



# YOGA

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## WHY STUDY AT CSF

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COLLEGE OF SPORTS & FITNESS

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# YOGA

## Diploma of Holistic Classical Yoga Practice and Teaching

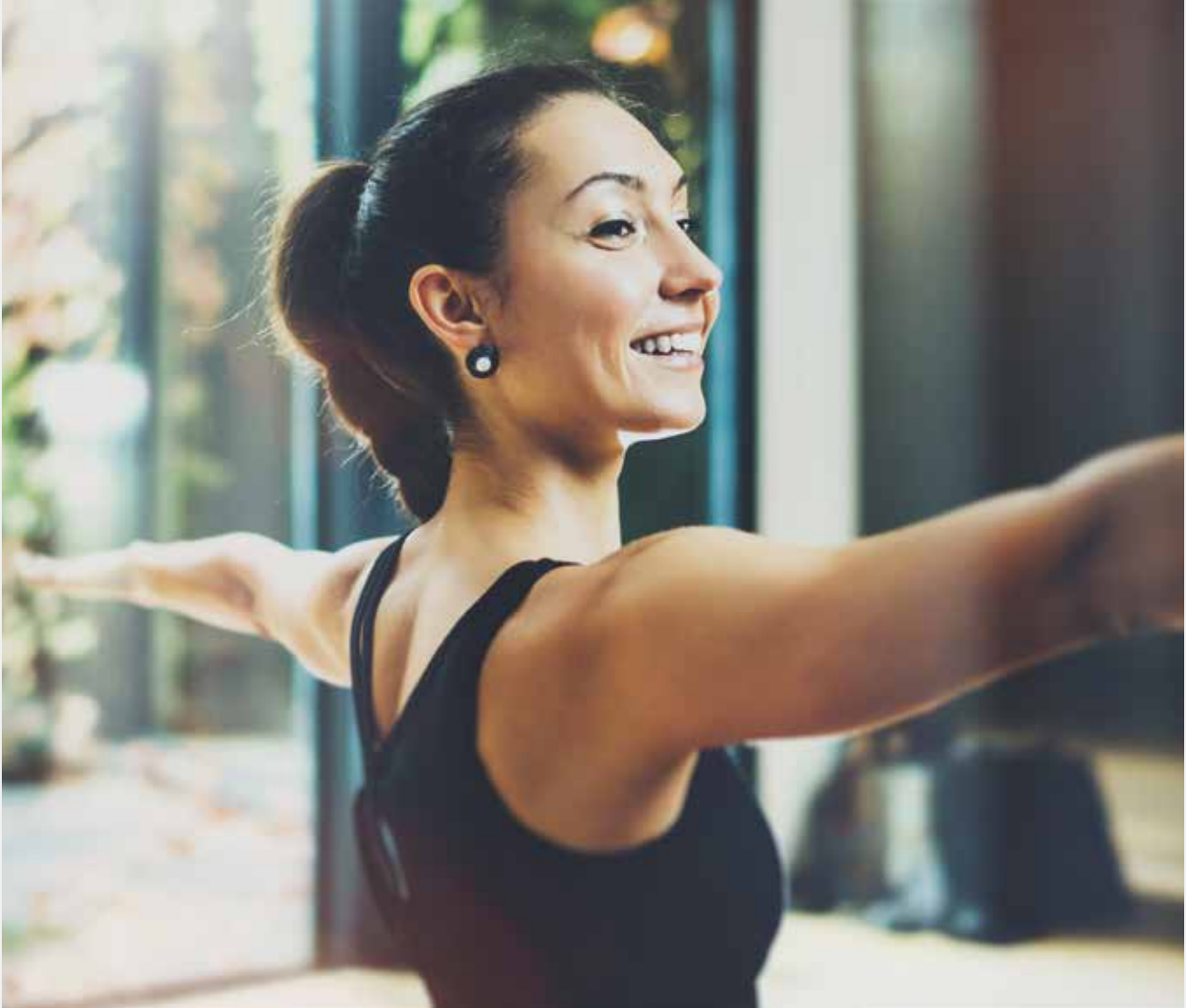
This course will give you an understanding of holistic classical Yoga techniques and their benefits. It will guide you in your first steps towards becoming a holistic classical Yoga teacher, or deepening and progressing your current Yoga teacher qualifications.

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.



### 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.



### FUNCTIONAL DELIVERY & ASSESSMENT TECHNIQUES

Delivery and assessment strategies have been selected to mirror the nature of all elements and performance criteria within each competency cooperatively providing the needs and learning styles of the learners.

### 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  |
|---|-------------|--|
| <b>Diploma of Holistic Classical Yoga Practice and Teaching</b><br>10975NAT<br><br>CRICOS Course Code 107414M | 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              |
|   | 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                           |
| <b>Tuition Fee</b><br><b>A\$ 24,000</b>   | HLTWHS003   | Maintain work health and safety  |
|   | BSBOPS403   | Apply business risk management processes   |
| <b>Duration</b><br><b>24 months</b><br>8 Terms /80 College Weeks  | 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  |
|---|-------------|--|
| <b>Advanced Diploma of Holistic Classical Yoga Teaching and Therapy</b><br>11122NAT<br><br>CRICOS Course Code 119784H | 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                              |
|   | HLTWHS004   | 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                               |
| <b>Tuition Fee</b><br><b>A\$ 15,000</b>   | NAT11122005 | Facilitate holistic classical yoga therapy for mindfulness                     |
|   | NAT11122006 | Design and provide Holistic Classical Yoga Therapy programs                    |
| <b>Duration</b><br><b>15 months</b><br>5 Terms /46 College Weeks  | NAT11122007 | Develop a holistic classical yoga business                                     |
|   | NAT11122008 | Provide Restorative Yoga therapy   |
|   | NAT11122009 | Provide Yoga therapy for empowerment   |
|   | NAT11122010 | Provide Yin yoga therapy   |
|   | NAT11122011 | Facilitate advanced Yoga teaching and therapy online                           |