



2015

2015 Student Resource Handbook

Distance Education



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

VICTORIAN INSTITUTE OF
YOGA EDUCATION AND
TEACHER TRAINING

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Student Resource Handbook

Table of Contents

INTRODUCTION

Table of Contents	2
Gayatri Mantra	3
About Hatha Yoga	4
The Eight Limbs of Yoga	5
Table of the Eight Limbs	6

YOGA STUDIES

HATHA YOGA PRACTITIONER'S CERTIFICATE

Hatha Yoga Practitioner's Certificate Course Guide	7
Course Summary	8
About the Course	9
Core Subjects	10
Subject Description	10
The Aim of the Course	12
Learning Outcomes	12
Course Provider	12
Course Structure	12
Learning Environment	12
Teaching Staff	13
Assessment	13
Entry Requirements	13
Assignments and Tutorials	13
Certification Requirements	13
Course Fees	14
Payment of Fees	14
Registration and Enrolment Procedure	15
	22

DIPLOMA OF YOGA TEACHING

Diploma of Yoga Teaching Course Book	16
Course Summary	17
About The Course	18
Core Subjects	19
Subject Description	19
Learning Outcomes	21
The Aim of the Course	21
Course Provider	22
Course Structure	22
Learning Environment	22
Teaching Staff	22
Assessment	23
Entry Requirements	23
Assignments and Tutorials	23
Certification Requirements	23
Course Fees	23
Fee Structure	24
Refund Policy	24
Registration and Enrolment Procedure	24
Testimonials	25

Certificate of Yoga Philosophy	26
---------------------------------------	----

Registration and Enrolment Form	30
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GAYATRI MANTRA



*Om Bhur bhuvah svahah
Tat 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

About Hatha Yoga

Yoga originated in India many thousands of years ago and it is known to have existed as early as 6000BC-10000BC. This timeless science of life evolved out of the profound understanding of the ancient yogis who had great insight into man's essential nature. The Yogis then devised a systematic method where man could live in the world in harmony with himself and his environment.

These ancient yogis realized for man to fulfil this need it would be necessary for him to harmonize the various levels of his own being. With the integration of the body, the breath and the mind it was found that he could reach a state of perfect peace and harmony, a state of oneness with his own inner being.

The underlying purpose of all of the different aspects of yoga is to re-unite the individual self with the absolute or pure consciousness which is the unchanging reality. Yoga literally means "union"; therefore, when we are able to achieve this union with the unchanging reality, the spirit is liberated from all sense of separateness and then becomes free from illusion. It is only through our ignorance and our inability to discriminate between the real and the unreal that prevents us from realizing our true nature. The main aim of yoga is Self-Realization and this can only be achieved through the process of self-exploration. Through the systematic approach of yoga we are able to begin a journey whereby we are able to take control of our lives and consciously choose the direction that is most conducive for our personal growth and development as human beings.

Through the constant steady practice of yoga one becomes immersed in a new awareness, and as this awareness begins to dawn one begins to realize the deeper meaning and purpose of our existence. Through this understanding we experience a deep sense of peace which further awakens us and allows us to experience a glimpse of our true nature.

Yoga is a discipline that offers all of the necessary tools to help us move through this journey of life encouraging the practitioner to reach his highest potential as a human being. It teaches us to find joy and happiness in a world that makes no promises, a world that is constantly changing. This joy and happiness that we are all consciously or unconsciously seeking is that unchanging reality, it is the source of all things and is to be found in the heart of all beings. Yoga provides the key to unlock this mystery of life ensuring a journey of permanent peace, happiness, joy and wisdom.

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**
A set of five moral restraints aimed at destroying the lower nature
2. **Niyama**
A set of five 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**
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?

YOGA LIMB	MEANING	RELATIVE SUBJECTS
1. YAMA	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.
2. NIYAMA	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.
3. ASANA	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)
4. PRANAYAMA	Pranayama is the conscious control or regulation of the breath.	Theory and Practice of Pranayama, Mudra and Bandha
5. PRATYAHARA	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)
6. DHARANA	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)
7. DHYANA	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.
8. SAMADHI	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.

