

# DIPLOMA OF YOGA TEACHING

GOVERNMENT ACCREDITED

11327NAT

CRICOS 117860F



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.

# 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.



## 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 fulfil 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



## CORE UNITS OF COMPETENCY

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

## 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.

## **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.



## COURSE DETAILS

|                    |   |
|--------------------|---|
| Qualification      | Diploma of Yoga Teaching  |
| CRICOS Course Code | CRICOS 117860F  |
| Accredited Code    | 11327NAT  |
| Delivery mode      | On-campus or by correspondence<br>(correspondence option is not available for international students) |
| Duration           | 104 weeks   |
| Hours              | 1200 (incl of 600 hrs RPL from Cert IV in Yoga 11327NAT)  |
| Awarded by         | Health Institute Australasia  |
| Pre-requisites     | None  |
| Entry requirements | IELTS score 6 is required for international students  |

### 2025 START DATES

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

### 2026 START DATES

Tuesday 27th January  
Monday 20th April  
Monday 13th July  
Tuesday 6th October

### 2027 START DATES

Wednesday 27th January  
Monday 12th April  
Monday 12th July  
Tuesday 5th October

