



life in balance

Ancient Wisdom for Modern Living



## ***Diploma of Yoga Teacher Training Requirements***

***12 month course Aligned with Full Member Level 1 with Yoga Australia***

**261 hours - Online and In Class Contact Hours**

**144 hours - Completion of home study theory and research program including reading, practice, & assessments.**

**TOTAL HOURS = 405 hours**

**Includes: 1 x 1 hour face to face Online Tuition per week**

<b>Anatomy &amp; Physiology</b>	<b>20 hrs contact 10 hrs home study TOTAL HOURS = 30</b>	The application of A & P to yoga asanas across the 12 workshops
<b>Yogic Physiology</b>	<b>15 hrs contact 5 hrs home study TOTAL HOURS = 20</b>	Tuition on the Nadis, Chakras, Gunas, etc.
<b>Philosophy, Ethics &amp; Lifestyle</b>	<b>35 hrs contact 15 hrs home study TOTAL HOURS = 50</b>	Tuition on the Yamas, Nyamas, Kleshas, Koshas, Moksha, etc.
<b>Techniques</b>	<b>100 hrs contact 50 hrs home study TOTAL HOURS = 150</b>	The application of techniques (includes Asana, Pranayama, Meditation) across 12 workshops and 88 hours signed off yoga classes
<b>Teaching Methodology</b>	<b>20 hrs contact 10 hrs home study TOTAL HOURS – 30</b>	Teaching methodology applied over 12 workshops
<b>Integrative Practice &amp; Teaching</b>	<b>20 hrs contact 20 hrs home study TOTAL HOURS – 40</b>	Including Visual Online Observation
<b>Specialties</b>	<b>20 hrs contact 10 hrs home study TOTAL HOURS - 30</b>	20 hrs online tuition (Yogic & Ayurvedic Nutrition) handouts provided

<b>Specialty Postures</b>	<b>20 hrs contact 10 hrs home study TOTAL HOURS - 30</b>	20 hours One to One direction in sequences and individual postures. Constitution specific postures. Specialised postures for learning disorders, children, pre & post pregnancy, seniors, chair based, beginners and intermediate students.
<b>The Connection between Ayurveda and Yoga</b>	<b>5 hrs contact 5 hrs home study TOTAL HOURS - 10</b>	The Connection between Yoga and Ayurveda. Yoga for your Dosha
<b>Introduction to Ayurveda</b>	<b>5 hrs contact 5 hrs home study TOTAL HOURS - 10</b>	Online tuition consisting of Constitution Identification. What is a Dosha and Balancing a Dosha using Diet and Lifestyle.
<b>Administer a Practice</b>	<b>1 hrs contact 4 hrs home study TOTAL HOURS - 5</b>	Managing a Practice, insurances and business requirements.

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