VIYETT YOGA STUDIES

HATHA YOGA PRACTITIONER'S CERTIFICATE

COURSE GUIDE



“Om Gan Ganapatye Namah”

SUMMARY OF HATHA YOGA PRACTITIONERS CERTIFICATE

COURSE INFORMATION

Yoga Studies

Duration of Course: 1 year (may be completed within an 18 month time frame)

Training Hours: 500 Hours

Training hours are a combination of Home Study time plus practical work

COURSE FEES

The Fee for the Hatha Yoga Practitioners Certificate by Distance Education is \$3,200.00 inclusive of GST, payable in advance. An option to pay the full course fee by instalments is outlined below. The Course fees include all Tuition Fees, Course Notes, Support Materials and Selected Text Books.

FEE STRUCTURE

Full Fee Paid in Advance

\$2,900 (Discounted Price)

Or

Full Course Fee \$3,200

Payment by instalments

Deposit \$600.00

Plus 4 bi- monthly instalments of \$650.00

First instalment is due at the commencement of the course

ACCREDITATION

VIYETT is an Approved Yoga Teacher Training Institute

This course is approved by the Yoga Australia "YA"

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

The Hatha Yoga Practitioner's course is accredited by the "YTAA"

This course is comprised of 500 hours of practical work 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.

Contact:

The Course Administrator

Sally Macgowan

(03) 95331347

Email: distancelearning@viyett.com.au

HATHA YOGA PRACTITIONER'S CERTIFICATE BY DISTANCE LEARNING

The Victorian Institute of Yoga Education and Teacher Training Course (VIYETT) course has been designed to provide participants with an exceptionally high level of understanding in relation to the physical, emotional, psychological, spiritual and social implications associated with the practice of Yoga. The VIYETT Hatha Yoga Practitioner Certificate is highly regarded amongst Schools and Teachers within the Yoga Community.

At VIYETT we understand that people practice Yoga for many different reasons; some want to gain deeper insight into Yoga for their own personal growth and personal development while others are dedicated to becoming Professional Yoga Teachers. The Hatha Yoga Practitioner Certificate is designed for students of Yoga who want to gain a deeper level of understanding of Yoga and advance in their knowledge and skill in all areas of their personal practice.

The Hatha Yoga Practitioner Certificate 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 life and 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. Participants will gain knowledge in the theoretical and practical aspects of Yogic discipline.

Students undertaking the Hatha Yoga Practitioner Certificate should understand that this course will “not” lead to a teaching qualification, however students who

successfully complete the Hatha Yoga Practitioner Course will gain full credit towards a Yoga Teaching qualification if the remaining subjects are undertaken within a two year time frame after the initial course has been successfully completed.

CORE SUBJECTS

Level 1 Studies

VIYDE01	Asana
VIYDE02	Pranayama
VIYDE03	Mudra and Bandha
VIYDE04	Shatkarma
VIYDE05	Relaxation and Meditation Practices
VIYDE06	Yogic History Philosophy and Culture
VIYDE07	Yogic Physiology
VIYDE08	Integrative Yogic Practices
VIYDE09	Anatomy and Physiology
VIYDE10	Yogic Nutrition, Diet and Lifestyle
VIYDE11	Styles of Hatha Yoga
VIYDE12	Introduction to Occupational Health and Safety
VIYDE13	Introduction to Teaching Principles and Practices

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 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 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 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 4 streams of Yoga, (Karma Yoga, Bhakti Yoga, Jnana Yoga and Raja Yoga), Tantra, the Yoga Sutras of Patanjali 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). 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 Traditional Yogic 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. 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 their personal use from the knowledge gained from previous studies.

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.

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.

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.

TRAINING TIME

500 Hours approximately – this includes home study time and practical work. Subjects will be issued in groups so certain areas are studied concurrently. Distance Education Students may take longer to complete this course. It is recommended that the course should be completed with a two year time frame.

DURATION OF THE COURSE

1 year (It is advisable that Students complete this course within an 18 month time frame)

THE AIM OF THE COURSE

The course is designed to provide participants with an introduction to the historical and philosophical background of Yoga while gaining an understanding of the major paths and styles of Hatha Yoga. The knowledge and experience gained from the course will provide a solid foundation for personal practice and an understanding of healthy living principles and the ability to apply this knowledge to life experience. Students who successfully complete this course will be admitted to The Diploma of Yoga Teaching upon successful completion of the course if they wish to further their studies.

