



2012

**2012 Student Resource Handbook**



*"Be like the lotus, ever striving towards the light"*

VICTORIAN INSTITUTE OF  
YOGA EDUCATION AND  
TEACHER TRAINING

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## **Student Resource Handbook 2012**

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## GAYATRI MANTRA



*Om Bhur bhuvah svahah  
Iat savitur varenyam  
Bhargo devasya dheemahi  
Dheeyo yonah prachodayaat*

*We meditate on that most adorable,  
Most desirable and most enchanting  
Lustre (Effulgence) of our Supreme  
Lord who is our creator, inspirer and  
Source of eternal joy. May this light  
Inspire and illumine our intellect and  
Dispel all darkness.*

### Introduction

#### The History of Yoga

Yoga originated in India many thousands of years ago and some researchers believe that it could have existed as early as 6000BC-10000BC. It is not possible to put a date on the exact origins of yoga because the ancient yogis were very secretive and selective about who they passed these teachings onto, therefore the knowledge was traditionally transmitted orally from guru to disciple. The science of yoga was originally developed by the ancient yogis who had a profound understanding of man's essential nature and knew that if man could connect to his essential nature he could find that lasting peace and happiness that he was constantly searching for.

The ancient yogi's realized that to alleviate man's suffering he would need to find a way to live in the world while maintaining peace both within himself and with the world around him. The yogi's discovered that by using techniques that would bring about an integrated state of the body, breath and the mind man would thus discover his real nature and his suffering would be alleviated.

Yoga is thought to have been developed by the Indus Valley civilization about 5000 years ago. Evidence of seals found depicting a figure seated in what resembles a yoga posture in the region of Mohenjo-Daro and Harappa which may suggest that this ancient civilization may have worshipped Shiva. The word yoga first appeared in the oldest sacred texts, the "Rig Veda". The Vedas are a collection of sacred hymns, mantras and rituals used by the Brahmanas (Vedic Priests) and Rishis. From this point in time yoga was documented, refined and developed and many of the practices and beliefs were recorded in the Upanishads and the Bhagavad Gita. It is estimated that between 400BCE and 200AD Sage Patanjali codified the first systematic presentation of yoga and provided a systematic method of attaining Self-Realization through the application of the "Eight Limbs of Yoga".

#### History of Hatha Yoga

Further developments in yoga came with the introduction of Tantra Yoga where the body was used as the vehicle to achieve enlightenment. This was achieved through the practice of cleansing techniques for the body and the mind and asanas that would keep the body fit and healthy in order to tread the spiritual path.

During the 15<sup>th</sup> Century Yogi Swatmarama compiled a text named "The Hatha Yoga Pradipika" which is considered to be the oldest surviving text on Hatha Yoga. The text outlines all of the techniques and practices of hatha yoga including asana, pranayama, shatkarma, mudra and bandha and many other important considerations for the yoga practitioner.

#### Summary

The main aim of yoga is to eliminate human suffering and to lead the aspirant to Self-Realization. The word yoga means "union or communion", it is the union of the individual Self with the universal Self and when this occurs all sense of separation dissolves and one realizes that he and the Divine are one. Our limited consciousness prevents us from realizing our own true nature. Yogic practices provide us with the opportunity to move through the journey of life with ease as we are able to take control of our lives and move in a more positive direction. Yoga is a path of self development which allows us to reach our highest potential as human beings.

Yoga offers us a path that gives us the opportunity to greatly enhance the quality of our lives and provides us with a deeper understanding of the human experience and our relationship to the Divine.

## THE YOGA SUTRAS OF PATANJALI

### The Eight Limbs of Yoga

The Yoga Sutras of Patanjali were compiled by the Sage Patanjali. They are often termed as the “Eight Limbs of Yoga”. These eight limbs of yoga form a progressive series of steps or disciplines that are undertaken to purify the body and mind which ultimately leads the practitioner to a state of enlightenment. The Yoga Sutras of Patanjali are comprised of 195 aphorisms and is the first systematic work on Yoga and is also regarded as the final authority. Patanjali is considered to be the Father of yoga. These eight limbs form the basis of the teachings of many of the Hatha Yoga schools in the modern world today. These eight steps or limbs are woven into all of the VIYETT teachings and are integrated through many of the subjects outlined in the Yoga Studies Programs and the Diploma of Teacher Training Course.

The Eight Limbs of Yoga are as follows.

#### 1. Yama

These are a set of 5 moral restraints aimed at destroying the lower nature.

#### 2. Niyama

The niyamas form a set of 5 observances aimed at fostering positive qualities.

#### 3. Asana

These are the physical postures of yoga.

#### 4. Pranayama

Pranayama is the conscious control or regulation of the breath.

#### 5. Pratyahara

The withdrawal of the senses from sense objects in order to still the mind in preparation for the next stage.

#### 6. Dharana

Is the practice of developing concentration

#### 7. Dyhana.

Meditation (the practice of “Dharana” leads to the state of meditation)

#### 8. Samadhi.

Super-consciousness.

Each of these eight steps are built into the course content to allow students to develop a systematic approach to their practice and to gain a broad understanding of all of the components that form a comprehensive yoga practice.

## HOW DO THE EIGHT LIMBS OF YOGA CORRESPOND TO MY STUDIES?

LIMB	MEANING	RELATIVE SUBJECTS
<b>1. YAMA</b>	These are a set of 5 moral restraints aimed at destroying the lower nature.	Yogic History Philosophy and Culture. Daily awareness and adherence to the 5 moral codes.
<b>2. NIYAMA</b>	The niyamas form a set of 5 observances aimed at fostering positive qualities.	Yogic History Philosophy and Culture. Daily awareness and adherence to fostering positive qualities.
<b>3. ASANA</b>	These are the physical postures of yoga.	Theory and Practice of Asana (prior to Asana practice Shakarmas should be performed to purify the body and mind in preparation for Asana practice)
<b>4. PRANAYAMA</b>	Pranayama is the conscious control or regulation of the breath.	Theory and Practice of Pranayama, Mudra and Bandha
<b>5. PRATYAHARA</b>	The withdrawal of the senses from sense objects in order to still the mind in preparation for the next stage of Yoga.	Asana, Pranayama, Mudra Banda, Shatkarma, Relaxation and Meditation (all of these disciplines bring about these qualities to varying degrees)
<b>6. DHARANA</b>	Is the practice of developing concentration.	Total absorption and concentration during the practice of Asana, Pranayama, Relaxation and Meditation (all of these disciplines bring about these qualities to varying degrees)
<b>7. DHYANA</b>	Meditation (Meditation is known as the practice of Dhyana).	All Yoga should lead to the state of Meditation. By effectively following the previous six disciplines Meditation will become spontaneous.
<b>8. SAMADHI</b>	Super-consciousness. (Samadhi will be known to the “knower” of Yoga. The aspirant who patiently puts in the required practice using the eight limbs as a “torch” or a guide to move through the barriers of “limited consciousness” to realize the potential of “unlimited consciousness” “super-consciousness.” This is the ultimate goal of Yoga and cannot be found through study, knowledge or any other means but dedication and total surrender.	The state of Samadhi is the culmination of all of the recommended practices to ensure purity of body and mind. Samadhi is the “end” result of your practice and effort. It cannot be achieved through knowledge or study. It is ultimately the “end result” of your personal practice of meditation.  Each of these eight limbs are progressively explored and practiced throughout the duration of the course.

## TESTIMONIALS

### “What People are Saying About The VIYETT Yoga Courses”

*Having ‘dabbled’ in yoga for years, I decided to go to the next level to improve my personal practice and develop a greater understanding of all aspects of yoga.*

*The VIYETT Yoga Studies/Hatha Yoga Practitioner’s Course has given me everything I hoped for and more. In a relaxed and friendly environment, I have been supported and encouraged on my personal yoga journey. The course has been thorough and highly informative. The classes are geared to suit all levels as you participate at your own level of ability. Classes incorporate asana, pranayama, mudra, bandha and relaxation.*

*I have now completed the course and am so impressed I have decided to go on and complete the Advanced Diploma of Yoga Teaching.*

*I feel blessed to have found VIYETT.*

Namaste.

**Collette Saunders**

*“I find the Advanced Diploma of Yoga Teaching at The Victorian Institute of Yoga Education and Teacher Training to be very informative and stimulating. I am truly inspired by Maya and her wealth of knowledge. I have tried many forms of Yoga practices over the years, but I find Maya’s way of teaching to be just how I would like to teach myself. Thank you for all your energy and smiles Maya.”*

**Debbie Flintoff-King**

*“The first time I practiced yoga was 3 years ago, when I was still living in Indonesia. I fell in love with Yoga instantly and wanted to learn everything I could about it. I moved to Australia to study nutritional medicine, and also to continue my journey in yoga. I found the VIYETT Diploma of Yoga Teaching Course balanced my asana practice with the integration of the History and Philosophy of Yoga I gained a much deeper understanding of the practice on the physical and spiritual levels. I also learned a lot about meditation practices. One meditation practice I really enjoy is when we practice the walking meditation and continue onto the beach which is only a 5 minute walk from the centre to continue with our meditation practice. The learning atmosphere at VIYETT is fun, relaxing, yet very informative and inspiring, I find it is the highlight of my week.”*

**Amanda Soedharma**

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*I am a Student of the VIYETT Diploma of Yoga Teaching and through my studies and experience here VIYETT is helping me realize my dream of becoming a Yoga Teacher.*

*The warm and friendly staff offer much experience and insight, within a relaxed setting. I am truly fortunate to have found this place, as I embark on my Yogic journey.*

### **Rebecca Dickenson**

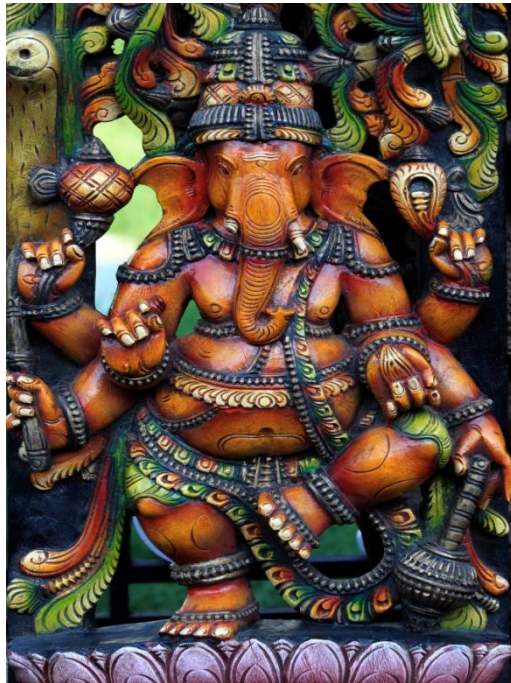
*"After day "one" of the studies, my mind felt clear & refreshed. The following weeks and months into the course has given me a cleansing & purifying experience & continues to do so. A most rewarding journey into oneself and continues to be."*

### **Linda Wilton**

*The Diploma course has been an amazing journey with a wide range of diverse and interesting subjects. The knowledge gained is deep and transformative. Perhaps most importantly, the teachers at Hampton Yoga Centre teach from the heart and instil within all students a deep respect for yogic traditions and practices. As result, students bring qualities of respect, humility, joy and dedication to their yoga practice. In this way, they are provided with all they need (and more) to teach their future students well.*

### **Sarah Waters**

**VIYETT YOGA STUDIES**  
**HATHA YOGA PRACTITIONER'S CERTIFICATE**  
**2012 COURSE GUIDE**



*"Ganesha"*

*The Remover of Obstacles*

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## VIYETT HATHA YOGA PRACTITIONER'S CERTIFICATE

### SUMMARY OF COURSE INFORMATION

#### YOGA STUDIES

Duration of Course: 1 year

Training Hours: 500 Hours

Training hours are a combination of on and off campus study time.

