

# LIVE, WORK & STUDY YOGA IN AUSTRALIA



byron  
**yoga**  
centre

**CERTIFICATE IV in YOGA TEACHING (10540NAT)**

**DIPLOMA in PURNA YOGA MANAGEMENT (10677NAT)**

## A wonderful opportunity

- to experience life in the beautiful beachside town of Byron Bay
- or enjoy the sophisticated city lifestyle of Melbourne in Victoria

Byron Yoga Centre is one of the world's leading yoga teacher training academies and one of the longest running yoga schools in Australia, established in 1988.

The CERTIFICATE IV in YOGA TEACHING is one of the highest possible qualifications in yoga teaching, recognised both in Australia and internationally.

The DIPLOMA of PURNA YOGA MANAGEMENT is the ultimate yoga teaching certification and it also includes training in Ayurveda and in small business management.

# PURNA YOGA - MAKING YOGA COMPLETE

The yoga taught at Byron Yoga Centre is called Purna, meaning integrated or complete. Purna Yoga represents a holistic approach to yoga integrating the all 8 limbs (Ashtanga), not just the asanas (physical postures) but also philosophy, meditation, pranayama (breath control) and the yogic personal and social code of ethics. The postural instruction is alignment focused. Sequences range from gentle restorative to dynamic. Blocks, belts and bolsters are available to be used to support and modify postures safely.

Our emphasis is on teaching trainees how to teach as safely and as correctly as possible, as well as providing a good balance between theory and practical.

*This is Purna Yoga, an integration of all aspects of yoga.*



Byron Yoga Centre, established in 1988, is now based at Byron Yoga Retreat Centre. The vibrant yoga hub hosts a range of residential retreats and teacher trainings. Each week there are 8, 5 and 3 day retreat options and every month there is a Level 1 teacher training and at least one speciality training such as Yin or Pre-natal Yoga. The non-residential courses for international students are primarily run from the studio in Byron Bay town - not at the retreat centre. Plus there is the Melbourne venue. Both these studios are close to cafes, shops and restaurants. Their central location also assists in making the public yoga classes popular, and these are taught by the teacher trainees as their practical teaching experience.

Byron Yoga Retreat Centre is a centre of excellence in delivering yoga teacher training. Byron Yoga Centre teachers inspire a spiritual lifestyle in others, are role models in sattvic living and are authentically motivated to improve people lives through Yoga.

At Byron Yoga Centre we value the ability to balance the physical, mental, emotional and spiritual wellness of our students and employees. We seek to provide an environment in which we can all prosper and reach our own inner harmony and contentment.

Byron Yoga Centre's vision is to promote peace by spreading yoga to every city and country in the world.

# WHY STUDY WITH BYRON YOGA CENTRE?

- Byron Yoga Centre is one of the longest running yoga schools in Australia, established in 1988
- Over its 30 years of operating, Byron Yoga Centre has trained over 2,000 yoga teachers
- John Ogilvie, the founder of Byron Yoga Centre, is one of Australia's most respected yoga teachers
- It is one of only a few yoga organisations that operate as a RTO (Registered Training Organisation)
- Our courses are fully accredited with Yoga Alliance and recognised internationally
- It is ASQA (Australian Skills Quality Authority) accredited, an internationally recognised vocational course
- There is a maximum of 24 students in each class, so you are assured of a quality training
- The experienced trainers are passionate about supporting your professional and personal yoga journey
- The friendly team offers international students support with all aspects of their journey in Australia
- The only Yoga school in Australia which offers students the opportunity to teach public classes during the course
- Choose to study in Byron Bay or Melbourne and have the flexibility to change campus during the course



# LOCATIONS!



## • BYRON BAY, NEW SOUTH WALES, 2481, AUSTRALIA

Cape Byron is Australia's most easterly point, located on the North Coast of New South Wales. With its numerous beaches, unspoilt hinterland, and relaxed lifestyle, Byron Bay is a popular tourist destination. It is also a place where artists, musicians, surfers, healers and of course yogis express their diversity. The town has all major facilities: a hospital, cinema, supermarket, health food stores and great restaurants, as well as a flourishing alternative health industry. This is Purna Yoga, an integration of all aspects of yoga.



Byron Yoga Centre has two training centres in Byron Bay. One is at 6 Byron Street, in the centre of town, and the other is at the Byron Yoga Retreat Centre, our retreat and training centre, at 50 Skinners Shoot Road, a twenty minute walk from town.

Most of the classes are held at the studio in town which is close to many cafes, the supermarket and to the beach. Both locations contain training rooms, bathrooms, kitchens and all necessary yoga equipment and learning resources, which are available for use by students.

## • FITZROY, MELBOURNE, VICTORIA, 3065, AUSTRALIA

Melbourne is the coastal capital of the south-eastern Australian state of Victoria. Melbourne is known internationally for its strong culture of art, music and good food! The city is buzzing with a vibrant mix of people, places and possibilities. The Fitzroy area where the yoga studio is located is an inner-city suburb of Melbourne where the alternative side flourishes. Brunswick Street, Fitzroy's main drag, is getting around the city. Everyone loves Melbourne.



The Melbourne trainings are held at the Ashtanga Yoga Centre of Melbourne, 110 - 112 Argyle St, Fitzroy. This is a fantastic area for cafes and shops. The studio contains training rooms, bathrooms, kitchen and all necessary yoga equipment.

