

CERTIFICATE IN YOGA & AYURVEDIC PRACTICES | 2018 TIMETABLE

Duration: 1 Year Part-Time (3 Terms)

Commences: February - Annual Intake

Delivery Mode: On-Campus Only

Enrolment: Courses Fees are only payable on a term by term basis as you proceed with your studies. For more information on how to enrol & flexible payment options, visit <http://www.naturecare.com.au/enrolment>

Study Plan

| | Study Period 1 | Study Period 2 | Study Period 3 |
|--------|---|---|---|
| Year 1 | <ul style="list-style-type: none"> Ayurvedic Medicine - An Introduction Yoga & Meditation | <ul style="list-style-type: none"> Ayurveda for Self-Healing Asana Postures | <ul style="list-style-type: none"> Philosophy of Yoga Yoga Physiology |

You are only required to choose one class option for each separate unit of study as guided by the study plan above. i.e. you only need to pick one Yoga & Meditation class time.

Term 1, 2018 | Study Period 1

| Unit Of Study Name | Cost | Day | Time | Format | Code | Dates |
|---|-------|-----------|------------------|-----------|-----------|-----------------------------|
| Ayurvedic Medicine - An Introduction (pick one class only) | \$485 | Wednesday | 6.30pm - 8.30pm | 10 weeks | AYU001WED | 14 Feb - 2 May |
| | | Saturday | 10.00am - 3.00pm | Intensive | AYU001SAT | 24 Feb, 24 Mar, 14 & 28 Apr |
| Yoga & Meditation (pick one class only) | \$450 | Sat & Sun | 10.00am - 4.00pm | Intensive | YOG003SAT | 3, 4 & 10 Mar |
| | | Friday | 9.30am - 3.30pm | Intensive | YOG003FRI | 6, 13 & 20 Apr |

Term 2, 2018 | Study Period 2

| Unit Of Study Name | Cost | Day | Time | Format | Code | Dates |
|---|-------|-----------|------------------|-----------|-----------|--------------------|
| Ayurveda For Self Healing | \$485 | Wednesday | 6.30pm - 8.30pm | 10 weeks | AYU010WED | 30 May - 8 Aug |
| Asana Postures (pick one class only) | \$450 | Sat & Sun | 10.00am - 4.00pm | Intensive | YOG004SAT | 23, 24 Jun & 7 Jul |
| | | Friday | 9.30am - 3.30pm | Intensive | YOG004FRI | 1, 8 & 15 Jun |

Term 3, 2018 | Study Period 3

| Unit Of Study Name | Cost | Day | Time | Format | Code | Dates |
|--|-------|-----------|------------------|-----------|-----------|------------------------------|
| Philosophy of Yoga | \$295 | Friday | 9.30am - 3.30pm | Intensive | YOG007FRI | *2 & 9 Nov (To be confirmed) |
| Yoga Physiology (pick one class only) | \$450 | Sat & Sun | 10.00am - 4.00pm | Intensive | YOG005SAT | 17, 18 & 24 Nov |
| | | Friday | 9.30am - 3.30pm | Intensive | YOG005FRI | 5, 12 & 19 Oct |