#### STUDY OPTIONS

Daytime or Weekend Training

#### 2012 FEBRUARY COURSE DATES

2012 February Course Dates

13<sup>th</sup> February 2012 (Monday Daytime Training Option).

18<sup>th</sup> February, 2012 (Weekend Training Option).

#### 2012 JULY COURSE DATES

2012 July Course Dates

25<sup>th</sup> July, 2012 (Wednesday Daytime Training Option)

28<sup>th</sup> July, 2012 (Weekend Training Option)

#### Fees

\$3,400

Initial Deposit \$800.00

Instalments: \$500.00 at the commencement of the course

Followed by 7 monthly instalments of \$ 300.00

#### Fees Include:

All Training and Tuition, Course Notes, Text Books, Equipment, Unlimited Yoga Pass for the duration of the course.

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## Training Frequency

Weekly

Please check with the Institute for the 2012 Course Timetable.

## VIYETT COURSE PROVIDER

The Hatha Yoga Practitioner Course is delivered by the Victorian Institute of Yoga Education and Teacher Training

Maya Hansajati is the Principal Teacher and Director of Studies at VIYETT and is a Senior Level 3 Yoga Teacher/Trainer and registered with Yoga Australia

## Class Attendance

Trainees are required to attend weekly Yoga classes for the duration of the course as this will assist in gaining a thorough understanding of the practices that will be learnt throughout the course. (These classes may be attended at VIYETT or at a school of your choice.)

## Important Information for February 2012 Studies

### Important Dates

Information Session: 22nd October, 2011 and 19th November, 2011 (1.00pm-2.00pm)

Course Enrolments: Need to be secured before 31<sup>st</sup> January, 2012

Student Orientation: 11th February, 2011

Course Commences: 13<sup>th</sup> February and 18<sup>th</sup> February, 2012

### July Intake

#### Important Dates

Information Session: 2<sup>nd</sup> June, 2012 (1.00pm-2.00pm)

Course Enrolments: Need to be secured before 9th July, 2012

Student Orientation: 21st July, 2012

Course Commences: 25<sup>th</sup> July and 28th July, 2012

### 2012 YOGA STUDIES

#### Hatha Yoga Practitioners Certificate

1 Year Part Time 500 hours

#### 2012 FEBRUARY COURSE

13th February, 2011 (Weekday Studies)

18<sup>th</sup> February, 2011 (Weekend Studies)

#### MID YEAR COURSE

25th July, 2011

28th July, 2011

**Fees \$3,400.00**

*This course is comprised of 500 hours of course contact time and home study. There are no formal requirements for this course, however, it is desirable that applicants show a high level of maturity and have a genuine interest in deepening their knowledge and experience of yoga. Applicants should also have an interest in health and wellbeing together with a commitment to personal growth, they should have a sincere interest in working towards their own spiritual development and a willingness to journey into the deeper mysteries of life.*

#### About the Course

The Yoga Studies – Hatha Yoga Practitioners course has been designed to allow practitioners of Yoga to receive quality education and training without the need to undertake extensive studies leading to a Yoga Teaching qualification. At VIYETT we understand that not all people seeking education and training in the field of Yoga want to teach Yoga as a profession. Often the need for further studies and training comes about when a student reaches a certain level of maturity in their practice and thus begins a journey to uncover the deeper meaning of Yoga. When the student reaches this level of maturity in their practice they often need guidance and training to assist them in broadening and developing their understanding of Yoga and to help them move forward on their life path.

Yoga is a science of life and a path of personal development. Through the study of yoga one is able to gain deeper insight into life itself and equip oneself with the necessary skills to achieve lifetime goals. The Yoga Studies Course presents yoga as a complete system drawing on the classical teachings and traditions of Hatha Yoga and the ancient traditions of Tantra's esoteric and philosophical teachings. Patanjali's eight limbs of yoga are also studied and integrated throughout all practices. Trainees will gain knowledge in both the theoretical and practical aspects of Yogic discipline.

### CORE SUBJECTS

- VIY001 Asana 1A
- VIY002 Pranayama 1A
- VIY003 Mudra and Bandha 1A
- VIY004 Shatkarma 1A
- VIY005 Relaxation and Meditation Practices 1A
- VIY006 Yogic History Philosophy and Culture 1A
- VIY007 Yogic Physiology1A
- VIY008 Integrative Yoga Practices 1A
- VIY009 Anatomy and Physiology 1A
- VIY010 Yogic Nutrition, Diet and Lifestyle 1A
- VIY011 Styles of Hatha Yoga1A
- VIY012 Introduction to Occupational Health and Safety 1A
- VIY013 Introduction to Teaching Principles and Practices 1A
- VIY014 First Aid (For Teaching Assistants Only)

### SUBJECT DESCRIPTION

#### **VIY001 Asana Level 1**

This subject is designed to develop a strong foundation in the theory and practice of yogasana. Students will be guided through a series of postures from the basic asanas that provide the foundation of a hatha yoga practice to the more intermediate group of asanas. Students will gain skills in asana adjustments and modifications, the use of yoga props, sequencing of asana, contra-indications and how to design a personal practice.

#### **VIY002 Pranayama Level 1**

Pranayama is the science of breath control. Students will be trained in the theory and practice of pranayama covering basic breathing techniques to the more advanced pranayama techniques and their specific use.

#### **VIY003 Mudra and Bandha Level 1**

Mudras are gestures that allow the practitioner to develop awareness of the currents of vital energy (prana) within the subtle body. During the course students will explore many of the commonly used mudras to gain a deeper understanding of the use of these techniques. Bandhas are performed to lock the prana into different areas of the body and redirect that prana to specific channels in the subtle body for the purpose of spiritual awakening.

### **VIY004 Shatkarma Level 1**

Shatkarmas are the six purification techniques used in yoga. These cleansing techniques provide a natural non-invasive cleansing action on the body. Trainees will learn how to apply these practices as part of their yogic life regime.

### **VIY005 Relaxation and Meditation Practices Level 1**

Students will learn a number of relaxation and meditation techniques including creative visualization exercises, common relaxation and meditation techniques to induce deep states of relaxation and meditation and will also be trained in the practice of Yoga Nidra. This subject also includes an introduction to the use of mantra and Kirtan (Yogic Chanting)

### **VIY006 Yogic History, Philosophy and Culture Level 1**

A good understanding of Yogic philosophy is essential for all serious students of Yoga. The History and Philosophy of Yoga gives participants an understanding of the origins of this great path. This subject gives an overview of the History and Philosophy of Yoga, the 4 streams of Yoga, (Karma Yoga, Bhakti Yoga, Jnana Yoga and Raja Yoga), The History of Hatha Yoga and Tantra and much more. The Yoga Sutras of Patanjali and also explored and a number of the traditional texts giving insight into this ancient path and how this timeless knowledge can offer much wisdom to modern day living.

### **VIY007 Yogic Physiology Level 1**

The Anatomy and Physiology of the “Subtle” body (the “unseen” body). This subject explores in detail the Chakra System and the Nadis (the channels that support the flow of prana (the life force). Other major topics include the Pancha Pranas and Upa Pranas (the vital airs or pranas that regulate different functions in the body) and the Pancha Koshas (the five sheaths that hold the key to healing at the deeper levels of our being). Studies will explore the Gunas, and the other areas of the subtle body. Through gaining an understanding of these vital aspects of our being one is able to connect to the source to correct imbalances that create disharmony at a physical, mental, vital, intellectual or spiritual level. To understand this gives us the opportunity to experience healing with the most profound results.

### **VIY008 Integrative Yoga Practices Level 1**

This subject brings together all the disciplines that the trainee has learned to date. Asana, Pranayama, Mudra, Bandha, Relaxation and Meditation Practices and Yogic Physiology. This subject will aid in bringing this knowledge together so that trainees will be able to understand the practice in its entirety.

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The Trainee learns to design and sequence yoga programs for their personal use from the knowledge gained from their studies to date.

### **VIY009 Traditional Anatomy and Physiology Level 1**

This subject instructs the Trainee Yoga Teacher in the Mechanics of Joint Movement, The Skeletal System, The Muscular System, The Nervous System, The Brain, The Endocrine System, The Lymphatic System, The Respiratory System, The Reproductive System, The Cardiovascular System, and The Digestive System. Traditional Anatomy and Physiology is taught to students so they can develop an understanding of how the body works and also gain a good understanding of which muscles and bodily systems are activated during the practice of asana.

### **VIY010 Yogic Nutrition, Diet and Lifestyle Level 1**

A healthy yogic lifestyle is an important part of a successful yoga practice. Participants will learn the principles and practices of good yogic life regimes. Yogic diet, nutrition and lifestyle will be studied together with an introduction to Ayurvedic lifestyle principles and practices. Students will discover how “quality” life regimes can enhance their overall feelings of wellbeing and their personal practice.

### **VIY011 Styles of Hatha Yoga Level 1**

This subject provides an understanding of the different approaches and applications of some of the more common styles of Hatha Yoga practiced in the Western world today.

