



10865NAT Certificate IV in Yoga Teaching

10865NAT Certificate IV in Yoga Teaching is designed for *students who have a passion for yoga and want to become a teacher*. It includes 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.

Intakes: 8 July 2024 | 30 September 2024 | 20 January 2025 | 14 April 2025 | 7 July 2025

Entry Requirements:

- A minimum IELTS score of 6.0 or equivalent.
- A minimum of 120 hours of asana class instruction over a two-year period. This means attending 120 hours of yoga classes (at a studio, gym, or online), or completing home practice.
- Be over 18 years of age.
- Have a laptop or access to a computer.
- Undertake and pass a pre-enrolment interview.

Course details:

Delivery mode: face to face on campus > > full time 20 hours per week

Duration: 12 months > 4 terms of 10 weeks each

Classes: 2 days per week from 8:30 am to 5:30 pm on campus +
1 day per week from 8:30 am to 12:30 pm online or on campus

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

Vocational Outcomes:

After the course completion, you will be able to work as a **yoga teacher**.

Students can apply for **500 hour RYT accreditation with Yoga Alliance**.

This certificate is internationally recognised as the standard qualification for yoga teachers.

Course Units of Competency

- HLTAAP001 Recognise healthy body systems
- CHCCOM006 Establish and manage client relationships
- HLTWHS001 Participate in workplace health and safety
- HLTAID011 Provide first aid
- BSBESB406 Establish operational strategies and procedures for new business ventures
- NAT10865001 Work within a fundamental yoga philosophical framework
- NAT10865002 Perform and teach yoga practices
- NAT10865003 Plan and instruct general yoga classes
- NAT10865004 Deliver specialised classes to meet individual needs

Fees

Certificate IV: AUD\$10,000 includes all learning materials.

Payment Plan Options

- **Deposit of AUD\$250** (non-refundable) payable upon acceptance of application
- **Term by Term Payment Plan:** 1st payment of \$1,250 due 2 weeks before course commencement and \$2,125 x 4 payments due at the middle of each term
- **Monthly Payment Plan:** 1st payment of \$1,250 due 2 weeks before course commencement and \$850 x 10 payments due at the first day of each month

Student Accommodation at Byron Yoga Retreat Centre

- **Long and short-term accommodation:** we have quad share, twin share, and single rooms available, including all meals. Prices start from AUD\$425 per week.
- **Nightly accommodation:** 1 night a week between school days for students who do not live in Byron. Prices start from \$70 per night, includes dinner and breakfast.

Follow us on Instagram: @byc.australia

For more information, please visit byronyoga.com

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