LEARNING OUTCOMES

The VIYETT Hatha Yoga Practitioners Certificate Course will provide participants with all of the practical skills, philosophical understanding and scientific knowledge required to become an advanced practitioner of yoga and/or a competent “yoga teaching assistant” working under supervision in a Yoga centre environment and/or a competent industry related support worker.

COURSE PROVIDER

The Course Provider is the Victorian Institute of Yoga Education and Teacher Training. All of the VIYETT Yoga Teacher Training Courses including the Yoga Studies Courses are registered and approved by Yoga Australia. The VIYETT Director of Studies Maya Hansajati is a Senior Level 3 Teacher/Trainer accredited with Yoga Australia.

COURSE STRUCTURE

The course will consist of 13 compulsory subjects that will comprise the Yoga Studies “Hatha Yoga Practitioners Certificate.” The course will be delivered part-time over a period of 1 year. The course is designed to:

Allow participants the opportunity to create a balance between work, social and family commitments.

To give ample time to reflect on learning, and incorporate this learning into their personal practice.

Gives participants the opportunity to integrate new knowledge and skills into practical experience.

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

LEARNING ENVIRONMENT

The course learning environment will reflect the highest standard of yoga education and adult learning incorporating all of the necessary theory and practical experience required to become an advanced practitioner of Yoga or Yoga Teaching Assistant.

Learning outcomes will be integrated across subjects and practical skills will be developed through both simulated and distance training activities and will provide the student with the “real” hands on experience of Yoga wherever possible.

TEACHING STAFF

All teachers assigned to the delivery of course material 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, science education and/or related areas.

Teachers who are delivering yoga specific subjects are required to have a minimum of 3 years experience as a professional Yoga Teacher, 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. Teachers are required to attend regular professional development seminars and must be well established in their own personal Yoga practice.

ASSESSMENT

- Regular completion of all assignments
- Participation in all session activities where appropriate
- Practical demonstration of skills via video
- Teaching practice

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 20 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

DISTANCE EDUCATION ASSIGNMENTS & TUTORIALS

Timely completion of all study material is essential to the successful completion of this course. Students are also required to participate in any video tutorials and assessments required as part of the course. In the event of inability to complete designated homework and assignments due to illness or other personal reasons the student will need to discuss their circumstances with the Director of Distance Education at VIYETT.

CERTIFICATION REQUIREMENTS

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 Yoga Teaching receiving credits for all subjects that have been successfully completed. Application to undertake The Diploma of Yoga Teaching need to be made within 2 years of completing the Hatha Yoga Practitioner Certificate.

Upon application for certification you will be required to provide a copy of successful completion of the Hatha Yoga Practitioner Certificate.

Participants must successfully complete all of the assessment criteria. A statement of attainment will be issued for each subject successfully completed.

COURSE FEES

The Fee for the Hatha Yoga Practitioners Certificate by Distance Education is \$3,200.00 inclusive of GST, payable in advance. An option to pay the course fee by instalments is outlined below. The course fees include all Tuition Fees, Course Notes, Support Materials and Selected Text Books.

FULL FEE PAID IN ADVANCE

Students who pay the full fee in advance will be eligible for a discount of \$300. If this is not the preferred method of payment then the automated payment system will apply.

FULL FEE PAYMENT

\$2,900.00

PAYMENT OF FEES BY INSTALLMENTS

An initial deposit of \$600.00 is to be made payable one month prior to the commencement of the course followed by 4 bi-monthly instalments of \$650.00 each. The First instalment is due at the commencement of the course.

Cost:	\$3,200.00
Initial Deposit	\$600.00 (Payable 1 month prior to course start date)
Instalments 4 Bi-monthly	\$650.00 each

First Instalment is due at the commencement of the course.

REFUND POLICY

Course deposits and fees paid for study material already received are non-refundable once the course has commenced. An administration fee of \$350 will be incurred to process any refund of fees paid in advance.

DEFERRING STUDIES

In the event of unforeseen circumstances you wish to defer from your course of study you must apply to VIYETT 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 from 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 semester all course fees will be forfeited.

WHAT IS NOT COVERED IN THE COURSE FEES

- Weekly Yoga Classes
- First Aid Course
- Costs associated with the use of audio visual equipment.

OTHER INFORMATION

Due to the practical nature of Yoga Students will need to submit some of the practical components of the course via video and voice recordings.

All video and voice recording equipment and materials are to be hired or purchased at the expense of the student.