### **VIY012 Introduction to Occupational Health and Safety Level 1**

The purpose of this subject is to provide participants with a basic understanding of the principles and practices of Occupational Health and Safety within a yoga school environment. Students will gain a good understanding of the laws and regulation that will enable you to practice/and or guide your students through a healthy and safe yoga practice.

### **V1Y013 Introduction to Teaching Principles Level 1**

This subject is designed to provide participants with the basic knowledge and skills required to teach yoga to individuals or small group in a yoga school environment under supervision.

## **THE AIM OF THE COURSE**

The Hatha Yoga Practitioner Certificate course is designed to provide quality education and training in all aspects of a yoga practice. Trainees will gain knowledge in a wide variety of techniques and also learn about the traditions that are common to yoga. This course will provide the trainee with all of the necessary tools to plan and establish a regular personal practice. Trainees undergoing this course will have gained

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enough knowledge and skill to teach a beginner yoga class under the supervision of a qualified yoga teacher in a yoga centre environment. (Teaching Assistant).

Students who successfully complete the Hatha Yoga Practitioner Courses will be eligible to undertake further studies in the Advanced Diploma of Yoga Teaching if they wish to further their studies gaining full credit for subjects undertaken.

### THE COURSE PROVIDER

The Course Provider is the Victorian Institute of Yoga Education and Teacher Training.

The VIYETT Director of Studies Maya Hansajati is a Senior Level 3 Teacher/Trainer registered with Yoga Australia.

### THE COURSE STRUCTURE

- The course will consist of 13 compulsory subjects.
- The course will be delivered part-time over a period of 1 year.
- The course is designed to give trainees the opportunity to create a balanced and harmonious lifestyle.
- The course content is both practical and theoretical in nature providing trainees with a good understanding of all of the important aspects of yoga.
- Trainees are given the opportunity to gain valuable experience by demonstrating their practical skills and theoretical knowledge in our student clinics.

### COURSE COMMENCEMENT DATES (Weekday/Weekend Options)

The course will commence on **Monday 13<sup>th</sup> February, 2012** and will be delivered each Monday from 10.00am-5.00pm. The Weekend study option will commence on **Saturday 18<sup>th</sup> February 2012** and will be conducted each Saturday from 12.00pm-6.00pm. At different intervals there will be some Yoga workshops and intensives that students will be required to attend.

Students undertaking studies in the Hatha Yoga Practitioners Certificate are expected to undertake regular weekly yoga classes together with maintaining a regular personal practice and completing all home study and assignments that are allocated as part of the course.

### TRAINING ENVIRONMENT

The course learning environment will reflect the highest standard of yoga education and training incorporating all the necessary theory and practical experience required to become an advanced practitioner of yoga or yoga teaching assistant. Learning outcomes will be integrated across all subjects and practical skills will be developed through both simulated and onsite training activities in our student clinics.

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### VIYETT TEACHERS

All teachers assigned to the delivery of the course are highly qualified and experienced in their area of teaching. All Teachers have up to date knowledge, expertise and current industry experience in the area of yoga teaching, and/or speciality areas. Teachers who are delivering yoga specific subjects are required to have a minimum of 3 years experience as a professional yoga teacher, and are required to be currently involved in a teaching capacity and are members of a professional body. All teachers instructing on the course hold a level 2 qualification equivalent to the VIYETT Advanced Diploma of Yoga Teaching. All Teachers are required to attend regular professional development seminars, in-house trainings and must be well established in their own personal yoga practice.

### ASSESSMENT

Assessment is based on regular class attendance, timely completion of all assignments and homework, participation in all session activities and practical demonstration of knowledge and skills. A minimum of 80% attendance for each subject is required to meet assessment criteria.

### COURSE ENTRY REQUIREMENTS

While there are no formal entry requirements for this course, it is envisaged that candidates meet the following criteria.

VIYETT requires a minimum age of 21 years

Good literacy and numeracy skills

A genuine interest in developing as a yoga practitioner

An interest in health and wellbeing

Good interpersonal and communication skills

A commitment to personal development and spiritual growth

### ATTENDANCE

Regular attendance at classes is essential for successful completion of the course. If a student's attendance in any subject falls below 80% they may be deemed not yet competent in that subject. In the event of any absence from training sessions it is the student's responsibility to follow up on class notes, etc. with tutor and/or other students. In the event of extended absence due to illness or other personal reasons the student will need to discuss their circumstances with the Director or the Course Co-ordinator at VIYETT.

### CERTIFICATION

On successful completion of all 13 compulsory subjects participants will be awarded with the VIYETT Hatha Yoga Practitioners Certificate of Attainment, and will be eligible to enter the VIYETT Diploma of

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Yoga Teaching course or the VIYETT Advanced Diploma of Yoga Teaching Course at second year level and complete an additional 250-500 hours of intensive Teacher Training.

### COURSE FEES

The full course fee is \$ 3,400 and includes all tuition and training fees, course notes and text books (*as per book list*) and standard course equipment as per equipment list plus VIYETT Yoga Uniform.(top only). In addition to this participants will be issued with an 'Unlimited Yearly Yoga Class Pass' to assist in meeting the cost of attending additional classes during the course of training. The pass will be issued in the name of the enrolled Student. Yoga class passes are non-transferable and non-refundable.

Please note: The course fee includes only the texts books and equipment that are listed on the book and equipment list. Any additional texts or equipment that trainees may wish to purchase to support their learning are not covered in the cost of the course. Each student will be provided with a long and short sleeve VIYETT yoga tee-shirt. We do not include yoga pants as each person has their individual preference regarding the type of pant they feel comfortable in. All students are required to wear black yoga pants as part of their uniform. Students are required to wear their yoga tops/uniforms to each training session.

### PAYMENT OF FEES

An initial deposit of \$800.00 is to be made payable one month prior to the commencement of the course followed by 7 monthly instalments of \$300.00. The First instalment is due at the commencement of the course.

Cost:	\$3,400.00
Initial Deposit	\$800.00 (Payable 1 month prior to course start date)
1 <sup>st</sup> Instalment	\$500.00 (Payable at the start of the course)
7 monthly payments of	\$300.00 (Payable on the 15 <sup>th</sup> day of each month)

### REFUND POLICY

#### Withdrawal from the Course

Students withdrawing from the course must give one months notice in writing of their intention to do so and send this notice to VIYETT Head Office by regular post.

Withdrawal from the course less than 4 weeks prior to the commencement of the course will incur an administrative fee of \$500.00.

Students withdrawing from the course less than 1 week prior to the commencement of the course or once the course has commenced will not be entitled to any course fee refund.

### DEFERRING FROM STUDIES

In the event of unforeseen circumstances you wish to defer from your course of study you must apply to VIYETT giving 30 days notice in writing outlining your circumstances and highlighting the reason for your inability to continue studies for the current semester and send this notice to VIYETT Head Office by regular post.

*\*please note in the event of deferment 30 days notice requires the student to still be partaking in their Course of Study, if the student is unable to attend training or has not given the required amount of notice an administration fee of \$500 will be incurred.*

Students wishing to defer their studies may do so only once and for one semester only. When a student defers the course must be recommenced at the commencement of the following semester. If the course is not commenced at the beginning of the next semester all course fees will be forfeited.

### HOW TO REGISTER OR ENROL IN THIS COURSE OF STUDY

Please see the section 'Registration and Enrolment Procedure' at the back of this handbook for more information. (Page 48) If you would like to register or find out more information about the VIYETT Hatha Yoga Practitioners Certificate Course please contact:

#### The Course Coordinator

**Anna Moore**

**(03) 9533 1347**

**Email: [enquiries@viyett.com.au](mailto:enquiries@viyett.com.au)**

## IMPORTANT DATES TO REMEMBER

### HATHA YOGA PRACTITIONERS CERTIFICATE 2012

**Information Sessions:** Saturday 22nd October and 19th November, 2012

1.00pm-2.00pm

(Light Refreshments will be provided following the information session).

**Enrolments Close:** 31st January, 2012

**Orientation Day:** 11<sup>th</sup> February, 2012

**Course Commencement Date:** 13<sup>th</sup> February, 2012 (Daytime Study Option)

18<sup>th</sup> February, 2012 (Weekend Study Option)

### MID YEAR COURSE

**Information Sessions:** Saturday 2nd June, 2012

1.00pm-2.00pm

(Light refreshments will be provided following the Information session).

**Enrolments Close:** 9th July, 2012

**Orientation Day:** Saturday 21<sup>st</sup> July, 2012

**Course Commencement Dates:** Wednesday 25th July, 2012

Saturday 28th July, 2012

# **VIYETT DIPLOMA OF YOGA TEACHING**

## **2012 COURSE GUIDE**



*"Indian Stone Carving"*

## VIYETT DIPLOMA OF YOGA TEACHING

### SUMMARY OF COURSE INFORMATION

#### VIYETT DIPLOMA OF YOGA TEACHING

Duration of Course: 1 year

Training Hours: 500 Hours

Training hours are a combination of on and off campus study time.

### COURSE DATES

#### 2012 FEBRUARY COURSE DATES

13<sup>th</sup> February 2012 (Monday Daytime Training Option).

18<sup>th</sup> February, 2012 (Weekend Training Option).

#### 2012 JULY COURSE DATES

25<sup>th</sup> July, 2011 (Wednesday Daytime Training Option)

28<sup>th</sup> July, 2011 (Weekend Training Option)

### February Intake

#### Important Dates

Information Session: Saturday 22<sup>nd</sup> October, 2011 and 19<sup>th</sup> November, 2011 (1.00pm-2.00pm)

Course Enrolments: Need to be secured before 31<sup>st</sup> January, 2012

Student Orientation: 11<sup>th</sup> February, 2012

Course Commences: 13<sup>th</sup> February and 18<sup>th</sup> February, 2012

### July Intake

#### Important Dates

Information Session: 2<sup>nd</sup> June, 2012 (1.00pm-2.00pm)

Course Enrolments: Need to be secured before 9<sup>th</sup> July, 2012

Student Orientation: 21<sup>st</sup> July, 2012

Course Commences: 25<sup>th</sup> July and 28<sup>th</sup> July, 2012

# Victorian Institute of Yoga Education and Teacher Training

## 2012 VIYETT Student Resource Handbook

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### **Fees**

\$5,700.00

Initial Deposit \$900.00 (Payable one month prior to commencement of the course).

