



DIPLOMA OF YOGA TEACHER TRAINING



NATURE CARE COLLEGE DELIVERS STUDY/LIFE BALANCE

COURSE START DATES

- > Term 1, February
- > Term 2, May

Please refer to study plan on final page for details of which subjects are offered in which term

DIPLOMA OF YOGA TEACHING STUDY OPTIONS:

- > On Campus

Due to the practical nature of this qualification, all subjects with the exception of Anatomy & Physiology are held on-campus in order to provide the most optimal learning outcome.

The Anatomy and Physiology Body Structure subject may be studied by distance learning (online) or on-campus.

WHAT WILL I LEARN?

The Diploma of Yoga Teaching is a true integration of ancient and modern. The ancient philosophy and techniques of yoga are brought to life in a modern scientific context.

The Nature Care Yoga Teacher Training qualification is non-sectarian; it draws from many different styles of Hatha Yoga including Iyengar, Asthtanga, Vinyasa, Satyananda and others.

It covers a thorough foundation of yoga Asanas (postures), extensive coverage of Pranayama (breathing techniques), history and philosophy along with yogic physiology. Students explore the ancient texts which include Yoga Sutras, Bhagvad Gita and Hatha Yoga Pradipika.

Students are required to learn yoga, not as an intellectual pursuit, but to incorporate the teaching into their lives. Throughout the course they are required to maintain a regular supervised home practice.

WHO IS THIS COURSE FOR?

If you enjoy learning about health and would be interested in teaching & guiding people to improve their daily lives through the practice of Yoga & Meditation, this qualification is for you.

A yoga teacher may perform the following:

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

Do you have?

- At least one year of regular yoga practice?
- A desire to help people achieve good health?
- A commitment to promoting the yoga lifestyle & practice ?



WHY STUDY YOGA AT NATURE CARE?

Comprehensive and Integrated

We embrace contemporary and classical yoga. Students will be trained in yoga history, philosophy, applied yoga sequencing, adjustments, teaching methodology and western and eastern anatomy and physiology. The qualification is complemented by yoga techniques to accommodate special health/chronic needs

Encompassing of all Yoga Styles

We teach the principles of practice that underlie all styles of yoga. At its foundation, it is Hatha Yoga based, which can be applied to any context or style of yoga. It embraces Vinyasa, Lyegar and Asthtanga.

Transformational

Many of our students comment on the highly transformational nature of our courses. More than just the acquisition of knowledge, our Yoga Teacher Training Course supports students to embody the mind, body, and spirit of yoga in everyday life.

Our Trainers

Our yoga trainers are highly qualified, experienced and passionate teachers whose daily lives are informed by their practice of yoga.

Integrative Teaching & Practice

Often one of the challenges when completing a Yoga Teacher Training Qualification is finding a willing yoga studio and (qualified) teacher to train and supervise you to lead in a yoga class environment. It is vital that students feel confident and are skilled to teach real Group Yoga Sessions upon completion of the course.

At Nature Care, group classes are held on-campus and are open to the public; enabling students to practice their teaching skills under the guidance of a qualified Yoga Teacher. These supervised classes are particularly important to consolidate and practice your training, so you emerge confident and comfortable to teach yoga by the end of your qualification.

Yoga Training Equipment

Yoga mats, bolsters, blankets, etc. are all supplied in class.

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; from people straight from school to those people with life experience but no educational background, as well as medical practitioners, G.P.'s, and Osteopaths. 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, the below criteria apply:

- high school matriculation; or
- mature age entry of 21 years and over.
- Due to the nature of this course it is compulsory that all students have had at least one year of regular yoga practice.
- All Nature Care courses are taught and assessed in English. In order to undertake study with us, all students must have year 12 equivalent written and verbal English proficiency.

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

- We are Australia's most experienced trainers of natural therapists, established in 1973
- Course study plans are designed to maximise learning outcomes & allow time for interactive class discussions
- Work Ready qualifications written with industry consultation
- Nature Care College graduates are the industry preferred employees
- Flexible study options providing study/life balance
- List your business on the Nature Care website
- Flexible payment options
- Nature Care College's unique campus atmosphere & wide demographic of students
- The Nature Care Health Bar
- Library
- Job Assistance – a multitude of job opportunities advertised through Nature Care College



YOUR TRAINERS



(Above) Joan Miller has over 30 years of experience in practicing yoga and has been teaching in Yoga Teacher training programs since 2005. Joan takes Yoga back to its authentic roots to help her students develop spiritual as well as physical awareness. Certified by over five nationally and internationally recognised bodies and a Senior Teacher (level 3) of Australia's peak body for Yoga, Yoga Australia. Joan is a highly qualified, compassionate and inspiring Yoga Teacher, Yoga Therapist and Reiki Master.