Students will be required to have access to a computer and internet facilities.

Students are required to attend weekly Yoga classes at a school in your location for mentorship. If this is not possible please inform us in advance so we can make additional arrangements for study support.

Registration and Enrolment Procedure

Please fill out the attached registration form when enrolling. If you would like to register or find out more information about the VIYETT Hatha Yoga Practitioners Certificate Course or the Diploma of Yoga Teacher Training via Distance Education please contact:

The Course Administrator

Sally Macgowan

Telephone: (03) 95331347

Email: distancelearning@viyett.com.au

VIYETT DIPLOMA OF YOGA TEACHING

COURSE GUIDE



"Shiva Lord of the Yogis"

SUMMARY OF VIYETT DIPLOMA OF YOGA TEACHING COURSE

COURSE INFORMATION

Diploma of Yoga Teaching

Duration of Course: 1 year (may be completed over an 18 month time frame)

Training Hours: 500 Hours

Training hours are a combination of Home Study time plus practical work

COURSE FEES

The Fee for the Diploma of Yoga Teaching by Distance Education is \$3,950.00 payable in advance. An option to pay the full course fee by instalments is outlined below. The Course fees include all Tuition Fees, Course Notes, Support Materials and Selected Text Books.

FEE STRUCTURE

Full Fee Paid in Advance

\$3,950.00 (Discounted Price)

Or

Full Course Fee \$4,500.00

Payment by instalments

Deposit \$600.00

Plus 4 bi-monthly instalments of \$975.00

First instalment is due at the commencement of the course

ACCREDITATION

VIYETT is an Approved Yoga Teacher Training Institute by Yoga Australia "YA" Maya Hansajati is the Principal VIYETT and is a Senior Level 3 Yoga Teacher/Trainer. The Hatha Yoga Practitioner's course is also registered and approved by "YA"

The Diploma of Yoga Teaching by Distance Education is a 1 year Teacher Training Course comprised of 500 hours of home study and practical work. It is an intensive course covering all of the vital aspects of Yoga. It is designed to provide you with a broad range of tools that you will need to enhance your own personal and spiritual understanding and to equip you with a good understanding of the science and philosophies of Yoga. The Diploma of Yoga Teaching will provide you with all of the tools you will need to become a Professional Yoga Teacher. (Level 1)

Contact:

The Course Administrator

Sally Macgowan

Telephone: (03) 95331347

Email: distancelearning@viyett.com.au

DIPLOMA OF YOGA TEACHER TRAINING BY DISTANCE EDUCATION

The Victorian Institute of Yoga Education and Teacher Training Course (VIYETT) course has been designed to provide participants with an exceptionally high level of understanding in relation to the physical, emotional, psychological, spiritual and social implications associated with teaching Yoga. The VIYETT Yoga Teacher Training Courses are highly regarded amongst Schools and Teachers within the Yoga Community.

At VIYETT we understand that people practice Yoga for many different reasons; some want to gain deeper insight into Yoga for their own personal growth and personal development while others are dedicated to becoming Professional Yoga Teachers.

Students wishing to undertake studies to become a Yoga Teacher should understand that Yoga is a life long learning process and the completion of any course of study is just the beginning of this learning process. 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 receive the “fruits” of Yoga.

DIPLOMA OF YOGA TEACHING

Duration - Minimum 1 Year

Level 1 Yoga Teacher

The Diploma of Yoga Teaching by Distance Education is a 1 year Teacher Training Course. It is an intensive course covering all of the vital aspects of Yoga. It is designed to provide you with a broad range of tools that you will need to enhance your own personal and spiritual understanding and to equip you with a good understanding of the science and philosophies of Yoga. The Diploma of Yoga Teaching will provide you with all of the tools you will need to become a Professional Yoga Teacher. (Level 1)

The VIYETT Teacher Training Programs are not limited to just one philosophy or one way of thinking, they are based on a number of Traditional Yogic Philosophies which will aid the trainees in gaining a broader understanding of the “whole” concept of Yoga.

Some of the more popular philosophies or traditions that participants will explore throughout the course are:

Patanjali's Asthanga Yoga – The Eight Limbs of Yoga

Samkyha Philosophy – Tantra

Vedic Philosophy and Culture – The Vedas

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.

The Diploma of Yoga Teaching (Level 1) is approved by the Yoga Australia and earns 100% credit towards the VIYETT Advanced Diploma of Yoga Teaching.

