

Shape your future, Reshape the world.



CERTIFICATE IV IN YOGA

GOVERNMENT ACCREDITED 10885NAT
CRICOS CODE 105455G

Our Certificate IV in Yoga will help you cultivate a healthy body and a clear mind through the practice of Shanti Yoga. It is suitable for both beginners and those who are experienced in yoga practice. It is the prerequisite for a Diploma of Yoga Teaching. This is the first step in yoga certification. To become a fully qualified yoga instructor, students must undergo studies in the Diploma of Yoga Teaching of which the Certificate IV in Yoga course is preliminary training.



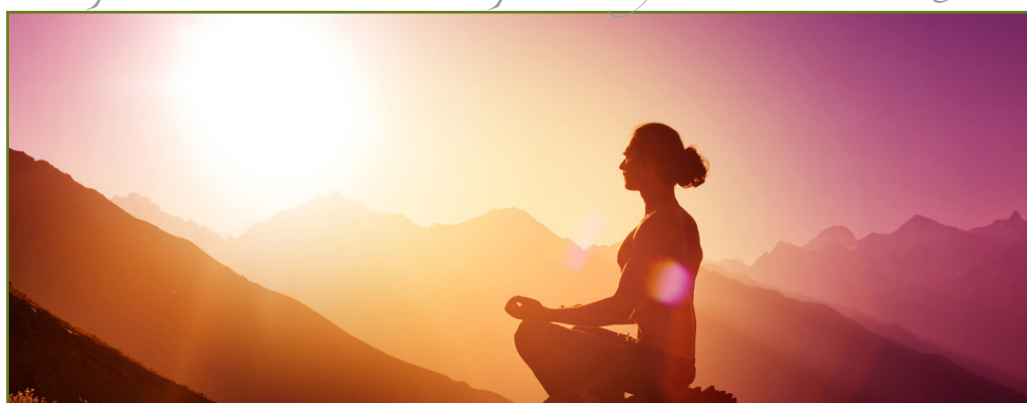
NATIONALLY RECOGNISED
TRAINING

WHAT IS YOGA

Yoga represents universal aspirations, ideals, sentiments and practices for a harmonious life. It stems from an Indian art of freedom and wellness that has been practised for over two thousand years.

Shanti Yoga is a unique and integrated system of yoga developed by yoga master Shanti Gowans. The Shanti Yoga program is a holistic program for body, mind and spirit. Physically, Shanti Yoga presents a form of gentle, relaxing exercise, that strengthens the joints, muscles, tendons and bones, increases flexibility, stimulates the circulation of energy in the body, and enhances mental clarity. This provides the foundations for sitting meditation practice towards emotional wellbeing, peace of mind and enlightenment. Slow movements, mindful stretching, floor, sitting and standing postures, internal self-massage, yogic breath work together with meditation allow healthy individuals to maintain physical and mental well-being.

Unbind your spirit. Don't let the opinion of others restrain you



PURPOSE OF THIS COURSE

Yoga has been shown to positively benefit one's emotional, mental and social well-being. This course provides the student with the confidence and skills, in a mix of fundamental yoga theory and practices. It introduces the student to practical experience in yoga asana (postures), pranayama (yoga breathing), nidra (yoga relaxation), meditation, mantra, chanting, yoga health, with an introduction to the basic study of anatomy and physiology, ayurveda, yogic cooking, yogic and life philosophy including the fundamentals of self mastery, concentration, leadership and ethics. It also covers the deep and historical origins and background of yoga.

Certificate IV in Yoga is the starting point and foundation for core studies, in a hierarchy of yoga education and practical skills. While it is the prerequisite, and essential for entry into the Diploma of Yoga Teaching, Cert IV Yoga is not a teaching qualification by itself.

It is also the common, first, academic year, and provides the underpinning and foundational knowledge and skills whereby students without any previous study in yoga can enrol to undertake higher education in the form of the Diploma of Yoga Teaching and Advanced Diploma of Therapeutic Yoga Teaching. Students experience a culturally rich, academically rigorous, integrative and holistic approach that sets them up for

a successful study experience that leads to a wholesome, richer life.

Certificate IV in Yoga qualifies individuals with a broad range of specialised knowledge and skills in various contexts to undertake their own skillful practice and as a pathway for further learning.

Graduates of Certificate IV in Yoga will have broad factual, technical and theoretical knowledge in the specialised field of yoga. They will have:

1. Cognitive skills to identify, analyse, compare and act on yoga information from a range of sources
2. Cognitive, technical and communication skills to apply and communicate yoga solutions to a range of predictable and unpredictable problems
3. Specialist yoga skills to execute routine and non-routine yoga tasks and functions
4. Communication skills to share their yoga learning

The volume of learning serves as a fitting foundation for entry level to the Diploma of Yoga Teaching and Advanced Diploma of Therapeutic Yoga Teaching

Take small steps along the path of spiritual growth



SHANTI YOGA

Certificate IV in Yoga represents the foundation course in Shanti Yoga, meticulously designed and taught by Shantiji and Shanti Yoga teachers. It is a complete introduction to the foundations of yoga and its wisdom traditions, designed to be applied to the complexity of our daily lives and to develop health, courage and sanity in these troubled times of uncertainty.

