



YOGA

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WHY STUDY AT CSF

CONVENIENT LOCATION
SMART TEACHING
FRIENDLY STAFF

COMPETITIVE FEES
STRONG NETWORK
FITNESS FACILITIES

COMMITMENT TO SUCCESS
STUDENT SUPPORT
FOCUS ON QUALITY

SYDNEY CBD

12 WENTWORTH AVENUE
SYDNEY 2010
NSW AUSTRALIA

MANLY

BUILDING 5
33 SCENIC DRIVE,
NORTH HEAD MANLY
2095 NSW AUSTRALIA

PERTH

LEVEL 1, 120 ROE STREET
NORTHBRIDE WA 6003



COLLEGE OF SPORTS & FITNESS

CSF 0079/FEB19



YOGA

ADVANCED DIPLOMA IN YOGA PRACTICE

This course is grounded in Hatha Yoga, strongly influenced by the ancient teachings of Gheranda Samhita, Hatha Yoga Pradipika, Shiva Samhita and Yoga Sutras of Patanjali with our Yoga practice being informed and influenced by Sri Tirumalai Krishnamacharya. Our course focuses on personal practice and the practicalities of teaching Yoga techniques and philosophies.

Competency in the units in this course will ensure graduates are prepared to confidently conduct their own Yoga teaching and Yoga therapy business.

COURSE INFORMATION

Our Yoga course has been approved for delivery by Australian Skills Quality Authority (ASQA). It is a nationally recognized and accredited course within the Australian Qualification Framework (AQF).

Participation in this course will provide you with the opportunity to explore and develop your understanding of Yoga as a science of living and lifestyle, and as a tool to enhance your sense of personal awareness of your body, breath and state of mind. What you are likely to gain from this course other than a deeper understanding of



Yoga and yourself, is an amazing confidence in yourself to explore and practice the more challenging aspects of Yoga that are not part of your regular practice.

This course will provide you with skills and knowledge that you may apply to other career paths, e.g. as a Counsellor, Massage therapist, Naturopath, Physiotherapist, Fitness Instructor, Personal Trainer, Chiropractor, Reiki Practitioner and many more.



STUDY PATHWAY

Study pathways enable students to obtain credit transfer to several universities. To find out more please contact Student Services.

STUDY TRACK

Our objective is to provide graduates with the necessary skills and knowledge that will empower them to successfully fulfill the demands of the workplace.

FUNCTIONAL DELIVERY & ASSESSMENT TECHNIQUES

Delivery and assessment strategies have been selected to mirror the nature of all elements and performance criteria within each competency cooperatively providing the needs and learning styles of the learners.

ENTRY REQUIREMENTS

- > Be 18 years of age or above
- > English language level of minimum IELTS 5.5 or equivalent (if the level of English is insufficient, a suitable course can be organised)
- > Year 11 or equivalent certificate of senior secondary education

COURSE DELIVERY

This course is delivered over 20 hours per week through a combination of face-to-face and online delivery.

ADDITIONAL FEES

Enrolment Fee: **A\$200**
Uniform Fee: **A\$100**

ACADEMIC YEAR / START DATES

The year is divided into 4 terms. See below for term intake dates.

YEAR	TERM 1 INTAKES		TERM 2 INTAKES		TERM 3 INTAKES		TERM 4 INTAKES	
	PRIMARY	MID-TERM	PRIMARY	MID-TERM	PRIMARY	MID-TERM	PRIMARY	MID-TERM
2019	—	—	—	20 MAY	08 JUL	12 AUG	30 SEP	04 NOV
2020	20 JAN	24 FEB	13 APR	18 MAY	06 JUL	10 AUG	28 SEP	02 NOV
2021	25 JAN	01 MAR	19 APR	24 MAY	12 JUL	16 AUG	04 OCT	08 NOV
2022	24 JAN	28 FEB	18 APR	23 MAY	11 JUL	15 AUG	03 OCT	07 NOV

QUALIFICATION	UNIT CODE	UNIT NAME
Advanced Diploma of Holistic Classical Yoga Practices 52792WA CRICOS Course Code 099897B	BSBMED301	Interpret and apply medical terminology appropriately
	BSBFLM303	Contribute to effective workplace relationships
	CHCPOL003	Research and apply evidence to practice
	BSBSMB405	Monitor and manage small business operations
	CHCCOM006	Establish & manage client relationships
	CHCPRP005	Engage with health professionals and the health system
	HLTAID003	Provide first aid
	CHCDIV001	Work with diverse people
	HLTWHS001	Participate in workplace health and safety
	HLTAAP002	Confirm physical health status
	HLTAAP003	Analyse and respond to client health information
	CHCPRP003	Reflect on and improve own professional practice
	HCYAYS601A	Apply Yoga sutras to holistic classical Yoga
	HCYAHP601A	Apply history & philosophy of Yoga for holistic classical Yoga practices
	HCYACA601A	Apply holistic classical Yoga asana to holistic classical Yoga
	HCYPDE601A	Plan, deliver and evaluate a holistic classical Yoga program
	HCYAGN601A	Apply concepts of the gunas to holistic classical Yoga
	HCYACD601A	Apply concepts of the doshas to holistic classical Yoga
	HCYACC601A	Apply concepts of the chakras to holistic classical Yoga
	HCYACK601A	Apply concepts of the koshas to holistic classical Yoga
HCYAPT601A	Apply pranayama, mudra and bandha techniques to holistic classical Yoga	
HCYART601A	Apply relaxation techniques to holistic classical Yoga	
HCYAMT601A	Apply meditation techniques to holistic classical Yoga	
HCYAYT601A	Apply holistic classical Yoga practices for therapeutic purposes	

Tuition Fee
A\$ 10,000

Duration
12 months
4 Terms /40 College Weeks