At VIYETT we do not limit our trainees to one particular lineage, style of Yoga or discipline; 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.

CORE SUBJECTS

Level 2 Studies

VIYDE01	Asana
VIYDE02	Pranayama
VIYDE03	Mudra and Bandha
VIYDE04	Shatkarma
VIYDE05	Relaxation and Meditation Practices
VIYDE06	Yogic History Philosophy and Culture
VIYDE07	Yogic Physiology
VIYDE08	Integrative Yogic Practices
VIYDE09	Traditional Anatomy and Physiology
VIYDE10	Yogic Nutrition, Diet and Lifestyle
VIYDE11	Yoga for Clients with Special Needs
VIYDE12	The Principles and Practices of Teaching Yoga
VIYDE13	Personal and Professional Development for Yoga Teachers
VIYDE14	First Aid Certificate

DIPLOMA OF YOGA TEACHING – DISTANCE LEARNING

SUBJECT DESCRIPTION

VIYD01 Asana

This subject instructs the trainee in the theory and practice of Asana: Outlining all the various groups of Asana; detailing the mental, physical, emotional and spiritual aspects of each Asana; Sequencing an Asana practice, Asana for Personal Practice; Styles of Yoga

VIYD02 Pranayama

Pranayama Practice is an integral part of every 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 Pranayamas to support your personal practice and all of the major Pranayama practices and techniques are included that trainee teachers will need to understand to conduct a variety of different types of classes.

VIYD03 Mudra and Bandha

Extremely important practices of Yoga but often undervalued and omitted from a general practice. Participants can expect to gain a general understanding of the importance and the benefits of these ancient practices and their application to a modern day Yoga practice.

VIYD04 Shatkarma

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 practice.

VIYD05 Relaxation and Meditation Practices

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

VIYD06 Yogic History, Philosophy and Culture Level 1

A wide range of topics are explored in Yoga Philosophy. Some of these topics include The History and Philosophy of Yoga, The Yoga Sutras of Patanjali – The Eight Limbs Of Yoga, Introduction Samkhya and Vedic Philosophy, The Classical texts of Yoga (The Upanishads and the Bhagavad Gita,) The Four Streams of Yoga.

VIYD07 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 Kosha (the five sheaths that hold the key to healing at the deeper levels of our being). Through gaining an understanding of these vital aspects of our being one is able to connect at 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.

VIYD08 Integrative Traditional Yogic Practices Level 1

This subject brings together all the disciplines that you have learned to date - Asana, Pranayama, Mudra, Bandha, Relaxation and Meditation and brings them together to understand them as a complete practice. The Trainee learns to design and sequence yoga programs and classes.

VIYD09 Traditional Anatomy and Physiology Level 1

This subject instructs the Trainee Yoga Teacher in 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.

VIYD10 Yogic Nutrition, Diet and Ayurvedic 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. Yoga, 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.

VIYD11 Yoga for Clients with Special Needs Level 1

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 module includes Yoga for Women, Prenatal and Postnatal Yoga, Yoga for Children and Teens, Yoga

practices suitable for a number of common ailments that your clients may suffer from.

VIYD12 Principles and Practices of Yoga Teaching

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 environment. Principles and Practices of Yoga Teaching 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, and Yoga Classes for Special Needs Groups, Adjustment and Correct alignment of Asana, plus Occupational Health and Safety regulations for Yoga Teachers.

VIYD13 Personal and Professional Development for Yoga Teachers

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.

VIYD14 First Aid Training

All Students undertaking Yoga Teacher Training Courses 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 accreditation as a "Yoga Teacher Member" and to ensure that your Yoga Teacher Insurance is valid. If you have a current First Aid Certificate you will not have to undertake this subject, however if you do not have this qualification it is compulsory that you undertake this training and update it regularly to maintain your registration as a Yoga Teacher. (Please advise at the time of enrolment if you have a current First Aid Certificate.)

SUMMARY OF TRAINING

VIYETT DIPLOMA OF YOGA TEACHING BY DISTANCE EDUCATION

Training Time: 500 Hours approximately - this includes home study time and practical work. Subjects will be issued in groups so certain areas are studied concurrently.

