



WHY STUDY AT CSF

CONVENIENT LOCATION
SMART TEACHING
FRIENDLY STAFF

COMPETITIVE FEES
STRONG NETWORK
FITNESS FACILITIES

COMMITMENT TO SUCCESS
STUDENT SUPPORT
FOCUS ON QUALITY

CALL us > +61 2 9267 4768
SEND an email > info@csf.edu.au
FIND out more > www.csf.edu.au

SYDNEY CBD

LEVEL 6, 505 GEORGE ST
SYDNEY 2000
NSW AUSTRALIA

PERTH

LEVEL 1, 120 ROE STREET
NORTHBRIDGE WA 6003

YOGA

www.csf.edu.au



YOGA

Diploma of Holistic Classical Yoga Practice and Teaching

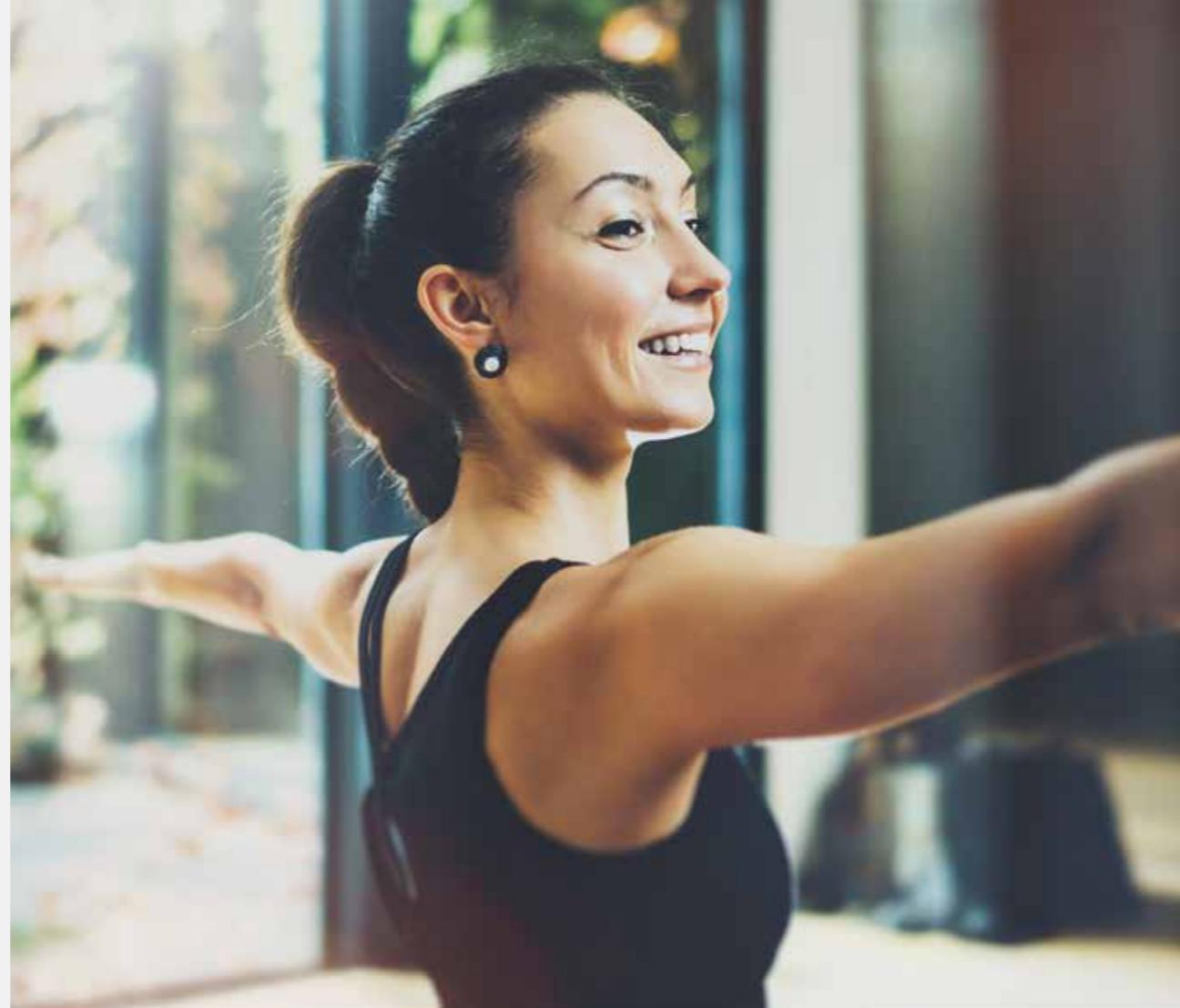
This course will give you an understanding of holistic classical Yoga techniques and their benefits. It will guide you in your first steps towards becoming a holistic classical Yoga teacher, or deepening and progressing your current Yoga teacher qualifications.

It will focus on physical movements (Asanas), breathing techniques (Pranayama), relaxation techniques (Yoga Nidra, Shavasana), philosophy for lifestyle choices and mindfulness practices (Meditation).

Australia's first Diploma to be recognised by Yoga Australia and Yoga Alliance.

