama (breathwork), early morning meditation and/or yoga 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, twin-shared accommodation, delicious Ayurvedic, vegetarian meals and karma yoga, the art of performing actions without expectations.



# GOLD COAST - AUSTRALIA

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



*I am the peace I wish to see in the world*

## COURSE DETAILS

Qualification	Diploma of Yoga Teaching
CRICOS Course Code	105456F
Accredited Code	10886NAT
Delivery mode	On-campus or by correspondence. (correspondence option is not available for international students).
Duration	104 weeks
Hours	1200 hours (inclusive of 600 hours RPL from Certificate IV in Yoga 10885NAT)
Awarded by	Health Institute Australasia
Pre-requisites	None
Entry requirements	IELTS score 5.5 is required for international students

The Diploma of Yoga Teaching is a core Health Institute Australasia teaching practicum. It provides you with the knowledge, training and authorisation to teach the path of classical yoga to others. It allows an intense personal development that prepares you for your role as a teacher.