Duration of the Course

1 year (Maximum course duration 18 months)

LEARNING OUTCOMES

As with all of the VIYETT courses the aim of our courses is to provide you 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 course is to develop competent, skilled Yoga Teachers and Trainers who are equipped to guide students safely and effectively through all disciplines relating to the practice of yoga. The course is designed to guide trainee Yoga Teachers through the basic foundations of a classical yoga system ultimately leading to Yoga teaching principles and practices that will equip the trainee with the necessary

skills to provide Yoga instruction to others with confidence and sensitivity.

The VIYETT Diploma of Yoga Teaching is designed in such a way that you will gain all the necessary skills to plan and conduct yoga classes and deliver these classes in a number of different settings to a diverse range of people seeking the benefits of yoga.

All of the teachings at VIYETT are deeply embedded in the classical systems of Yoga with emphasis on the major paths, the philosophical and scientific methods and the different styles of Yoga. These teachings are integrated into a contemporary style of Yoga yet maintaining all of the classical elements of the Yoga tradition.

The course explores the historical and philosophical background of Yoga while helping students to gain an understanding of the major paths and styles of Hatha Yoga. The knowledge and experience gained from the Diploma of Yoga Teaching by Distance Education will provide a solid foundation for personal practice and an understanding of healthy living principles and the ability to apply this knowledge and experience to life situations.

COURSE PROVIDER

The Course Provider is:

Victorian Institute of Yoga Education and Teacher Training (VIYETT)

All of the VIYETT Yoga Teacher Training Courses are approved by the Yoga Australia.

The Training Provider's Director of Studies Maya Hansajati is a Senior Level 3 Trainer registered with Yoga Australia.

COURSE STRUCTURE

- Consists of 14 compulsory subjects.
- Delivered part-time over a period of 1 year min to 18 months maximum duration.

The course is designed to:

- Allow participants the opportunity to create a balance between work, social and family commitments.
- To give participants ample time to reflect on learning and incorporate this learning into their personal practice.
- Provide students the opportunity to integrate new knowledge and skills into practical experience.

Learning Environment

The course learning environment will reflect the highest standard of yoga education and adult learning incorporating all the necessary theory and practical experience required to become a professional yoga teacher. Learning outcomes will be integrated across subjects and practical skills will be developed through both simulated and actual teaching activities.

Teaching Staff

All teachers assigned to the delivery of course material are highly qualified and experienced in their area of teaching. All Teachers have up to date knowledge, expertise and industry experience in the area of Yoga teaching, science education

and/or related areas.

Teachers who are delivering yoga specific subjects are required to have a minimum of 3 years experience as a professional Yoga Teacher, are currently involved in a teaching capacity and are members of a professional body. Teachers are also required to attend regular professional development seminars and be well established in their own personal practice.

Assessment

Assessment is based on:

- Regular completion of all assignments
- Participation in all session activities where appropriate
- Practical demonstration of skills
- Teaching practice

Entry Requirements

Pre-Requisite:

- VIYETT requires applicants to be a minimum of 21 years of age.
- Students must have a minimum of 1-2 years Yoga experience; this can be made up through regular class attendance or personal practice.
- Good interpersonal and communication skills.
- A genuine, sincere and caring and compassionate nature.
- A mature and responsible outlook on life.
- A willingness to commit yourself to your studies and personal practice
- Participate in at least 2 weekly yoga classes at a studio of your choice.

Distance Education Assignments and Tutorials

Timely completion of all study material is essential to the successful completion of this course. Students are also required to participate in any video tutorials and assessment required as part of the course. In the event of inability to complete designated homework and assignments due to illness or other personal reasons the student will need to discuss their circumstances with the Director of Distance Education at VIYETT.

Certification Requirements

To receive the qualification VIYETT Diploma of Yoga Teaching by Distance Education students must successfully complete all of the compulsory subjects as outlined in the Student Resource Handbook, a total of 13 units. Upon application for certification you will be required to provide a copy of a current first aid certificate.

Participants must successfully complete all of the assessment criteria. A statement of attainment will be issued for each subject successfully completed.

Course Fees

The Fee for the Diploma of Yoga Teaching by Distance Education is \$3950.00 inclusive of GST, payable in advance. An option to pay a deposit then pay per subject is outlined below. This fee is inclusive of all Tuition Fees, Course Notes, Support Materials and Selected Text Books.

