



# 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

LEVEL 6, 505 GEORGE ST  
SYDNEY 2000  
NSW AUSTRALIA

### PERTH

LEVEL 1, 120 ROE STREET  
NORTHBRIDE WA 6003



COLLEGE OF SPORTS & FITNESS

CSF 0097/NOV/24



# YOGA

## Diploma of Holistic Classical Yoga Practice and Teaching

This course will give you an understanding of holistic classical Yoga techniques & its' benefits. It will guide you in your first steps towards becoming a holistic classical Yoga teacher, or deepening and progressing your current Yoga teacher qualifications.

It will focus on physical movements (Asanas), breathing techniques (Pranyama), relaxation techniques (Yoga Nidra, Shavasana), philosophy for lifestyle choices and mindfulness practices (Meditation).

Australia's first Diploma to be recognised by Yoga Australia and Yoga Alliance.



1000 hours



500 hours  
RYS



### COURSE INFORMATION

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

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.



### 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 6.0 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\$300**  
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
2025	20 JAN	24 FEB	14 APR	19 MAY	07 JUL	11 AUG	29 SEP	03 NOV
2026	19 JAN	23 FEB	13 APR	18 MAY	06 JUL	10 AUG	28 SEP	02 NOV
2027	18 JAN	22 FEB	12 APR	17 MAY	05 JUL	09 AUG	27 SEP	01 NOV

QUALIFICATION	UNIT CODE	UNIT NAME
<b>Diploma of Holistic Classical Yoga Practice and Teaching</b> 10975NAT <small>CRICOS Course Code 107414M</small>	NAT10975001	Apply Yoga sequencing to holistic classical Yoga practice and teaching
	NAT10975009	Perform and lead Mantra chanting sessions in holistic Yoga practice and teaching
	NAT10975013	Interpret and provide advice on ayurvedic nutrition and yogic diet
	NAT10975016	Apply methods of assisting and adjusting students in holistic classical Yoga practice and teaching
	NAT10975017	Apply Yoga equipment in holistic classical Yoga practice and teaching
	NAT10975002	Apply Yoga alignment techniques in holistic classical Yoga practice and teaching
	NAT10975004	Apply Yoga Asana techniques to holistic classical Yoga practice and teaching
	NAT10975003	Apply Yoga anatomy and physiology principles to holistic classical Yoga practice and teaching
	NAT10975005	Apply Pranayama techniques to holistic classical Yoga practice and teaching
	NAT10975006	Apply Mudra and Bandha techniques to holistic classical Yoga practice and teaching
	NAT10975007	Apply Relaxation techniques to holistic classical Yoga practice and teaching
	NAT10975008	Apply Meditation techniques to holistic classical Yoga practice and teaching
	NAT10975011	Apply concepts of Chakras and Koshas to holistic classical Yoga practice and teaching
	NAT10975012	Apply concepts of Gunas and Doshas to holistic classical Yoga practice and teaching
	NAT10975010	Apply Yoga history and philosophy to holistic classical Yoga practice and teaching
NAT10975015	Plan, deliver and evaluate Yoga class and program in holistic classical Yoga practice and teaching	
NAT10975014	Reflect on, improve and monitor your own personal holistic Yoga practice	
Tuition Fee <b>A\$ 24,000</b>	HLTWHS003	Maintain work health and safety
	BSBOPS403	Apply business risk management processes
	TAEDEL404	Mentor in the workplace
	SITXCOM005	Manage conflict
	BSBPEF502	Develop and use emotional intelligence
	SITXHRM003	Lead and manage people
	HLTAID011	Provide First Aid
	BSBPEF402	Develop personal work priorities
Duration <b>24 months</b> <small>8 Terms /80 College Weeks</small>		