\$1,500.00 Payment due at the commencement of the course

Plus two additional payments of \$1,200.00 followed by one payment of \$900.00.

### **Fees Include**

Training and Tuition, Course Notes, All Text Books, Equipment, Uniform, (top only), First Aid Certificate, Unlimited Yoga Pass for the duration of the course. Prices quoted include all items listed in the "Fees Include" section. There are no additional expenses associated with the course.

### **Training Frequency**

Weekly

Please check with the Institute for the 2012 Course Timetable.

### **COURSE PROVIDER**

The Victorian Institute of Yoga Education and Teacher Training is the provider of the Diploma of Yoga Teaching. Maya Hansajati is the Principal of VIYETT and is a Senior Level 3 Yoga Teacher/Trainer and is registered with Yoga Australia.

### **Class Attendance**

Trainees are required to attend a minimum of 2 classes per week in addition to their training for the duration of the course to successfully complete the course and apply for teaching membership. (These classes may be attended at the Institute or at a school recommended by VIYETT or at a school of your choice.

### 2012 DIPLOMA OF YOGA TEACHING

#### 1 Year Part Time 500 hours

#### 2012 FEBRUARY COURSE

13<sup>th</sup> February, 2012 (Weekday Studies)

18<sup>th</sup> February, 2012 (Weekend Studies)

#### 2012 JULY COURSE

25th July, 2012

28th July, 2012

#### Course Fees: \$5,700.00

*This course is comprised of 500 hours of course contact time and home study. To be eligible for entry into this course it is desirable that applicants have a minimum of 2 years previous yoga experience and are established in their own personal practice. Applicants should have a genuine interest in health and wellbeing and a sincere interest in personal and spiritual development together with and a keen interest in teaching yoga and nurturing and developing these qualities in others.*

*Students wishing to undertake studies in the 'Diploma of Yoga Teaching' should understand that yoga is a lifelong learning process and the completion of any course of study is just the beginning of the journey. To become a good yoga teacher requires many years of in depth study and dedication to personal practice, as the gift of all true yoga is buried in the depths of experiential knowledge: Those who dedicate their heart to yoga will ultimately receive the "fruits" of yoga.*

#### ABOUT THE COURSE

The Victorian Institute of Yoga Education and Teacher Training Course (VIYETT) has been designed to provide trainees with a high level of understanding in relation to the physical, emotional, psychological, spiritual and social responsibilities associated with teaching yoga.

The Diploma of Yoga Teaching is a 1 year Yoga Teacher Training Course. It is an intensive training course covering all of the vital aspects of Yoga. The course is designed to provide trainees with a good understanding of the science and philosophies of yoga and all of the practical disciplines associated with teaching yoga as a profession.

The VIYETT Yoga Teacher Training programs are not limited to one philosophy or one way of thinking, they are based on a number of traditional yogic philosophies which will aid trainees in gaining a broader understanding of the "whole" concept of yoga. Some of the more popular philosophies or traditions that

VICTORIAN INSTITUTE OF YOGA EDUCATION AND TEACHER TRAINING  
14 Thomas Street, Hampton, Vic. 3188 Telephone: (03) 95331347

# Victorian Institute of Yoga Education and Teacher Training

## 2012 VIYETT Student Resource Handbook

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trainees will explore are Patanjali's Asthanga Yoga – The Eight Limbs of Yoga, Samkhya, Tantra, and Vedic Culture.

Each of these traditions are ancient philosophies handed down through the ages providing us with a rich source of knowledge and information whereby we can transform our lives and enrich the lives of those around us. Trainees are encouraged to seek out knowledge from a variety of traditions as this ultimately adds to the wealth of their knowledge and their experience as professional yoga teachers.

### VIYETT DIPLOMA OF YOGA TEACHING

#### CORE SUBJECTS

VIY001 Asana 1A

VIY002 Pranayama 1A

VIY003 Mudra and Bandha 1A

VIY004 Shatkarma 1A

VIY005 Relaxation and Meditation Practices 1A

VIY006 Yogic History, Philosophy and Culture 1A

VIY007 Yogic Physiology 1A

VIY008 Integrative Yoga Practices 1A and 2B

VIY009 Traditional Anatomy and Physiology 1A

VIY010 Yogic Nutrition Diet and Lifestyle 1A

VIY020 Yoga for Clients with Special Needs 2B

VIY021 Principles and Practices of Teaching Yoga 2B

VIY024 Personal and Professional Development for Yoga Teachers 2B

VIY025 First Aid Training

### DIPLOMA OF YOGA TEACHING

#### SUBJECT DESCRIPTION

##### **VIY001 Asana Level 1**

This subject instructs the trainee in the theory and practice of yogasana, the various groups of asana, the mental, physical, emotional and spiritual aspects of these practices, sequencing, adjusting and modifying asanas, use of yoga props, static and dynamic styles of practice and more.

##### **VIY002 Pranayama Level 1**

Pranayama practice is an integral part of all yoga practice and the Pranayama theory and practice units explore the meaning and importance of prana (the life force), the benefits and contra-indications of the different pranayamas. You will learn a number of pranayamas to support your personal practice together with learning all of the major pranayama practices and techniques required to conduct yoga classes.

##### **VIY003 Mudra and Bandha Level 1**

Mudras are gestures that allow the practitioner to develop awareness of the currents of vital energy (prana) within the subtle body. During the course students will explore many of the commonly used mudras to gain a deeper understanding of the use of these techniques. Bandhas are performed to lock the prana into different areas of the body and redirect that prana to specific channels in the subtle body for the purpose of spiritual awakening.

##### **VIY004 Shatkarma Level 1**

Shatkarmas are the traditional yogic cleansing practices. They provide a natural non-invasive cleansing treatment for the entire body from head to toe. Trainee teachers can expect to learn how to apply these techniques in their own practice and provide instruction while encouraging their future students to employ these practices as a part of their own daily regime.

##### **VIY005 Relaxation and Meditation Practices Level 1**

Students will learn a number of relaxation and meditation techniques including creative visualization exercises, common relaxation and meditation techniques to induce deep states of relaxation and meditation, and students will be trained in the practice of Yoga Nidra. This subject also includes an introduction to the use of mantra and Kirtan (yogic chanting).

##### **VIY006 Yogic History, Philosophy and Culture Level 1**

A good understanding of yogic philosophy is essential for all serious students of Yoga. "The History and Philosophy of Yoga" gives participants an understanding of the origins of this great path. This subject

# Victorian Institute of Yoga Education and Teacher Training

## 2012 VIYETT Student Resource Handbook

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gives an overview of the History of Yoga, The history of tantra, the 4 streams of Yoga, (Karma Yoga, Bhakti Yoga, Jnana Yoga and Raja Yoga), the eight limbs of Yoga, Vedic Literature and more, and also explores a number of the traditional texts giving insight into this ancient path and how this timeless knowledge can offer much wisdom to modern day living.

### **VIY007 Yogic Physiology Level 1**

The Anatomy and Physiology of the “Subtle” body (the “unseen” body). This subject explores in detail the Chakra System and the Nadis (the channels that support the flow of prana (the life force). Other major topics include the Pancha Pranas and Upa Pranas (the vital airs or pranas that regulate different functions in the body) and the Pancha Koshas (the five sheaths that hold the key to healing at the deeper levels of our being). The Gunas and more. Through gaining an understanding of these vital aspects of our being one is able to connect to the source to correct imbalances that create disharmony at a physical, mental, vital, intellectual or spiritual level. To understand this knowledge gives us the opportunity to experience healing with the most profound results.

### **VIY008 Integrative Yoga Practices Level 1 and 2B**

This subject brings together all the disciplines that you have learned to date; Asana, Pranayama, Mudra, Bandha, Relaxation and Meditation practices. This subject will aid in bringing this knowledge together so that trainees will be able to understand the practice in its entirety. The Trainee learns to design and sequence yoga programs for personal use and design yoga classes for a variety of clients at a professional level from the knowledge gained from previous studies.

### **VIY009 Traditional Anatomy and Physiology Level 1**

This subject introduces gives the trainee an understanding of The Mechanics of Joint Movement, The Skeletal System, The Muscular System, The Nervous System, The Brain, The Endocrine System, The Lymphatic System, The Respiratory System, The Reproductive System, The Cardiovascular System, and The Digestive System.

### **VIY010 Yogic Nutrition, Diet and Lifestyle Level 1**

A healthy yogic lifestyle is an important part of a successful yoga practice. Participants will learn the principles and practices of good yogic life regimes. Yogic diet, nutrition and lifestyle will be studied together with an introduction to Ayurvedic lifestyle principles and practices. Students will discover how quality life regimes can enhance their overall feelings of wellbeing and their personal practice.

### **VIY020 Yoga for Clients with Special Needs Level 2B**

This subject is designed to provide an understanding of how to conduct yoga classes for clients with special needs. Participants will learn to determine when traditional practices may be used and when these practices may be inappropriate and what alternative practices may be performed during these sessions. This subject covers common ailments and special populations.

### **VIY021 Principles and Practices of Yoga Teaching Level 2B**

This subject will provide participants with all of the theory and practical skills required to plan, design and conduct yoga classes and to teach all aspects of yoga and meditation to a diverse range of clients with a variety of needs and levels of skill in a safe manner and secure environment. This is an intense module incorporating all of the knowledge trainees have learned in relation to yoga and meditation practices. Trainees will gain practical experience in planning and conducting yoga classes, meditation classes, yoga classes for “special needs group” and designing yoga workshops. Adjustments and correct alignment will play a large role in the delivery of these classes together with emphasis on Occupational Health and Safety when designing and delivering yoga classes within the community.

### **VIY024 Personal and Professional Development for Yoga Teachers Level 2B**

This subject instructs the trainee in all the important aspects of working in a yoga studio or in setting up a Yoga Business. Units incorporated in the subject include: Personal Ethics, Business Ethics and Standards, Registering a Business, Sub-Contracting, Tax obligations, Insurance, Leasing a premises, Employing Staff, OH&S obligations as an employer or an employee, Yoga Teachers registration with a Professional Yoga Teacher Association.

### **VIY025 First Aid Training**

All yoga teachers are required to have a current “First Aid Certificate”. This is also a requirement of the Yoga Teacher Association of Australia Y.A. to become eligible for accreditation as a “Yoga Teacher Member” and to ensure that your yoga teacher insurance is valid. First aid training will be provided for students who do not currently hold a first aid certificate.

