

> DIPLOMA OF YOGA TEACHER TRAINING | NEW

| Intake in Feb & May | On-campus Only

	Study Period 1	Study Period 2	Study Period 3
Year 1	<ul style="list-style-type: none"> • Anatomy & Physiology Body Structure • Asana Postures Level 1 • Yogic Physiology 	<ul style="list-style-type: none"> • Yogic Philosophies • Asana Postures Level 2 • Pranayama and Breathing Techniques • Yoga Anatomy and Functional Assessment 	<ul style="list-style-type: none"> • Yoga for Special Needs • Integrative Teaching Practice • Yoga Teaching Methodology • Apply First Aid (externally)

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 Anatomy & Physiology Body Structure class time.

Anatomy & Physiology Body Structure		\$625
Monday	9.30am-11.30am	12 weeks
MSC024MON		29 May - 28 Aug
Thursday	6.00pm - 8.00pm	12 weeks
MSC024THU		1 Jun - 24 Aug
Distance		12 weeks
MSC024DL		29 May - 27 Aug

Asana Postures Level 1		\$825
Friday	9.30am - 3.30pm	6 Weeks
YTT002FRI		21 Jul - 25 Aug

Yogic Physiology		\$570
Friday	10.00am - 2.00pm	6 Weeks
YTT001FRI		2 Jun - 7 Jul