Advanced Diploma of Holistic Classical Yoga Practices

This course equips you with the necessary knowledge and skills to teach holistic classical Yoga and apply its therapeutic benefits for health, wellness, and chronic disease management. Designed for Yoga teachers and therapists, this comprehensive program integrates ancient Yoga philosophies and techniques, empowering you to make a meaningful impact on clients of all ages and abilities. Embrace the transformative power of Yoga and become a specialist in fostering wellbeing and lifestyle management through holistic practices.



ENTRY REQUIREMENTS

- > Be 18 years of age or above
- > English language level of minimum IELTS 5.5 or equivalent (if the level of English is insufficient, a suitable course can be organised)
- > Year 11 or equivalent certificate of senior secondary education

COURSE DELIVERY

These courses are delivered over 20 hours per week through a combination of face-to-face and online delivery.

ADDITIONAL FEES

Enrolment Fee: **A\$250**

Uniform Fee: **A\$100**

ACADEMIC YEAR / START DATES — The year is divided into 4 terms. See below for term intake dates.

YEAR	TERM 1 INTAKES		TERM 2 INTAKES		TERM 3 INTAKES		TERM 4 INTAKES	
	PRIMARY	MID-TERM	PRIMARY	MID-TERM	PRIMARY	MID-TERM	PRIMARY	MID-TERM
2026	19 JAN	23 FEB	13 APR	18 MAY	06 JUL	10 AUG	28 SEP	02 NOV
2027	18 JAN	22 FEB	12 APR	17 MAY	05 JUL	09 AUG	27 SEP	01 NOV

QUALIFICATION	UNIT CODE	UNIT NAME
Diploma of Holistic Classical Yoga Practice and Teaching 10975NAT	NAT10975001	Apply Yoga sequencing to holistic classical Yoga practice and teaching
	NAT10975009	Perform and lead Mantra chanting sessions in holistic Yoga practice and teaching
	NAT10975013	Interpret and provide advice on ayurvedic nutrition and yogic diet
	NAT10975016	Apply methods of assisting and adjusting students in holistic classical Yoga practice and teaching
	NAT10975017	Apply Yoga equipment in holistic classical Yoga practice and teaching
	NAT10975002	Apply Yoga alignment techniques in holistic classical Yoga practice and teaching
	NAT10975004	Apply Yoga Asana techniques to holistic classical Yoga practice and teaching
	NAT10975003	Apply Yoga anatomy and physiology principles to holistic classical Yoga practice and teaching
	NAT10975005	Apply Pranayama techniques to holistic classical Yoga practice and teaching
	NAT10975006	Apply Mudra and Bandha techniques to holistic classical Yoga practice and teaching
	NAT10975007	Apply Relaxation techniques to holistic classical Yoga practice and teaching
	NAT10975008	Apply Meditation techniques to holistic classical Yoga practice and teaching
	NAT10975011	Apply concepts of Chakras and Koshas to holistic classical Yoga practice and teaching
Tuition Fee A\$ 24,000	NAT10975012	Apply concepts of Gunas and Doshas to holistic classical Yoga practice and teaching
	NAT10975010	Apply Yoga history and philosophy to holistic classical Yoga practice and teaching
	NAT10975015	Plan, deliver and evaluate Yoga class and program in holistic classical Yoga practice and teaching
	NAT10975014	Reflect on, improve and monitor your own personal holistic Yoga practice
Duration 24 months 8 Terms /80 College Weeks	HLTWH003	Maintain work health and safety
	BSBOPS403	Apply business risk management processes
	TAEDEL404	Mentor in the workplace
	SITXCOM005	Manage conflict
	BSBPEF502	Develop and use emotional intelligence
	SITXHRM003	Lead and manage people
	HLTAID011	Provide First Aid
	BSBPEF402	Develop personal work priorities

QUALIFICATION	UNIT CODE	UNIT NAME
Advanced Diploma of Holistic Classical Yoga Teaching and Therapy 11122NAT	NAT11122001	Research and provide Holistic Classical Yoga principles and lifestyle guidance
	NAT11122002	Apply advanced anatomy and physiology to Holistic Classical Yoga facilitation
	NAT11122003	Plan and deliver advanced Holistic Classical Yoga
	HLTWH004	Manage work health and safety
	HLTAID011	Provide First Aid
	NAT11122004	Design and facilitate Holistic Classical Yoga therapy for diverse people
	CHCCOM006	Establish and manage client relationships
	CHCCCS001	Address the needs of people with chronic disease
Tuition Fee A\$ 15,000	NAT11122005	Facilitate holistic classical yoga therapy for mindfulness
	NAT11122006	Design and provide Holistic Classical Yoga Therapy programs
	NAT11122007	Develop a holistic classical yoga business
Duration 15 months 5 Terms /46 College Weeks	NAT11122008	Provide Restorative Yoga therapy
	NAT11122009	Provide Yoga therapy for empowerment
	NAT11122010	Provide Yin yoga therapy
	NAT11122011	Facilitate advanced Yoga teaching and therapy online

COURSE INFORMATION

Our Yoga course is approved for delivery by the Australian Skills Quality Authority (ASQA). It is a nationally recognised and accredited course within the Australian Qualification Framework (AQF).

This course will provide you with skills and knowledge that you may apply to other career paths, e.g. as a Counsellor, Massage therapist, Naturopath, Physiotherapist, Fitness Instructor, Personal Trainer, Chiropractor, Reiki Practitioner and many more.