## **LEARNING OUTCOMES**

As with all of the VIYETT courses the aim of our courses is to provide trainees with the highest level of skill in all aspects of instructing yoga classes and in the “Science and Philosophy of Yoga”.

## **THE AIM OF THE COURSE**

The aim of the VIYETT Diploma of Yoga Teaching is to educate and train individuals seeking a career as a professional yoga teacher. During the course of study trainees will be guided through the basic foundations of a yoga practice to the more advanced practices of yoga which will assist in developing their own personal practice and also equip the trainee teacher with all of the necessary skills to teach yoga in a professional and confident manner to a diverse range of people in the community.

Trainees will explore a variety of topics and techniques that are common to the practice of yoga and by the end of the course the trainee will have developed all of the necessary skills to plan, develop and conduct a number of different classes and workshops that may be presented to the general public.

# Victorian Institute of Yoga Education and Teacher Training

## 2012 VIYETT Student Resource Handbook

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All of the teachings at VIYETT are based on the classical 'Raja Yoga System' and the 'Eight Limbs of Yoga'. During the course of study students will study extensively the rich history, philosophy and culture of the yoga tradition in order to gain a broader understanding of the traditions of yoga in modern day life.

### THE COURSE PROVIDER

The Course Provider is the Victorian Institute of Yoga Education and Teacher Training.

The VIYETT Director of Studies Maya Hansajati is a Senior Level 3 Teacher/Trainer and is registered with Yoga Australia.

### THE COURSE STRUCTURE

- The course will consist of 14 compulsory subjects.
- The course will be delivered part-time over a period of 1 year.
- The course is designed to give trainees the opportunity to create a balanced and harmonious lifestyle.
- The course content is both practical and theoretical in nature providing trainees with a good understanding of all of the important aspects of yoga.
- Trainees are given the opportunity to gain valuable experience by demonstrating their practical skills and theoretical knowledge in our student clinics.

### COURSE DATES

The course will commence on Monday 13<sup>th</sup> February, 2012 and Saturday 18<sup>th</sup> February, 2012. (Please refer to course summary for mid-year course dates) There are currently 2 study options. Trainees may undertake studies either one day per week from 10.00am-5.00pm or Saturday training sessions from 12.00pm-6.00pm. Trainees will be required to attend additional workshops and intensives throughout the year to support their learning. Students undertaking studies in the Diploma of Yoga Teaching are required to attend a minimum of 2 yoga classes per week in addition to their regular training sessions for the duration of the course. Students are also required to establish a regular personal yoga practice together with maintaining a log book to record their practice. Timely completion of homework and assignments will contribute towards their final assessment.

### TRAINING ENVIRONMENT

VIYETT provides the highest standard of yoga education and training and encourages all trainees to enter into a mentorship program for the duration of their course as this will assist in developing confidence and a high level of professionalism. Trainees will receive all of the necessary knowledge and practical skills to become a professional yoga teacher.

### VIYETT TEACHERS

All teachers assigned to the delivery of the course are highly qualified and experienced in their area of teaching. All Teachers have up to date knowledge, expertise and current industry experience in the area of yoga teaching, and/or speciality areas. Teachers who are delivering yoga specific subjects are required

# Victorian Institute of Yoga Education and Teacher Training

## 2012 VIYETT Student Resource Handbook

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to have a minimum of 3 years experience as a professional yoga teacher, they must be currently involved in a teaching capacity and are members of a professional body. All teachers instructing on the course hold a level 2 qualification equivalent to the VIYETT Advanced Diploma of Yoga Teaching. All Teachers are required to attend regular professional development seminars, in-house trainings and must be well established in their own personal yoga practice.

### ASSESSMENT

Assessment is based on regular attendance with a minimum of 80% attendance for each subject.

Assessment is carried out on completion of each subject.

All written assignments are to be completed and received by the due date.

All practical demonstrations are to be delivered on the specified date, where this is not possible an appointment must be made for an alternative date. (Only one cancellation will be permitted)

### COURSE ENTRY REQUIREMENTS

#### Pre-Requisite:

VIYETT requires applicants to be a minimum of 21 years of age.

Students must have a minimum of 2 years yoga experience, which can be made up through regular class attendance and personal practice.

Have a genuine and compassionate nature and a genuine desire to help others.

Demonstrate good people skills.

Be established in a personal yoga practice.

Demonstrate a commitment to undertaking studies.

Participate in at least 2 weekly yoga classes at VIYETT or a school recommended by VIYETT or a studio of your choice.

### ATTENDANCE

Regular attendance to general classes is essential for successful completion of the course. If a student's attendance in any subject falls below 80% they may be deemed not yet competent in that subject. In the event of any absence it is the student's responsibility to follow up on class notes, etc. with tutor and/or other students. In the event of extended absence due to illness or other personal reasons the student will need to discuss their circumstances with the Director of VIYETT or the course Co-ordinator.

# Victorian Institute of Yoga Education and Teacher Training

## 2012 VIYETT Student Resource Handbook

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### CERTIFICATION

To receive the qualification “VIYETT Diploma of Yoga Teaching” students must successfully complete all of the compulsory subjects as outlined in the Student Resource Handbook a total of 14 subjects. To be eligible for certification students will also need to provide VIYETT with a copy of a current first aid certificate Level 2.

Trainees will be issued with a statement of attainment at the end of the study year for each subject that has been successfully completed and will also be awarded with the VIYETT Diploma of Yoga Teaching.

### COURSE FEES

The Fee for the Diploma of Yoga Teaching is \$5,700.00

This fee includes all tuition fees, course notes, text books, specified training equipment, yoga uniform and first aid certificate. In addition to this students are issued with an “unlimited” yoga pass to cover the cost of yoga classes during the course of training. (The pass will be issued in the name of the enrolled student and the yoga class passes are non-transferable and non-refundable.) This is an all inclusive price and there are no hidden extra costs. If the student defers from studies then the unlimited yoga pass is no longer valid.

### PAYMENT OF FEES

Fees may be paid by instalments. The first instalment of \$900.00 is the initial deposit which confirms your place on the course. A further payment of \$1,500.00 is payable at the commencement of the course. The second instalment of \$1,200 is due 2 months after course commencement (1/4 way through the course). The third instalment \$1,200.00 is due 4 months after commencement of course. (half way through the course). The third payment is \$900.00 due by the sixth month from when the course commenced. Course payment dates will be supplied upon enrolment into the course.

#### Payment of Fees

Cost:	\$5,700.00
Initial Deposit	\$ 900.00 (Payable 1 month prior to course commencement date).
1 <sup>st</sup> Instalment	\$1,500.00 (Payable at the commencement of the course)
2 <sup>nd</sup> Instalment	\$1,200.00 (2 months after commencement of the course)
3 <sup>rd</sup> Instalment	\$1,200.00 (4 Months after commencement of the course)
4 <sup>th</sup> Instalment	\$ 900.00 (6 months after commencement of the course)

### REFUND POLICY

#### Withdrawal from the Course

Participants withdrawing from the course must give one months notice in writing of their intention to do so and send to VIYETT Head Office by regular post.

# Victorian Institute of Yoga Education and Teacher Training

## 2012 VIYETT Student Resource Handbook

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Withdrawal from the course less than 4 weeks prior to the commencement of the course will incur a fee of \$500.00. This includes one month of fees plus \$200.00 administrative fee.

Participants withdrawing from the course less than 1 week prior to the commencement of the course or once the course has commenced and who have not notified VIYETT in writing will not be entitled to any course fee refund.

### DEFERRING FROM STUDIES

In the event of unforeseen circumstances you wish to defer from your course of study you must apply to VIYETT giving 30 days notice in writing outlining your circumstances and highlighting the reason for your inability to continue studies for the current semester and send this notice to VIYETT Head Office by regular post.

*\*please note in the event of deferment 30 days notice requires that the student is still partaking in their Course of Study, if the student is unable to attend training or has not given the required amount of notice a fee of \$500 will be incurred.*

*If the student fails to advise VIYETT via regular mail within 30 days of their intention to discontinue studies then they will no longer be eligible for any refund.*

Students wishing to defer their studies may do so only once and for one semester only. When a student defers from the course, the course must be recommenced at the commencement of the following semester. If the course is not commenced at the beginning of the semester all course fees will be forfeited.

### HOW TO REGISTER OR ENROL FOR THIS COURSE

VIYETT processes applications based on pre-requisites, merit and previous experience.

1. Send in your completed registration form (found at the end of this Student Handbook) to indicate your interest in registering in the Hatha Yoga Practitioners Certificate, Diploma of Yoga Teaching or The Advanced Diploma of Yoga Teaching.
2. Upon receipt of your registration we will contact you to arrange an interview in person.
3. On acceptance to the course you will be notified by mail with a letter of acceptance.
4. In order to secure your place on the course you will need to pay the initial course deposit. This may be done via telephone, mail (cheque) or via direct deposit.
5. Enrolments are to be received by the due date.
6. Early Bird discounts will be deducted from the final instalment.

## IMPORTANT DATES TO REMEMBER

### DIPLOMA OF YOGA TEACHING

#### FEBRUARY 2012

**Information Sessions:** Saturday 22nd October, 2011 and 19th November, 2011

1.00pm-2.00pm

(Light Refreshments will be provided after the information session).

**Enrolments Close:** 31<sup>st</sup> January, 2012

**Orientation Day:** 11th February, 2012

**Course Commencement Date:** 13<sup>th</sup> February, 2012 (Daytime Study Option)

18<sup>th</sup> February, 2012 (Weekend Study Option)

#### MID YEAR COURSE

**Information Sessions:** Saturday 2nd June, 2012

1.00pm-2.00pm

(Light refreshments will be provided after the Information session).