Fee Structure

Full Fee Paid In Advance

\$3950.00 (Discounted Price)

Or

Payment by Instalments

Deposit \$600.00

Plus 4 bi-monthly installments of \$975.00 each

First installment is due at the commencement of the course

REFUND POLICY

Course deposits and fees paid for study material already received are non-refundable once the course has commenced. An administration fee of \$350 will be incurred to process any refund of fees paid in advance.

Deferring Studies

In the event of unforeseen circumstances you wish to defer from your course of study you must apply to VIYETT 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 semester all course fees will be forfeited.

What is not covered In the Course Fees

- Weekly Yoga Classes
- First Aid Course
- Costs associated with the use of audio visual equipment.

Other Information

Due to the practical nature of Yoga Students will need to submit some of the practical components of the course via video and voice recordings.

All video and voice recording equipment and materials are to be hired or purchased at the expense of the student.

Students will be required to have access to computer and internet facilities.

Students are required to attend weekly Yoga classes at a school in your location for mentorship.

Registration and Enrolment Procedure

Please fill out the attached registration form when enrolling. If you would like to register or find out more information about the VIYETT Hatha Yoga Practitioners Certificate Course, or the Diploma of Yoga Teacher Training via Distance Education please contact:

The Course Administrator

Sally Macgowan

Telephone: (03) 95331347

Email: distancelearning@viyett.com.au

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 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.”

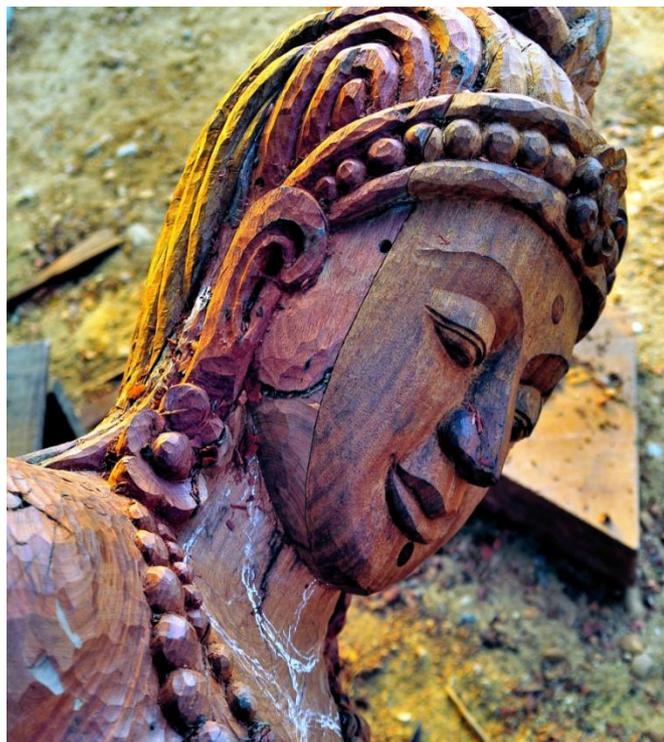
Amanda Soedharma

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 a wealth of 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

VIYETT CERTIFICATE OF YOGA PHILOSOPHY

COURSE GUIDE



“Buddha Statue”

About the Course

VICTORIAN INSTITUTE OF YOGA EDUCATION AND TEACHER TRAINING
14 Thomas Street, Hampton, Vic. 3188 Telephone: (03) 9533 1347

The Certificate in Yoga Philosophy course is comprised of 200 hours of theory and is a combination of course notes and home study, usually taking place over 6-12 months. There are no formal requirements for this course, however, it is envisaged that participants show a high level of maturity and a genuine interest in Yoga, eastern philosophy, history and culture. There is home study that needs to be completed at the end of each lesson which could be a series of questions to answer or a paper to write approx between 1-2 pages in length on a specific topic.

The course will provide participants with a solid foundation and understanding of all of the philosophical applications of Yoga. It is an invaluable course for students of Yoga as it provides them with a good understanding of the origins and applications of Yoga and provides a broad understanding of the different philosophies and belief systems of the eastern and Western worlds and the philosophies that underpin Yoga.

