AUSTRALIAN COLLEGE OF SPORT & FITNESS

SYDNEY MELBOURNE PERTH BRISBANE

YOUR YOGA CAREER STARTS HERE!

STARTING 2019

ACSF.edu.au

BECOME A YOGA TEACHER

Yoga is one of Australia's largest growing fitness activities. It has expanded into gyms, retreats, health resorts, schools, care homes and yoga studios creating a high demand for teachers.

The industry continues to expand in areas of niche services, such as yoga for special needs and other life stages such as seniors and children.

Our college offers two nationally accredited courses in yoga teaching.

NATIONALLY RECOGNISED TRAINING

CERTIFICATE IV in Yoga Teaching
Duration | 52 Weeks

National Course Code | 10696NAT

Course Overview

This course is the entry level qualification to launch your career as a Yoga Teacher. Yoga teaching involves instructing students in yoga asanas, class development, safety in yoga sequencing and postures. In addition to the fundamentals of yoga teaching topics, the course also covers important areas like philosophy, western and yogic anatomy, yogic history and small business management.

You will also be promoting physical fitness, emotional wellbeing and helping students gain insight on their mind/body connection. Graduates of the course may find themselves working as a yoga teacher in a variety of teaching situations including: studios, private teaching or studio management.

Learning Areas

- Pre-classical Yoga
- Classical Yoga
- Post classical Yoga
- Business Management
- Anatomy

DIPLOMA of Yoga Teaching
Duration | 52 Weeks

National Course Code | 10697NAT

Course Overview

For students who wish to deepen their knowledge of yoga and become a more specialised yoga teacher, this qualification is the perfect way to achieve your goals. In addition to studying more advanced yoga postures, the course also covers important areas like adjustments, advanced sequencing, pranayama (breath work) and meditation as well as yoga to clients with special needs.

Learning Areas

- Yoga for life stages
- Yoga assessments
- Pranayama and Meditation techniques
- Health and Chronic disease
- Philosophy