

## CERTIFICATE IN YOGA & AYURVEDIC PRACTICES | 2018 TIMETABLE

**Duration:** 1 Year Part-Time (3 Terms)

**Commences:** February - Annual Intake

**Delivery Mode:** On-Campus Only

**Enrolment:** Courses Fees are only payable on a term by term basis as you proceed with your studies. For more information on how to enrol & flexible payment options, visit <http://www.naturecare.com.au/enrolment>

### Study Plan

	Study Period 1	Study Period 2	Study Period 3
Year 1	<ul style="list-style-type: none"> <li>Ayurvedic Medicine - An Introduction</li> <li>Yoga &amp; Meditation</li> </ul>	<ul style="list-style-type: none"> <li>Ayurveda for Self-Healing</li> <li>Asana Postures</li> </ul>	<ul style="list-style-type: none"> <li>Philosophy of Yoga</li> <li>Yoga Physiology</li> </ul>

You are only required to choose one class option for each separate unit of study as guided by the study plan above. i.e. you only need to pick one Yoga & Meditation class option.

### Term 1, 2018 | Study Period 1

Unit Of Study Name	Cost	Day	Time	Format	Code	Dates
Ayurvedic Medicine - An Introduction <b>(pick one class only)</b>	\$485	Wednesday	6.30pm - 8.30pm	10 weeks	AYU001WED	14 Feb - 2 May
		Saturday	10.00am - 3.00pm	Intensive	AYU001SAT	24 Feb, 24 Mar, 14 & 28 Apr
Yoga & Meditation <b>(pick one class only)</b>	\$450	Sat & Sun	10.00am - 4.00pm	Intensive	YOG003SAT	3, 4 & 10 Mar
		Friday	9.30am - 3.30pm	Intensive	YOG003FRI	6, 13 & 20 Apr

### Term 2, 2018 | Study Period 2

Unit Of Study Name	Cost	Day	Time	Format	Code	Dates
Ayurveda For Self Healing	\$485	Wednesday	6.30pm - 8.30pm	10 weeks	AYU010WED	30 May - 8 Aug
Asana Postures <b>(pick one class only)</b>	\$450	Sat & Sun	10.00am - 4.00pm	Intensive	YOG004SAT	23, 24 Jun & 7 Jul
		Friday	9.30am - 3.30pm	Intensive	YOG004FRI	1, 8 & 15 Jun

### Term 3, 2018 | Study Period 3

Unit Of Study Name	Cost	Day	Time	Format	Code	Dates
Philosophy of Yoga	\$295	Friday	9.30am - 3.30pm	Intensive	YOG007FRI	2 & 16 Nov
Yoga Physiology	\$450	Sat & Sun	10.00am - 4.00pm	Intensive	YOG005SAT	17, 18 & 24 Nov

Miss our annual intake in February? If you are interested in this course and want to get started, the below classes are available in Term 3!

**Yoga and Meditation** \$450  
**Friday** 9.30am - 3.30pm Workshop  
 YOG003FRI 23, 30 Nov & 7 Dec

**Ayurvedic Medicine - An Introduction** \$485  
**Sunday** 10.00am - 3.00pm Intensive  
 AYU001SUN 16 Sep, 7, 21 Oct & 4 Nov