**Enrolments Close:** 9th July, 2012

**Orientation Day:** Saturday 21<sup>st</sup> July, 2012

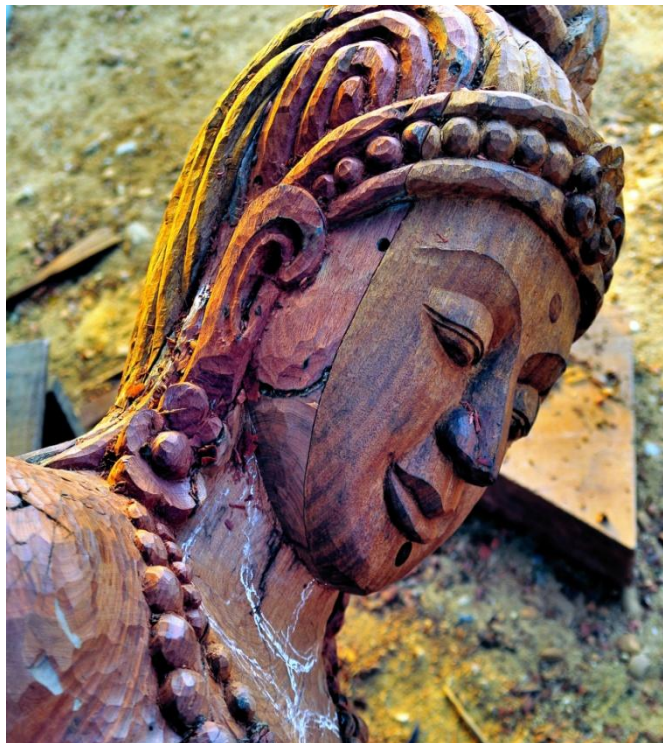
**Course Commencement Dates:** Wednesday 25th July, 2012

Saturday 28<sup>th</sup> July, 2012

If you are interested in attending one of our information session please contact Anna Moore on (03) 95331347 to arrange your booking.

## **VIYETT ADVANCED DIPLOMA OF YOGA TEACHING**

### **2012 COURSE GUIDE**



*“Buddha Statue”*

# Victorian Institute of Yoga Education and Teacher Training

2012 VIYETT Student Resource Handbook

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## ADVANCED DIPLOMA OF YOGA TEACHING

### SUMMARY OF COURSE INFORMATION

#### VIYETT ADVANCED DIPLOMA OF YOGA TEACHING

Duration of Course: 2 years

Training Hours: 1100Hours

Training hours are a combination of on and off campus study time.

### STUDY OPTIONS

Daytime or Weekend Training

### COURSE DATES

#### 2012 FEBRUARY COURSE DATES

13<sup>th</sup> February, 2012 (Monday Daytime Training Option).

18<sup>th</sup> February, 2012 (Weekend Training Option)

#### 2012 JULY COURSE DATES

25<sup>th</sup> July, 2012 (Wednesday Daytime Training Option)

28<sup>th</sup> July, 2012 (Weekend Training Option)

### Fees

#### 1<sup>st</sup> Year

Cost: \$ 3,700.00

Initial Deposit \$800.00

Instalments: \$500.00 at the commencement of the course

Plus 7 monthly instalments of \$ 300.00

#### 2<sup>nd</sup> Year

Cost: \$4,200.00

Initial Deposit \$900.00 (1 month Prior to Commencement of Course)

1<sup>st</sup> Instalment \$600.00 (at Commencement of the Course)

9 monthly instalments of \$300.00 per month payable on the 15<sup>th</sup> day of each month.

# Victorian Institute of Yoga Education and Teacher Training

2012 VIYETT Student Resource Handbook

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## Fees Include

Training and Tuition Fees, Course Notes, All Text Books, Equipment, 2x Yoga Tee-Shirts, First Aid Certificate, Unlimited Yoga Pass for the duration of the course.

## Training Frequency

Daytime or Weekends

Please check with the Institute for the 2012 Course Timetable.

## COURSE REGISTRATION

VIYETT is an Approved Yoga Teacher Training School

Registered with Yoga Australia

Maya Hansajati is the Principal VIYETT and is a Senior Level 3 Yoga Teacher/Trainer.

## Class Attendance

Trainees are required to attend a minimum of 2 Yoga classes each week in addition to training sessions for the duration of the course as this forms an integral part of the training program and it will help you to gain a thorough understanding of the practices that you will learn throughout the course. These classes may be attended at VIYETT or at a school of your choice.

## Important Date

Information Session: Saturday 22nd October, 2011 and 19th November, 2011 (1.00pm-2.00pm)

Course Enrolments: Need to be secured prior to 31<sup>st</sup> January, 2012

Student Orientation: 11<sup>th</sup> February, 2012

Course Commences: 13<sup>th</sup> and 18<sup>th</sup> February, 2012

## JULY COURSE

Information Session 2nd June, 2012 (1.00pm-2.00pm)

Course Enrolments Need to be secured before 9th July, 2012

Student Orientation Saturday 21st July, 2012

Course Commences 25th and 28th July, 2012

# Victorian Institute of Yoga Education and Teacher Training

2012 VIYETT Student Resource Handbook

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## VIYETT ADVANCED DIPLOMA OF YOGA TEACHING

**2 Years Part-Time 1100 hours**

**Pre- Requisite: 2 Years Yoga Experience**

### 2012 FEBRUARY COURSE

**13<sup>th</sup> February, 2012 (Weekday Option)**

**18<sup>th</sup> February, 2012 (Weekend Option)**

### 2012 JULY COURSE

**25th July, 2012**

**28<sup>th</sup> July, 2012**

**Cost: \$7,600.00**

*This course is comprised of 1100 hours of course contact time and home study. To be eligible for entry into this course it is desirable that applicants have a minimum of 2 years previous Yoga experience and are established in their own personal yoga practice. Applicants who have successfully completed the Hatha Yoga Practitioner's Certificate or the Diploma of Yoga Teaching will gain full credit for prior learning and will be admitted into the second year of the Advanced Diploma of Yoga Teaching Course.*

*It is envisaged that those wishing to undertake this course will have a genuine, sincere and caring nature and will inspire others by their personal qualities. Applicants should have a good understanding of the ethics and philosophies of a yoga practitioner and have a genuine interest in passing on these teachings to others. Applicants should have a basic understanding of the main principles and practices that constitute a hatha yoga practice and it is desirable that they are established in their personal practice.*

### ABOUT THE COURSE

The VIYETT Advanced Diploma of Yoga Teaching Course is conducted over 2 years on a part-time basis. The course has been designed to provide the highest standard of education and training for individuals seeking a career as a "professional yoga teacher". This course explores all of the major paths of yoga and trainees will also explore many of the different styles of yoga that are commonly practiced the modern era.

The Advanced Diploma of Yoga Teaching Course guides trainees through an in depth study of the history, philosophy, spiritual, and practical applications associated with the science of yoga. Trainees will

# Victorian Institute of Yoga Education and Teacher Training

## 2012 VIYETT Student Resource Handbook

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develop a high level of understanding of the physical, mental, spiritual, and social applications of yoga, together with developing a solid foundation in the theory and practice of the various aspects of Hatha Yoga, Tantra, Ayurveda and its relationship to yoga and also develop a good understanding of yoga as a therapeutic tool. The course aims at providing the trainee with an advanced level of knowledge and practical skills to enhance their own practice and provide the confidence and skills to teach yoga to a diverse range of people in the community.

At VIYETT we do not limit trainees to one particular lineage, style of yoga or philosophy, we encourage students to seek out knowledge from a variety of traditions as this ultimately adds to the wealth of their knowledge and their experience as professional yoga teachers. Upon completion of the Advanced Diploma of Yoga Teaching trainees will have gained all of the required knowledge and skills to teach yoga with a high degree of confidence and professionalism in a yoga centre setting or as a self-employed professional.

### ADVANCED DIPLOMA OF YOGA TEACHING

#### CORE SUBJECTS

##### 1<sup>st</sup> Year Subjects

VIY001 Asana 1A

VIY002 Pranayama 1A

VIY003 Mudra and Bandha 1A

VIY004 Shatkarma 1A

VIY005 Relaxation and Meditation Practices 1A

VIY006 Yogic History Philosophy and Culture 1A

VIY007 Yogic Physiology 1A

VIY008 Integrative Yoga Practices 1A

VIY009 Anatomy and Physiology 1A

VIY010 Yogic Nutrition, Diet and Lifestyle 1A

VIY011 Styles of Hatha Yoga 1A

VIY012 Introduction to Occupational Health and Safety 1A

VIY013 Introduction to Teaching Principles and Practices 1A

##### 2<sup>nd</sup> Year Subjects

VIY014 Traditional Yogic Practices 2B

VICTORIAN INSTITUTE OF YOGA EDUCATION AND TEACHER TRAINING  
14 Thomas Street, Hampton, Vic. 3188 Telephone: (03) 95331347

# Victorian Institute of Yoga Education and Teacher Training

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VIY015 Yogic History Philosophy and Culture 2B

VIY016 Yogic Physiology 2B

VIY017 Yogic Psychology 2B

VIY018 Introduction to Yoga Therapy 2B

VIY019 Yogic Nutrition, Diet and Lifestyle 2B

VIY020 Yoga for Clients with Special Needs 2B

VIY021 Principles and Practices of Teaching Yoga 2B

VIY022 Traditional Anatomy and Physiology 2B

VIY023 Effective Communications 2B

VIY024 Personal and Professional Development for Yoga Teachers 2B

VIY025 Occupational Health and Safety 2B

VIY026 First Aid Level 1

## ADVANCED DIPLOMA OF YOGA TEACHING

### SUBJECT DESCRIPTION

#### VIY001 Asana Level 1A

This subject is designed to develop a strong foundation in the theory and practice of yogasana. Students will be guided through a series of postures from the basic asanas that provide the foundation of a hatha yoga practice to the more intermediate/advanced group of postures. Students will gain skills in asana adjustments and modifications, the use of yoga props, sequencing of asana, contra-indications and how to design a personal practice.

#### VIY002 Pranayama Level 1A

Pranayama is the science of breath control. Students will be trained in the theory and practice of pranayama covering basic breathing techniques to the more advanced pranayama techniques and their specific use.

#### VIY003 Mudra and Bandha Level 1A

Mudras are gestures that allow the practitioner to develop awareness of the currents of vital energy (prana) within the subtle body. During the course students will explore many of the commonly used mudras to gain a deeper understanding of the use of these techniques. Bandhas are performed to lock the prana into different areas of the body and redirect that prana to specific channels in the subtle body for the purpose of spiritual awakening.

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## VIY004 Shatkarma Level 1A

Shatkarmas are the six purification techniques used in yoga. These cleansing techniques provide a natural non-invasive cleansing action on the body. Trainees will learn how to apply these practices as part of their yogic life regime.

## VIY005 Relaxation and Meditation Practices Level 1A

Students will learn a number of relaxation and meditation techniques including creative visualization exercises, common relaxation and meditation techniques to induce deep states of relaxation and meditation and will be trained in the practice of Yoga Nidra. This subject also includes an introduction to the use of mantra and Kirtan (yogic chanting).

