



## Study a Diploma of Yoga Teacher Training

12 Month online course aligned with Full Member Level 1 with Yoga Australia

Yoga is the ancient art of unifying the body, mind and spirit through the practice of physical postures (asanas), breathing techniques (pranayama), relaxation and meditation, prayers and mantras. Yoga is a balanced system for counteracting the stress and pressure of modern day living. Meditation leads you to the most important journey you can experience...the journey within, where reconnection of your mind, body and soul begins.

### बेनेफिट्स ऑफ योगा

- B**alances and calms the nervous system
- E**nergises and revitalises the body
- N**urtures the soul
- E**ncourages positive thoughts and self-accept
- F**lexibility, strength and endurance are increased
- I**mproves breathing, energy and vitality
- T**ones and massages the internal organs
- S**trengthens the mind, body, spirit connection



Yoga is an ancient Indian philosophy originally used as a path to spiritual enlightenment. Now in the West, not only is it used for spiritual development, it is also practiced to improve physical and mental well-being. Yoga's increasing popularity is due to the stresses of modern day lifestyle and the need to reconnect mind, body and spirit. The yogic principles of breath awareness, structured postures, deep inner relaxation, peaceful meditation, and a nutritional diet counter the stresses of living a high-pressured lifestyle.

\$4250.00 plus text books  
(Payment plans available)

*Our Yoga Teacher Training is taught one on one so we are accepting enrolments all the time.*

*Our college is listed as an IICT approved Training Provider and offers students insurance coverage for the modalities that the students are studying whilst training with the College. After you have completed your training you also have the ability to join the relevant associations and to teach Yoga as a qualified class instructor.*

*As a Training College we pride ourselves in the ability to offer personalised One to One training to ensure each student obtains maximum benefit and knowledge from their studies. This makes training with our Colleges a Unique Study Experience, that you will not find offered elsewhere.*

*With an Diploma and Advanced Diploma of Yoga Teaching, 12 months personalised one to one training from a Swami, Yoga training in India, an Advanced Diploma in Ayurveda, a Diploma of Nutrition, a Diploma of Massage and a Reiki Master Degree, Gaye Buckingham has been working in the health industry for more than twenty years as a practitioner and teacher as well as hosting health retreats and in recent years has been invited to work in healing camps within the Aboriginal community.*

*In 2001 Gaye founded College of Mind, Body and Spirit (the teaching arm of Life In Balance), a place where students could learn at their own pace with a choice of face-to-face or distant education. This opened the way for an Ayurvedic Yoga & Day Spa where clients and students came to experience the pleasures of Ayurvedic health treatments, which led to hosting regular Yoga and Ayurvedic retreats in India.*

Life in Balance

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