Subjects

The Certificate in Yoga Philosophy includes the following areas of study:

- Introduction to Hatha Yoga
- The History of Tantra
- The Indus Valley Civilisation
- Vedic Culture
- The Ashrama System
- The Eight Limbs of Yoga
- The Four Streams of Yoga
- Vedic Literature Part 1-2
- The Indian Caste System
- The Ashrama System
- Dharma
- Karma
- Karma and Reincarnation
- The Seven Planes of Existence
- Yoga Lineage
- Six Major Indian Philosophies
- Hindu Gods and Goddesses
- Approaching Spiritual Practice
- Purusha and Prakriti
- Yogic Physiology and the Chakras
- The Yoga Sutras of Patanjali
- The Bhagavad Gita

Yogic Physiology

- Introduction to the Subtle Body
- Chakras Your Inner Universe
- Asanas for Awakening the Chakras
- The Five Tibetan Rites
- The Nadis
- Understanding Kundalini
- Introduction to the Gunas
- Introduction to the Granthis
- Introduction to the Pancha Koshas
- Introduction to the Pancha Pranas

Students who successfully complete this course will be eligible for credits towards the VIYETT Hatha Yoga Practitioner's Course and the

Diploma of Yoga Teaching Course.

Fee Structure

The cost of the Certificate in Yoga Philosophy is \$1190 full discounted fee or a deposit of \$350 together with four \$250 bimonthly instalments commencing at the start of the course. The course includes texts relevant to the subject at no additional charge and these are supplied to you throughout the course such as Yoga Darshan and The Yoga Sutras of Patanjali.

Fees Paid in Full: \$1190.00
By Instalments: \$350.00 followed by four bimonthly instalments of \$250.00

We endeavour to make your studies at VIYETT a rewarding and enriching experience that will help to enhance your life and your Spiritual Journey.

REFUND POLICY

Course deposits and fees paid for study material already received are non-refundable once the course has commenced. An administration fee of \$300 will be incurred to process any refund of fees paid in advance.

Deferring Studies

In the event of unforeseen circumstances you wish to defer from your course of study you must apply to VIYETT 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 semester all course fees will be forfeited.

What is not covered In the Course Fees

- Weekly Yoga Classes
- First Aid Course
- Costs associated with the use of audio visual equipment.

Other Information

Due to the nature of the course Students may need to submit some of the components of the course via video and voice recordings. All video and voice recording equipment and materials are to be hired or purchased at the expense of the student.

Students will be required to have access to computer and internet facilities. It is ideal if students can attend regular yoga classes throughout the duration of the course.

Registration and Enrolment Procedure

Please fill out the attached registration form when enrolling. If you would like to register or find out more information about the VIYETT Hatha Yoga Practitioners Certificate Course, or the Diploma of Yoga Teacher Training via Distance Education please contact:

The Course Administrator

Sally MacGowan

Telephone: (03) 95331347

Email: distancelearning@viyett.com.au

VIYETT DISTANCE EDUCATION COURSE REGISTRRTION FORM



Please tick the name of the course you would like to enrol in.

- Hatha Yoga Practitioner Course
- Yoga Philosophy Course
- Diploma of Yoga Teaching

PERSONAL DETAILS

Name: _____

Address: _____

_____ Postcode: _____

Telephone:

Home _____ Work _____

Mobile _____

Email: _____

Date of Birth: _____

EDUCATIONAL BACKGROUND (From all Studies)

Studies Completed	Year Completed	School/Institution
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

YOGA EXPERIENCE

Please give details of any yoga experience. Include the length of time, style of yoga etc. or any other experience that you consider relevant:

RELEVANT OR OTHER WORK EXPERIENCE

Please give details of any experience that you consider relevant to your application:

PERSONAL MOTIVATION

Please describe briefly why you would like to complete this course:

SPECIAL NEEDS

Please advise us of any special needs you may have so that we may assist you during the course of your study

ADDITIONAL EXPERIENCE

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

FIRST AID CERTIFICATE Current To Complete

COURSE PUBLICITY

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

- | | |
|---|---------------------------------------|
| <input type="checkbox"/> VIYETT Course Guide | <input type="checkbox"/> Yellow Pages |
| <input type="checkbox"/> Website | <input type="checkbox"/> Newspaper |
| <input type="checkbox"/> Other Please specify | |

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 conditions as outlined in the 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.

Contact

**Victorian Institute of Yoga Education
And Teacher Training,
14 Thomas Street,
HAMPTON, VIC, 3188**

Or

The Course Administrator

Sally MacGowan

Telephone: (03) 95331347

Email: distancelearning@viyett.com.au