## VIY006 Yogic History, Philosophy and Culture Level 1A

A good understanding of Yogic philosophy is essential for all serious students of Yoga. “The History and Philosophy of Yoga” provides participants with an understanding of the origins of this great path of yoga. This subject gives an overview of the 4 streams (the four paths of yoga) of Yoga, (Karma Yoga, Bhakti Yoga, Jnana Yoga and Raja Yoga), Tantra, the Yoga Sutras of Patanjali, and the many other aspects of yoga philosophy. Students will also explore some of the traditional yogic literature during the course of their studies which will allow them to gain insight into this great ancient path and timeless knowledge to gain wisdom and insight to help them to apply this knowledge to modern daily life.

## VIY007 Yogic Physiology Level 1A

The Anatomy and Physiology of the “Subtle” body (the “unseen” body). This subject explores in detail the Chakra System and the Nadis (the channels that support the flow of prana (the life force). Other major topics include the Pancha Pranas and Upa Pranas (the vital airs or pranas that regulate different functions in the body) and the Pancha Koshas (the five sheaths that hold the key to healing at the deeper levels of our being). It also looks at the Gunas and aids students in understanding the concept of “Kundalini”. Through gaining an understanding of these vital aspects of our being one is able to connect to the source to correct imbalances that create disharmony at a physical, mental, vital, intellectual or spiritual level. To understand this gives us the opportunity to experience healing with the most profound results.

## VIY008 Integrative Yoga Practices Level 1A

This subject brings together all the disciplines that the trainee has learned to date. Asana, Pranayama, Mudra, Bandha, Relaxation and Meditation practices. This subject will aid in bringing this knowledge together so that trainees will be able to understand the practice in its entirety. The Trainee learns to design and sequence yoga programs and classes from the knowledge gained from previous studies.

## VIY009 Traditional Anatomy and Physiology Level 1A

This subject instructs the trainee yoga teacher in the Mechanics of Joint Movement, The Skeletal System, The Muscular System, The Nervous System, The Brain, The Endocrine System, The Lymphatic System,

The Respiratory System, The Reproductive System, The Cardiovascular System, and The Digestive System. This subject concentrates on the western model of anatomy and physiology and guides the student through practices that will help them to gain a deeper understanding of the effects asana have on the physical body.

### **VIY010 Yogic Nutrition, Diet and Lifestyle Level 1A**

A healthy yogic lifestyle is an important part of a successful yoga practice. Participants will learn the principles and practices of good yogic life regimes. Yogic diet, nutrition and lifestyle will be studied together with an introduction to Ayurvedic lifestyle principles and practices. Students will discover how quality life regimes can enhance their overall feelings of wellbeing and their which will enhance their personal practice.

### **VIY011 Styles of Hatha Yoga Level 1A**

This subject provides an understanding of the different approaches and applications of some of the more common styles of Hatha Yoga practiced in the Western world today.

### **VIY012 Introduction to Occupational Health and Safety Level 1A**

The purpose of this subject is to provide participants with a basic understanding of the principles and practices of "Occupational Health and Safety" within a yoga school environment. It is also aimed at the trainee teacher to help them to become aware of potential or hazardous situations or risks that they may face in the daily operations of their businesses or when providing services to others.

### **V1Y013 Introduction to Teaching Principles Level 1A**

This subject is designed to introduce trainees to the basic knowledge and skills required to teach yoga to individuals or small group in a yoga school environment under supervision.

### **VIY014 Traditional Yogic Practices 2B**

This subject will build on the Yogic techniques learned in Yoga Studies introducing the participant to the intermediate and advanced group of Asana, Pranayama, Mudra and Bandha, Shatkarma, Relaxation and Meditation, Mantra and Sound Resonance and Planning and Designing Personal Programs using the more advanced group of practices.

### **VIY015 Yogic History, Philosophy and Culture 2B**

This is a more in-depth study of the History, Philosophy and Culture of Yoga giving further insight as to how these practices and concepts form the foundation of Yoga. An in depth study of The History of The

# Victorian Institute of Yoga Education and Teacher Training

2012 VIYETT Student Resource Handbook

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Vedic Culture, Samkhya Philosophy, Tantra, The Yoga Sutras of Patanjali, The Yoga and Kundalini Upanishads, Indian Culture and more.

## **VIY016 Yogic Physiology Level 2B**

This subject will employ more advanced techniques of learning to manipulate and utilize the energies of the subtle body to promote health and wellbeing. Prana Vidya, Pranic Energizing and Healing and other techniques to heal at the more subtle levels of ones being.

## **VIY017 Yogic Psychology Level 2B**

This subject will provide a more advanced study of consciousness, the mind, personality and the energy centres, Yogic techniques to bring about balance and harmony of the psyche.

## **VIY018 Introduction to Yoga Therapy 2B**

Yoga Therapy will introduce participants to the applications of yoga as a prescriptive therapy combining classical yoga techniques, diet and nutrition, Ayurvedic lifestyle principles, and counselling techniques.

## **VIY019 Yogic Nutrition Diet and Lifestyle 2B**

This subject will explore the benefits of Nutrition, Diet and Lifestyle as a therapeutic aid to enhance personal wellbeing. Participants will learn about Ayurvedic herbs, aromatherapy, Gemstones, Food, Energetics, Vaastu Shastra, and will explore some of the common Ayurvedic treatments, Trainees will learn how to use this knowledge for personal regimes and in the application of therapeutic yoga..

## **VIY020 Teaching Yoga to Clients with Special Needs 2B**

This subject is designed to provide an understanding of how to conduct yoga classes for clients with special needs. Participants will learn to determine when traditional practices may be used and when these practices may be inappropriate and what alternative practices may be performed during these sessions. This subject is quite extensive and covers in depth training in teaching a broad range of clients with special needs.

## **VIY021 The Principles and Practices of Yoga Teaching 2B**

This subject will provide participants with all of the theory and practical skills required to plan, design and deliver Yoga classes and courses and to teach all aspects of Yoga and Meditation to a diverse range of people in a variety of settings with general and specific needs.

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## **VIY022 Applied Anatomy and Physiology 2B**

A review and revision of the Anatomy and Physiology learned in the first year of studies. Trainees will further explore how the main disciplines of yoga practice impact on the different bodily systems.

## **VIY023 Effective Communications 2B**

Aimed at developing communication skills between student/client and teacher, this subject will also train participants to determine when and if there is a need to refer students/clients to other professionals.

## **VIY024 Personal and Professional Development for Yoga Teachers Level 2B**

This subject instructs the trainee in all the important aspects of working in a yoga studio or setting up a Yoga Business. Units incorporated in the subject include: Personal Ethics, Business Ethics and Standards, Registering a Business, Sub-Contracting, Tax obligations, Insurance, Leasing a premises, Employing Staff, OH&S obligations as an employer or an employee, Yoga Teachers Registration with a Professional Yoga Teacher Association.

## **VIY025 Occupational Health and Safety 2B**

Participants will develop an understanding of their responsibilities regarding OH&S when preparing to conduct a yoga class or classes in a yoga centre or at public venues or when conducting their own yoga business.

## **VIYD14 First Aid Training**

All yoga teachers are required to have a current "First Aid Certificate". This is also a requirement of the Yoga Teacher Association of Australia to become eligible for membership as a "Yoga Teacher Member" and to ensure that your yoga teacher insurance is valid. First aid training will be provided for students who do not currently hold a first aid certificate.

## **THE AIM OF THE COURSE**

The aim of the VIYETT Advanced Diploma of Yoga Teaching is to educate and train individuals seeking a career as a professional yoga teacher. During the course of study trainees will be guided through the basic foundations of a yoga practice to the more advanced practices of yoga which will assist in developing their own personal practice and also equip the trainee teacher with all of the necessary skills to teach yoga in a professional and confident manner to a diverse range of people in the community.

Trainees will explore a variety of topics and techniques that are common to the practice of yoga and by the end of the course the trainee will have developed all of the necessary skills to plan, develop and conduct a number of different classes and workshops that may be presented to the general public.

# Victorian Institute of Yoga Education and Teacher Training

## 2012 VIYETT Student Resource Handbook

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All of the teachings at VIYETT are based on the classical Raja Yoga System and the Eight Limbs of Yoga. During the course of study students will extensively explore the rich history, philosophy and culture of the yogic tradition in order to gain a broader understanding of the traditions of yoga in modern day life.

### THE COURSE PROVIDER

The Course Provider is the Victorian Institute of Yoga Education and Teacher Training (VIYETT).

The Advanced Diploma of Yoga Teaching Course is registered with Yoga Australia. The VIYETT Director of Studies, Maya Hansajati, is a Senior Level 3 Teacher/Trainer and is registered with Yoga Australia.

### THE COURSE STRUCTURE

- The course will consist of 26 compulsory subjects.
- The course will be delivered part-time over a period of 1 year.
- The course is designed to give trainees the opportunity to create a balanced and harmonious lifestyle.
- The course content is both practical and theoretical in nature providing trainees with a good understanding of all of the important aspects of yoga.
- Trainees are given the opportunity to gain valuable experience by demonstrating their practical skills and theoretical knowledge in our student clinics.

### COURSE COMMENCEMENT DATES

The course will commence on Monday 13<sup>th</sup> February, 2012 and Saturday 18<sup>th</sup> February, 2012. (Please refer to course summary for mid-year course dates) There are currently 2 study options. Participants may undertake studies either one day per week from 10.00am-5.00pm or Saturday training sessions from 12.00pm-6.00pm. Trainees will be required to attend additional workshops and intensives throughout the year to support their learning. Students undertaking studies in the Advanced Diploma of Yoga Teaching are required to attend a minimum of 2 yoga classes per week in addition to their regular training sessions for the duration of the course. Students are also required to establish a regular personal yoga practice together with maintaining a log book to record their practice. Timely completion of homework and assignments will contribute towards their final assessment.

Please see the timetable for scheduled workshops and additional trainings.

### TRAINING ENVIRONMENT

VIYETT provides the highest standard of yoga education and training and encourages all trainees to enter into a mentorship program for the duration of the course as this will assist in developing confidence and a high level of professionalism. Trainees will receive all of the necessary knowledge and practical skills to become a professional yoga teacher.