This course helps you deepen your own practices and understanding of the philosophy and psychology of Yoga. It is suitable for both beginners and those who are experienced in yoga practice.

Commence your formal studies with yoga for self maintenance and establish the foundational curriculum and groundwork for all subsequent training. The Certificate IV in Yoga course is the foundation for a progressive, deep, exploration program of yoga and yourself. It introduces participants to several basic practices of yoga drawn from the unique lineages of Hatha (Tantra) and Raja Yoga, Samkhya and Vedanta. The training delves into:-

The ethical principles (yamas) and observances (niyamas)

The postures (asana)

Breathwork (pranayama)

Deep yogic healing relaxation (nidra)

Concentration and meditation (dharana and dhyana)

Dietary understanding and purification

Physical and subtle anatomy

Philosophy

Scriptural study

Pedagogy

Yogic lifestyle

... and includes actual experiential practices, lectures, sat sang, kirtan and darshan.

OUTLINE

The program and curriculum revolves around super health in the following:

Sharira – optimum health for the body.

Sundara – rejuvenation, anti-ageing, beauty and inspiration

Shudha – detoxification, for purity of mind and body

Sukha – emotional de-stress and happiness

Santosha – contentment

Shakti – energy and positivity

Shanti – peace, peace, deep peace

Fundamental classroom training:

Weekly practice on the mat and meditation cushion Face-to-face practice on the mat and meditation cushion includes:

Yoga

Nidra (deep relaxation and self healing)

Meditation

Pranayama (yoga breathing)

Bharat Natyam (classical Indian culture and dance)

Bollywood (contemporary Indian dance)

Kirtan (chanting)

Darshan (philosophy & discourse from the wisdom teachings and discussion with Q&A)

Karma Yoga (selfless service)

A silent mind doesn't ask anything at all



CORE UNITS OF COMPETENCY (also available via Skype for correspondence students), topics include:

NAT10885001 Develop and implement a personal self mastery action plan

NAT10885002 Apply the principles of Ayurveda self-care for health

NAT10885003 Apply yoga history, literature, and philosophy to own practice

NAT10885004 Perform a range of common Yoga postures

NAT10885005 Develop yoga breathing techniques

NAT10885006 Develop and apply yoga relaxation techniques

NAT10885007 Use Yoga techniques to develop effective concentration

NAT10885008 Develop and apply meditation skills

NAT10885009 Perform yoga chanting

NAT10885010 Adopt yoga practices for ethical living

HLTAID003 Provide first aid

RETREATS

Residential weekend yoga retreats 'Living Yoga' of psycho-spiritual development which include shared accommodation, delicious vegetarian meals, program and yoga duties.

Experience the transition from practising yoga to living yoga. All weekends at our Nirvana Wellness Retreat include Friday evening pranayama (breathwork), early morning meditation and/or yoga and sat sung (discourse and discussion), Saturday afternoon yoga nidra (deep relaxation), an evening program such as kirtan (chanting), Shanti yoga, spiritual cinema, nature walks, the opportunity to be involved in the farm experience, twin-shared accommodation, delicious Ayurvedic, vegetarian meals and karma yoga, the art of performing actions without expectations.

In the moment you are infinite



Topics for retreats

Healthy Mind, Healthy Body and Cooking retreat.

Meaning, Purpose, Happiness.

Believe in Yourself, Transform your Life.

Emotional Wellbeing.

Note: Massages, wellness treatments, single room upgrade and special diets are available as optional extras.

Course curriculum is changed periodically to reflect the changing needs of the profession, to retain leadership in academic standards, and to fulfil the changing needs of the end user in the world.

OUTCOMES

Certificate IV in Yoga is the starting point and foundation for core studies, in a hierarchy of yoga education and practical skills. While it is the prerequisite, and essential for entry into the Diploma of Yoga Teaching, Certificate IV in Yoga is not a teaching qualification by itself. Certificate IV in Yoga Education qualifies individuals with a broad range of specialised knowledge and skills in various contexts to undertake their own skillful practice and as a pathway for further learning.

Graduates of Certificate IV in Yoga will have broad factual, technical and theoretical knowledge in the specialised field of yoga. They will have:

Cognitive skills to identify, analyse, compare and act on yoga information from a range of sources

Cognitive, technical and communication skills to apply and communicate yoga solutions to a range of predictable and unpredictable problems

Specialist yoga skills to execute routine and non-routine yoga tasks and functions

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GOLD COAST - AUSTRALIA

Our campus is located on the beautiful Gold Coast of Australia, with proximity to shops, beaches, libraries and other facilities.



COURSE DETAILS

Qualification	Certificate IV in Yoga
CRICOS Course Code	105455G
Accredited Code	10885NAT
Delivery mode	On-campus or by correspondence (correspondence option is not available for international students)
Duration	52 weeks
Hours	600
Awarded by	Health Institute Australasia
Pre-requisites	None
Entry requirements	IELTS score 5.5 is required for international students



2021 START DATES

Monday 1st February
Monday 19th April
Monday 12th July
Tuesday 5th October

