



# Nature Care College

DIPLOMA OF YOGA TEACHING



**YOGA**  
AUSTRALIA



## FLEXIBLE STUDY OPTIONS

NATURE CARE COLLEGE DELIVERS  
STUDY/LIFE BALANCE

### THE DIPLOMA OF YOGA TEACHING COURSE CAN BE STUDIED:

> Part-time duration is 1 year

### COURSE START DATES

> Term 1, February

### DIPLOMA OF YOGA TEACHING STUDY OPTIONS:

> On campus

> The unit Anatomy & Physiology 1A  
can be study by distance learning  
or on campus

## WHAT IS YOGA?

Yoga is designed to generate health, happiness and a greater sense of self. Yoga cultivates health and well-being (physical, emotional, mental and social) through the regular practice of a range of many different techniques, including postures and movement, breath awareness and breathing exercises, relaxation and concentration, self-enquiry and meditation.

## DO YOU ENJOY LEARNING ABOUT HEALTH AND WELL-BEING?

A Yoga teacher may perform the following:

- Teach yoga to a small or large groups in a variety of settings: gym, yoga studio, sports club etc
- Facilitate 1:1 yoga sessions
- Train and assess student capabilities and performance
- Make postural adjustments
- Facilitate relaxation and meditation practices

## DO YOU HAVE?

- A desire to help people achieve good health
- A commitment to promoting preventive medicine as a complement to conventional medical treatments
- Good communication skills
- At least one year of regular yoga practice

KELLY BANEK – YOGA GRADUATE



## THE COURSE

gave me the depth I needed to take my practice to a greater level. The course changes you for the better, it grounds you & you meet amazing professionals in the yoga industry.





## RECOGNITION OF OUR COURSE



The Diploma of Yoga Teaching meets Yoga Australia's requirements for graduates to join Yoga Australia. Graduates are eligible to apply for Full Membership with Yoga Australia after graduation.

Note: Professional Training Association recognition is determined by the Professional Association and may be subject to change. Whilst the information printed on this outline is current at the time of printing, Nature Care College cannot take responsibility for changes that occur in relation to Professional Association requirements.

## ON-GOING EDUCATION - COMPLEMENTARY COURSES

You may also like to consider undertaking the following courses as they complement the Diploma of Yoga Teaching studies.

- Integrative Yoga Practice
- Meditation 1 & 2 (as part of the Meditation Facilitator's Certificate)
- Business Skills
- Marketing with Heart
- Introduction to Energetic and Spiritual Healing (as part of the Diploma of Energetic Healing)
- Meditative Healing Sounds
- Mantras for Health and Healing
- Sound of Chakras
- Introduction to Ayurvedic Medicine (as part of the Certificate IV in Ayurvedic Lifestyle Consultation)
- The Art of Tongue Diagnosis

Note: Not all courses run every term. Nature Care reserves the right to alter short course timetables per term.

## COURSE ENTRY REQUIREMENTS

### DIVERSITY ADDS TO A SENSE OF COMMUNITY

At Nature Care College, we are committed to welcoming, nurturing and developing growth. Nature Care's students have a wide range of backgrounds such as people straight from school to people with life experience but no educational background. This diversity adds to Nature Care's life-enriching community.

Admission to Nature Care College is based on program entry requirements. This may include but is not limited to academic merit, knowledge and skills achieved through formal courses of study, work experience, mature age entry and the potential for tertiary study.

## ENTRY REQUIREMENTS

- To qualify for admission course entry is through high school matriculation or mature age entry of 21 years and over
- Writing and submitting a personal statement indicating your special areas of interest, any related experience you may have, and why you wish to undertake the course (limited to one A4 page)
- Due to the nature of the course, it is compulsory that applicants have had at least one year of regular yoga practice.
- It is also compulsory that applicants make an appointment with a Course Advisor prior to enrolling

## YOUR PAYMENT OPTIONS

**PAY TERM BY TERM AS YOU GO** Study programs can be structured to suit your individual lifestyle needs. Course fees are charged on a term by term basis & are dependant on the number of units of study you enrol into each term.

**SPREAD THE COST OF YOUR COURSE THROUGHOUT THE TERM** Payment Plans provide an option for students to spread the cost of your course fees throughout the term, in weekly or fortnightly instalments. A 50% deposit on the terms fees is payable at enrolment, the remaining fees are then spread throughout the term. A 10% surcharge applies to the outstanding balance for the use of a Payment Plan.



