

# LIVE, WORK & STUDY YOGA IN AUSTRALIA



10540NAT CERTIFICATE IV in YOGA TEACHING

## A wonderful opportunity

Apply now! 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. Byron Yoga Centre has been a Registered Training Organisation since 2009.

The 10540NAT CERTIFICATE IV in YOGA TEACHING is one of the highest possible qualifications in yoga teaching, recognised in Australia.

# 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. Byron Yoga Centre has been a Registered Training Organisation since 2009. 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 Yoga or Meditation. The non-residential courses open to 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
- Byron Yoga Centre has been a Registered Training Organisation since 2009
- John Ogilvie, the founder of Byron Yoga Centre, is one of Australia's most respected yoga teachers
- It is one of the few yoga organisations in Australia that operate as a RTO (Registered Training Organisation)
- The Certificate IV is a nationally accredited course with ASQA (Australian Skills Quality Authority)
- 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
- One of only a few yoga schools in Australia which offers students the opportunity to teach public classes during the course
- Apply to study in Byron Bay or Melbourne and have the flexibility to change campus during the course (subject to availability)



# 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.



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 training facilities at 50 Skinners Shoot Road a short bike ride from Byron Bay. *Please note:* The trainings in Byron Bay are not at the Byron Yoga Retreat Centre.

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.

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Apply to 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 Overview:

- Asana (yoga poses) techniques, alignment, modifications and variations
- Teaching methodology for beginner and intermediate yoga classes
- Applied Anatomy and Physiology: theoretical and practical aspects
- Yoga philosophy, living the yogic lifestyle and ethics for yoga teachers
- Practical teaching of public classes, supervised by trainers

## Course Content:

YGTWOR401A Work within a yoga school framework

YGTPRC402A Perform a range of Yoga practices

YGTTEA403A Teach a general yoga class

HLTWHS001 Participate in workplace health and safety

HLTAAP001 Recognise healthy body systems

HLTAID003 Provide first aid

BSBSMB420 Evaluate and develop small business operations

TAEDEL401 Plan, organise and deliver group-based learning

CHCLAH006 Coordinate planning, implementation and monitoring of leisure and health programs

CHCCOM006 Establish and manage client relationships

## Intakes: Byron Bay:

20 April 2020 | 13 July 2020 | 5 October 2020

27 January 2021 | 19 April 2021

## Melbourne:

20 April 2020 | 13 July 2020 | 5 October 2020

27 January 2021 | 19 April 2021

## Entry 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
- Students must have had a minimum of one hundred and twenty (120) hours of class asana instruction over a two (2) year period, which must be verified by their Yoga teacher. This teacher should hold a Yoga Alliance Registered Yoga Teacher 500 hours certification
- Potential students must be over 18 years of age
- Laptop or access to a computer is needed to complete online homework

## Course details:

The course is a total of 805 hours with 20 hours per week for 39 weeks plus 25 hours in week 40. The 40 weeks are divided into 4 terms of 10 weeks with holiday periods. There will be 2 days per week of 7.5 hours and 1 day of 5 hours of face to face instruction, yoga practice, online research, reflective practice journaling, yoga teaching experience plus assignments and assessments. You will be provided with a timetable closer to your start date.

## Fees:

- AUD\$10,000 includes all training and learning materials
- Deposit of AUD\$1500 payable upon acceptance of application
- A further \$3,500 due on the first day of the course Term 1
- A payment of AUD\$2,500 required at the end of Term 1
- A final payment of AUD\$2,500 required at the end of term 2
- 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

# 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  
10540NAT Certificate IV in Yoga Teaching