# CERTIFICATE IV in YOGA TEACHING (10540NAT)

You will study theoretical and practical aspects of teaching yoga with a focus on teaching methodology and real teaching experience plus yoga classes to deepen your personal practice.

## Course Content:

- Asana (yoga poses) techniques, alignment, modifications and variations
- Teaching methodology for beginner and intermediate yoga classes
- How and when to correct, adjust and assist students in yoga postures
- Sequencing and advanced sequencing for classes and private students
- Applied Anatomy and Physiology: theoretical and practical aspects
- Yoga philosophy, living the yogic lifestyle and ethics for yoga teachers
- Meditation and pranayama (breathing) practices and teaching methods
- Practical teaching practice of public classes supervised by senior teachers
- Refining your teaching skills with ongoing practice teaching opportunities

## Course Requirements:

- English language proficiency, IELTS Certificate minimum level of 5.5. It is essential that students are able to read and understand written English and can communicate effectively in English
- An interest and some experience in Yoga, you do not need to be an expert! The minimum requirement for entry is that students must have attended a minimum of 10 classes (there is time over the year to improve your yoga practice)
- Laptop or access to a computer is needed to complete online homework

## Course details:

- Duration: 12 months (52 weeks) with 4 terms of 10 weeks each
- Study 2 days per week from 9am to 6pm (study days will be advised closer to the start date)
- Approximately 5 hours of online homework per week and own daily yoga practice

## Intakes:

### Byron Bay:

28 January 2019 | 23 April 2019 | 15 July 2019 | 14 October 2019

### Melbourne:

28 January 2019 | 29 April 2019 | 15 July 2019 | 14 October 2019

## Fees:

- AUD\$10,000 includes all training and learning materials
- Deposit of AUD\$1500 payable upon acceptance of application
- A further AUD\$3500 due two weeks prior to course commencement
- Balance of 2 payments of AUD\$2,500 required before the start of term 2 and term 3 (3 months gap between payments)

# DIPLOMA in PURNA YOGA MANAGEMENT (10677NAT)

You will expand your yoga teaching skills, primarily through working with individual clients to develop, teach and monitor personal yoga and Ayurvedic programs. 2 year Diploma is the ultimate yoga teaching certification and it also includes training in Ayurveda and in small business management.

## Course Content:

- Deepen your own yoga practice and further your personal growth
- Learn to teach advanced Purna Yoga classes and workshops
- Teaching methodology for advanced asana and complex poses
- An in-depth study of Ayurveda and how to undertake Lifestyle Assessments
- How to develop personal programs for clients with yoga and Ayurvedic advice
- Work one-on-one with clients on private yoga sessions to address their needs
- How to manage a small business such as yoga studio or health centre

## Course Requirements:

- Certificate IV in Yoga Teaching
- English language proficiency, IELTS Certificate minimum level of 5.5. It is essential that students are able to read and understand written English and can communicate effectively in English
- Laptop or access to a computer is needed to complete online homework

## Course details:

- Duration: 24 months (104 weeks) with 8 terms of 10 weeks each
- Study 2 days per week from 9am to 6pm (study days will be advised closer to the start date)

- Approximately 5 hours of online homework per week and own daily yoga practice

## Intakes:

### Byron Bay:

28 January 2019 | 8 April 2019 | 15 July 2019 | 14 October 2019  
27 January 2020 | 20 April 2020

### Melbourne:

15 July 2019 | 14 October 2019 | 27 January 2020 | 20 April 2020

## Fees for Diploma:

- AUD\$20,000 includes all training and learning materials
- Deposit of AUD\$1500 payable upon acceptance of application
- A further AUD\$3500 due two weeks prior to course commencement
- Balance of 6 payments of AUD\$2500 required every 3 months
- If a student does not receive a visa, an administration fee of AUD\$250 will be retained and all other monies paid by the student will be refunded

## Fees for Certificate IV + Diploma combo:

- **SPECIAL DISCOUNT** AUD\$27,500 includes all training and learning materials
- Deposit of AUD\$2,000 payable upon acceptance of application
- A further AUD\$3,000 due two weeks prior to course commencement
- Balance of 9 payments of AUD\$2,500 required every 3 months

If a student does not receive a visa, an administration fee of AUD\$250 will be retained and all other monies paid by the student will be refunded.

*\*All dates for payment plans will be advised at the time of the enrolment.*

# CONNECT WITH US

Email: [education@byronyoga.com](mailto:education@byronyoga.com)

Tel: +61 2 6685 8327

Web: [www.byronyoga.com](http://www.byronyoga.com)

Facebook: [Byron Yoga Centre](#)

Instagram: [byronyogacentre](#)

**Check our videos out!**

[Certificate IV in Yoga Teaching](#)

[Student Testimonial](#)

[Course Details](#)

**Student Testimonials:**

*"I learnt so much studying with the Byron Yoga Centre. I felt really supported by the teachers and enjoyed connecting to my group. Thank you!"*

Marta from Italy, Certificate IV Graduate, 2017

*"I loved studying how to be a yoga teacher and enjoyed my year in Byron Bay. The teachers at Byron Yoga Centre gave me the confidence to share yoga with my future students."*

Roberta from Brazil, Certificate IV Graduate, 2018

Purna Yoga Pty Ltd t/a Byron Yoga Centre  
RTO No. 91522 | CRICOS Provider No. 03418E  
Diploma in Purna Yoga Management. Course Code. 10677NAT / 096732C  
Certificate IV in Yoga Teaching. Course Code. 10540NAT / 087664G