## REASONS TO STUDY AT NATURE CARE COLLEGE [THE NATURE CARE BENEFIT]

- We are Australia's most experienced trainers of natural therapists, teaching since 1973
- Course study plans are designed to maximise learning outcomes & allow time for interactive class discussions
- Work-ready qualifications written with industry consultation
- Highly regarded on campus Student Clinic–vital to put theory into practice, working with the general public as patients and being closely mentored by specialist practitioners
- Nature Care College graduates are the industry preferred employees
- Flexible study options providing study/life balance
- Nature Care College's unique campus atmosphere & wide demographic of students
- The Nature Care Café – in-house vegetarian café
- Library
- Job Assistance – multitude of job opportunities advertised through Nature Care College

## YOUR TRAINERS

Your trainers at NCC are professionals who are passionate about their fields of expertise. They bring a wealth of knowledge, clinical expertise and industry experience to provide for you an exciting, engaging and relevant educational experience as you learn the knowledge and skills needed to be a competent and successful yoga teacher.

## YOUR QUALIFICATION

The Diploma of Yoga Teaching will provide the practical skills and related scientific and historical knowledge required for you to become a competent and effective teacher and health care adviser in the field of Yoga. Yoga history & philosophy, yoga psychology and ethics are an integral part of the program. The practice of Yoga not only promotes health and well-being, but also offers the opportunity to embrace the heart of Yoga:

WHAT IS THE ULTIMATE GOAL OF LIFE AND HOW CAN IT BE ACHIEVED?

Whilst firmly anchored in the classical heritage of Yoga, the course is based on a synthesis of the major paths and styles of Yoga, holding true the philosophical base for yoga while encompassing many

traditions within yoga, along with an integration of contemporary well-being practices. It is our aim to give you a strong foundation on which to build your understanding, practice and teaching of Yoga. The course provides you with the knowledge and skills required to practice as a teacher of Yoga. From a practical perspective, this includes (but is not limited to):

- Display a level of competency consistent with professional association and industry expectations with regards to knowledge and application of Yoga principles.
- To be confident and able to successfully prepare and conduct a wide variety of Yoga classes, including special needs requirements for clients/class attendees
- To understand the role of, and be competent as a health care provider and to advise and promote healthy lifestyles and practices.
- Understand the requirements and protocols of being a Yoga teacher and demonstrate an ability to put these into practice. This includes a clear understanding of the safety limits to the application of skills relative to training as a Yoga teacher.

## CAN I APPLY FOR RECOGNITION OF PRIOR LEARNING (RPL), CREDIT TRANSFERS & NATIONAL RECOGNITION AT NATURE CARE COLLEGE?

At Nature Care College we recognise prior learning and encourage you to apply. If you have fully or partially completed studies in the last 10 years with a recognised Higher Education provider within Australia you can apply for Credit Transfer.

If you have acquired knowledge and skills through avenues other than those mentioned above you are encouraged to apply for Recognition of Prior Learning.

Further details can be found on our website <http://www.naturecare.com.au/enrolment/?id=57> or alternatively please contact a Course Advisor who will assist you with the process.

**CAREER PATHS TO CONSIDER** THE POPULARITY OF YOGA IN THE COMMUNITY HAS GROWN SIGNIFICANTLY OVER RECENT YEARS AS A MODALITY OF HEALTH AND WELL-BEING. WITH THE GROWTH COMES THE DEMAND FOR QUALIFIED TEACHERS TO GUIDE PEOPLE SAFELY:

SET UP A PRIVATE STUDIO | YOGA TEACHERS ARE IN DEMAND FOR EMPLOYMENT IN YOGA STUDIOS, GYMS, CHILDREN & ADULT EDUCATION INSTITUTIONS, CORPORATE BUSINESSES, SPORTS CLUBS, HEALTH SPAS | SPECIALISE IN PRE-NATAL YOGA, TEACHING YOGA TO CHILDREN, ATHLETES OR THE AGED | APPLY THERAPEUTIC TOOLS TO ASSIST CLIENTS COPING WITH CHRONIC STRESS, TRAUMA OR LIFE TRANSITIONS.