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### VIYETT TEACHERS

All teachers assigned to the delivery of the course are highly qualified and experienced in their area of teaching. All Teachers have up to date knowledge, expertise and current industry experience in the area of yoga teaching, and/or speciality areas. Teachers who are delivering yoga specific subjects are required to have a minimum of 3 years experience as a professional yoga teacher, and it is required that they are currently involved in a teaching capacity and are members of a professional body. All teachers instructing on the course hold a level 2 qualification equivalent to the VIYETT Advanced Diploma of Yoga Teaching. All Teachers are required to attend regular professional development seminars, in-house trainings and must be well established in their own personal yoga practice.

### ASSESSMENT

Assessment is based on regular attendance with a minimum of 80% attendance for each subject.

Assessment is carried out on completion of each subject.

All written assignments are to be completed and received by the due date.

All practical demonstrations are to be delivered on the specified date, where this is not possible an appointment must be made for an alternative date. (Only one cancellation will be permitted)

### COURSE ENTRY REQUIREMENTS

#### Pre-Requisite:

VIYETT requires applicants to be a minimum of 21 years of age.

Students must have a minimum of 2 years yoga experience, which can be made up through regular class attendance and personal practice.

Have a genuine and compassionate nature and a genuine desire to help others.

Demonstrate good people skills.

Be established in a personal yoga practice.

Demonstrate a commitment to undertaking studies.

Participate in at least 2 weekly yoga classes at VIYETT or a school recommended by VIYETT or a studio of your choice.

### ATTENDANCE

Regular attendance to general classes is essential for successful completion of the course. If a student's attendance in any subject falls below 80% they may be deemed not yet competent in that subject. In the event of any absence it is the student's responsibility to follow up on class notes, etc. with tutor and/or

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other students. In the event of extended absence due to illness or other personal reasons the student will need to discuss their circumstances with the Director of VIYETT or the course Co-ordinator.

### CERTIFICATION

To receive the qualification “VIYETT Advanced Diploma of Yoga Teaching” students must successfully complete all of the compulsory subjects as outlined in the Student Resource Handbook a total of 26 subjects. To be eligible for certification students will also need to provide VIYETT with a copy of a current first aid certificate Level 2.

Trainees will be issued with a statement of attainment at the end of the study year for each subject that has been successfully completed and will also be awarded with the VIYETT Advanced Diploma of Yoga Teaching.

### COURSE FEES

The full course fee for the Advanced Diploma of Yoga Teaching is \$ 7,600.00 This includes all Tuition and Training Fees, Course Notes, Text Books, Equipment, 2 Yoga Tee-Shirts, First Aid Certificate.( The price quoted is an all inclusive price and there are no additional extra costs to the student).

In addition to this participants will be issued with a VIYETT '*unlimited yearly Yoga Class Pass*' to assist in meeting the cost of attending additional classes during the course of training. The pass will be issued in the name of the enrolled student and the yoga class passes are non-transferable and non-refundable.

Please note: The course fees include only the texts books and equipment that are listed on the Text Book and Equipment list. Any additional texts or equipment that participants may purchase to support their learning are not covered in the course fees. Students will be supplied with a long sleeve and a short sleeve VIYETT tee-shirt as part of their training wear. Yoga pants and jackets may be ordered through the school at very reasonable prices but are not included in the fees.

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## PAYMENT OF FEES

### Payment of Fees

#### Year 1

<b>Initial Deposit</b>	\$800.00 (Payable 1 month prior to course start date)
<b>1<sup>st</sup> Instalment</b>	\$500.00 (Payable at the commencement of course)
	7 monthly payments of \$300.00 (Payable on the 15 <sup>th</sup> day of each month)

#### Year 2

<b>Initial Deposit</b>	\$900.00 (Payable 1 month prior to course start date)
<b>1<sup>st</sup> Instalment</b>	\$600.00 (Payable at the commencement of course)
	9 monthly payments of \$300.00 (Payable on the 15 <sup>th</sup> day of each month)

## REFUND POLICY

### Withdrawal from the Course

Students withdrawing from the course must give one months notice in writing of their intention to do so and send to VIYETT Head Office by regular post.

Withdrawal from the course less than 4 weeks prior to the commencement of the course will incur a fee of \$500.00. This fee includes one months notice of intention to withdraw and \$200.00 administrative fee.

Students withdrawing from the course less than 1 week prior to the commencement of the course or once the course has commenced will not be entitled to any course fee refund.

*\*please note in the event of deferment 30 days notice requires the student to still be partaking in their Course of Study, if the student is unable to attend training or has not given the required amount of notice a fee of \$500 will be incurred.*

### DEFERRING FROM STUDIES

In the event of unforeseen circumstances you wish to defer from your course of study you must apply to VIYETT giving 30 days notice in writing outlining your circumstances and highlighting the reason for your inability to continue studies for the current semester and send this notice to VIYETT Head Office by regular post. Students wishing to defer their studies may do so only once and for one semester only. When a student defers the course must be recommenced at the commencement of the following semester. If the course is not commenced at the beginning of the semester all course fees will be forfeited.

### HOW TO REGISTER OR ENROL IN THIS COURSE OF STUDY

VIYETT processes applications based on pre-requisites, merit and previous experience.

1. Send in your completed registration form (found at the end of this Student Handbook) to indicate your interest in registering in the Hatha Yoga Practitioners Certificate and/or the Diploma of Yoga Teaching or the Advanced Diploma of Yoga Teaching. .
2. Upon receipt of your registration we will contact you to arrange an interview in person or by telephone.
3. Successful course applicants will be notified by mail in the form of an acceptance letter.
4. You will then need to send a deposit to secure your place on the course a receipt will then be issued.
5. Enrolments are to be finalized one month prior to the course commencement date.
6. Course deposits must be received together with enrolment forms one month prior to commencement of the course.

### GENERAL INFORMATION

Facilities are made available once each month for students wishing to attend study groups to share their learning experience and to support encourage each other.

Access to computers is available by booking through the office.

Access to library facilities is available. Reference books may be borrowed for a period of 2 weeks only.

Regular Student Clinics are run throughout the course to allow trainees to gain hands on experience.

Each trainee will receive an "Unlimited Yearly VIYETT Yoga Class Pass" to assist with meeting the cost of attending additional yoga classes.

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## OTHER INFORMATION

The VIYETT training venue has 2 Yoga rooms, library facilities, a study area, change room and a large kitchen. There is ample on site car parking and the Institute is located within a few minutes walking distance from the Hampton Street shops, cafes and the beach. The Institute is accessible via public transport.

If you would like to register or find out more information about the VIYETT Advanced Diploma of Yoga Teaching Course please contact:

### The Course Administrator

**Anna Moore**

**(03) 95331347**

**Or Email: [enquiries@viyett.com.au](mailto:enquiries@viyett.com.au)**



## IMPORTANT DATES TO REMEMBER

### ADVANCED DIPLOMA OF YOGA TEACHING 2012

**Information Sessions:** Saturday 22nd October, 2011 and 19th November, 2011

1.00pm-2.00pm

(Light refreshments will be served after the Information session).

**Enrolments Close:** 31<sup>st</sup> January, 2012

**Orientation Day:** 6th February, 2012

**Course Commencement Date:** Monday 13<sup>th</sup> February, 2012 (Daytime Study Option)

Saturday 18<sup>th</sup> February, 2012 (Saturday Option)

### MID YEAR COURSE

**Information Sessions:** Saturday 2nd June, 2012

1.00pm-2.00pm

**Enrolments Close:** 9th July, 2012

**Orientation Day:** Saturday 21<sup>st</sup> July, 2012

**Course Commencement Dates:** Wednesday 25<sup>th</sup> July, 2012

Saturday 28<sup>th</sup> July, 2012

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## 2012 VIYETT COURSE REGISTRTION FORM

Please tick the course you are enrolling in.

Hatha Yoga Practitioner Certificate	Diploma of Yoga Teaching	Advanced Diploma of Yoga Teaching
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Please tick your training preference.

Monday 13 <sup>th</sup> February 2012 Daytime	Wednesday 15 <sup>th</sup> February 2012 Evening	Saturday 18 <sup>th</sup> February 2012 Weekend
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*Subject to demand there will also be an evening training, please indicate your interest.*

### PERSONAL DETAILS

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Postcode: \_\_\_\_\_

Telephone: Home \_\_\_\_\_

Work \_\_\_\_\_

Mobile \_\_\_\_\_

Email: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Emergency Contact: Name \_\_\_\_\_

Relationship: \_\_\_\_\_

Contact Telephone: Mobile \_\_\_\_\_ Work \_\_\_\_\_

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## EDUCATION

1. Please provide details of any formal studies you have completed in the past.

Studies Completed	Education Provider	Year Completed

## PREVIOUS YOGA EXPERIENCE

2. Please give details of any yoga experience. Include the length of time, style of yoga etc. or any other experience you feel is relevant.

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## RELEVANT WORK EXPERIENCE

3. Please give details of any experience that you consider relevant to your Yoga Studies/Teacher Training application.

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## PERSONAL MOTIVATION FOR UNDERTAKING THE COURSE

4. Please describe briefly why you would like to undertake this course of study.

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## SPECIAL NEEDS

5. Please advise us of any special needs you may have so that we are aware of this and can make make any necessary arrangements to meet these needs.

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## PHYSICAL INJURIES

6. Please advise us of any physical injuries or limitations that we need to be aware of.

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## ADDITIONAL EXPERIENCE

Please note any other information you would like to provide in support of your application:

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## HOW DID YOU HEAR ABOUT THE VIYETT TRAINING COURSES?

To assist us in planning and promoting our courses could you please indicate how you found out about this course.

- VIYETT Course Guide
- Yellow Pages
- Aust Yoga Life
- Aust Yoga Journal
- Website
- Newspaper
- Referral
- Other Please specify. \_\_\_\_\_

All applicants will be contacted by telephone to arrange a personal interview when we have received your registration form.

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## DECLARATION

I acknowledge that I have supplied all of the information relevant to my application for registration into the above course. I have read and agreed to abide by the course policies and procedures as outlined in the VIYETT Student Resource Handbook.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Please send your application for registration to the address below and we will contact you when we receive your application

**Victorian Institute of Yoga Education**

**& Teacher Training,**

**14 Thomas Street,**

**HAMPTON, VIC, 3188**

**or email your application to:**

**[enquiries@viyett.com.au](mailto:enquiries@viyett.com.au)**

If you need to discuss your application please telephone Anna Moore on (03) 95331347