(Above) Dr Huzan Daver has training in different modalities of spiritual healing such as Reiki hands-on-healing, Chiron; yoga and meditation. She has learnt hatha yoga in India under BKS Iyengar, and from the Satyandana school. She has also undertaken courses in Kriya yoga. She does deep meditation therapy in her practice as a holistic counsellor having learnt how to work with the subconscious mind. She has over 30 years of experience in this field. In addition, she holds a Bachelor's degree in Psychology, Masters and PhD degree in Social Work and Social Sciences respectively. Huzan is a professional member of the Australian Association of Social Workers (AASW) and the Energetic Healers Association (EHA) and a recognised mental health counsellor. Huzan is also a passionate and dedicated educator, counsellor and trainer of long standing. She is also the author of several books in meditation and mind/body studies.

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, effective teacher and health care adviser in the field of Yoga. Yoga history and 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. 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 to the philosophies and many traditions within Yoga, along with an integration of contemporary wellbeing 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 the knowledge to cater for special needs requirements
- To understand the role of, and to be competent as a health provider; to advise and promote healthy lifestyle 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 AND NATURAL 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 formal study with another provider within the last 10 years, and/or have completed informal learning through work experience, you can apply for recognition of prior learning by submitting a request to our Course Advisors.

RECOGNITION OF OUR COURSE

Nature Care College is an approved accredited training provider for this qualification with the International Institute for Complementary Therapists (IICT).

We are also in the process of seeking formal accreditation with Yoga Australia, as the qualification meets all Y.A. requirements.



ON-GOING EDUCATION – COMPLEMENTARY COURSES

You may also like to consider undertaking the following courses as they complement the Diploma of Yoga teacher training:

- Professional Certificate in Meditation Facilitation
- Professional Certificate in Clinical Reflexology
- Diploma of Transpersonal Coaching
- Diploma of Natural Health and Wellness
- Certificate in Ayurvedic Healing
- Professional Certificate in Applied Aromatherapy

CONTINUING EDUCATION – SHORT COURSES

Alternately, or in addition, you may find the following short courses of interest and value:

- Meditation 1+2 (as part of the Meditation Facilitator's Certificate)
- Business Skills
- Introduction to Energetic and Spiritual Healing (as part of the Diploma of Energetic Healing)
- Introduction to Ayurvedic Medicine

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

PAYMENT OPTIONS

PAY TERM BY TERM AS YOU GO

Study plans can be structured to suit your individual lifestyle needs. At Nature Care College you enrol and pay on a term by term basis and fees are dependent of the number of subjects you enrol into each term.

SPREAD THE COST OF YOUR COURSE THROUGHOUT TERM

To reserve your place, pay the initial deposit for your first term's tuition fees together with the Professional Training Enrolment Fee. A payment plan provides you with the option of spreading the cost of your terms tuition fee through the whole term in weekly instalments. Twelve weeks of terms and one week recess means you can spread the cost of your terms fees over thirteen weeks.

PAY UPFRONT TO RECEIVE A DISCOUNT

Pay the whole term course tuition fee in full upfront upon enrolment to receive a 5% discount on your fees for the term.



ONE YEAR STUDY PLAN

	Study Period 1	Study Period 2	Study Period 3
Year 1	<ul style="list-style-type: none"> Anatomy and Physiology Body Structure* Asana Postures Level 1 Yogic Physiology 	<ul style="list-style-type: none"> Yogic Philosophies Asana Postures Level 2 Pranayama and Breathing Techniques Yoga anatomy and Functional Assessment 	<ul style="list-style-type: none"> Yoga for Special Needs Integrative Teaching Practice Yoga Teaching Methodology Apply First Aid (Externally)

*indicates that the subject may be studied online. All other subjects are taught on-campus only.

External Yoga Classes

Throughout the course you will be required to participate in 100 hours of yoga classes outside of college time and to keep a record of hours. We also strongly recommend that 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.

Integrative Teaching and Practice:

Students will be required to participate in 40 hours of supervised teaching practice, observation of teaching, receiving and giving feedback, assistance in classes taught by a qualified teacher. These classes will be held at Nature Care College and will be open to members of the public. All students enrolled in the Diploma of Yoga Teacher Training will be expected to attend these classes, and will have the opportunity to facilitate and observe classes. The college's aim is to always schedule these classes on the same day of your scheduled Yoga tuition classes. In order to fulfil the requirements of the curriculum & accreditation with Yoga Australia, students will be required to keep a record of hours of the Integrative Teaching & Practice classes. Students may commence Integrative Teaching and Practice once the Yoga Teaching Methodology unit is completed. These supervised teaching yoga classes will be scheduled in Study Period 3. The college timetable is released approximately 4-6 weeks prior to the commencement of each term.

The First Aid

Subject must also be completed externally. It is a requirement that students hold a current First Aid certificate at graduation.

Timeframe to complete

Students have a maximum of 2 years to complete the Diploma. In order to complete the program in one year, students must follow the study plan as units are only offered in the terms shown.