## RECOMMENDED ONE YEAR SET STUDY PLAN

	Term One	Term Two	Term Three
Year <b>1</b>	<ul style="list-style-type: none"> <li>• Anatomy &amp; Physiology 1A</li> <li>• Yogic Philosophies</li> <li>• Asana 1 (1A/1B)</li> <li>• Yogic Physiology</li> </ul>	<ul style="list-style-type: none"> <li>• Yogic Ethics &amp; Lifestyle Practice</li> <li>• Pranayama</li> <li>• Asana 2 (2A/2B)</li> </ul>	<ul style="list-style-type: none"> <li>• Yoga Teaching Methodology</li> <li>• Yoga Classes for Special Needs</li> <li>• Functional Assessment</li> <li>• Relaxation &amp; Meditation</li> </ul>

Plus External Yoga Classes, Integrated Practice & Teaching and Apply First Aid.

In order to complete this Diploma over 2 years students must follow the study plan as subjects are only offered in the terms shown. Students have a maximum of two years to complete this Diploma.

### DID YOU KNOW?

IN A 2007 RMIT UNIVERSITY STUDY OF 4000 YOGA PRACTITIONERS, MOST SAID THEY STARTED IT FOR PHYSICAL REASONS BUT FOUND THE **SPIRITUAL DIMENSION** ONE OF ITS MAIN APPEALS. \*

**MORE AUSTRALIANS PRACTISE YOGA THAN PLAY AUSSIE RULES** FOOTBALL (AUSTRALIAN BUREAU OF STATISTICS 2006). A GROWING NUMBER OF YOGIS AND YOGINIS – DEVOTEES OF THE PHYSICAL AND MENTAL DISCIPLINE THAT ORIGINATED IN INDIA – HAVE HELPED MAKE IT AUSTRALIA'S 13TH MOST POPULAR PHYSICAL ACTIVITY. \*

RECENT RESEARCH HAS SHOWN THAT WOMEN WHO PRACTICE **HATHA YOGA** REGULARLY RECOVER FROM STRESS FASTER THAN WOMEN WHO ARE CONSIDERED YOGA “NOVICES.” THE RESEARCH ALSO SHOWED THAT YOGA MAY BOOST THE MOOD OF BOTH YOGA EXPERTS AND NOVICES. \*\*

\*November 8, 2010: <http://www.smh.com.au/lifestyle/wellbeing/stretch-to-the-limit-20101108-17jup.html>

\*\*Kiecolt-Glaser JK, Christian L, Preston H, et al. Stress, inflammation, and yoga practice. *Psychosomatic Medicine*. Feb 2010;72(2):113–121.



Individual Unit of study Course Outlines can be downloaded from the website for all classes [www.naturecare.com.au](http://www.naturecare.com.au) homepage under 'Course Finder'. The outline has the course description, pre & co-requisites, assessment, textbook & week by week lesson outline information.

## DIPLOMA OF YOGA TEACHING COURSE CONTENT

Module Name	Hours
Anatomy & Physiology 1A (Regional)	- 24 hours
Yogic Philosophies	- 30 hours
Asana (Postures) Level 1 (1A/1B)	- 51 hours
Yogic Physiology	- 24 hours
Yogic Ethics & Lifestyle Practices	- 24 hours
Pranayama (Yogic Breathing)	- 24 hours
Asana (Postures) Level 2 (2A/2B)	- 51 hours
Yoga Teaching Methodology	- 36 hours
Yoga Classes for Special Needs	- 36 hours
Functional Assessment	- 12 hours
Relaxation and Meditation	- 24 hours
Integrated Practice and Teaching	- 40 hours
External Yoga Classes	- Minimum 100 hrs (to be obtained externally)
Apply First Aid Certificate	- 12 hrs

**External Yoga Classes:** Throughout the course you will be required to participate in 100 hours of yoga classes outside of college time and keep a record of hours. We also strongly recommend you maintain a mentoring relationship with a teacher of your choice. This includes the guidance given between teacher and student, as well as the ongoing professional and personal guidance necessary for all yoga teachers, at all levels of seniority and experience, as part of the continuing journey of yoga.

**Integrated Practice & Teaching:** Students will be required to participate in 40 hours of teaching practice which will consist of a maximum of 20 hours teaching lessons to family and friends and a minimum of 20 hours assisting in a yoga studio (your trainers will provide a list of studios)