



2011

2011 Student Resource Handbook ©



*When you've seen beyond yourself
Then you may find peace of mind is waiting there
And the time will come when you see we are all one
And life flows on within you and without you."*

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

VICTORIAN INSTITUTE OF
YOGA EDUCATION AND
TEACHER TRAINING

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Victoria. 3188

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Student Resource Handbook 2011

Table of Contents

INTRODUCTION

Table of Contents	2
Gayatri Mantra	6
About Hatha Yoga	7
The Eight Limbs of Yoga	8
Table of the Eight Limbs	9
Testimonials	10

YOGA STUDIES

HATHA YOGA PRACTITIONER'S CERTIFICATE

Hatha Yoga Practitioner's Certificate Course Guide	12
Course Summary	13
About the Course	15
Core Subjects	16
Subject Description	16
The Aim of the Course	18
Learning Outcomes	18
Course Provider	19
Course Structure	19
Course Dates	19
Learning Environment	19
Teaching Staff	20
Assessment	20

Victorian Institute of Yoga Education and Teacher Training

2011 VIYETT Student Resource Handbook

Entry Requirements	20
Attendance	20
Certification Requirements	21
Course Fees	21
Payment of Fees	21
Registration and Enrolment Procedure	22
Important Dates To Remember	23

DIPLOMA OF YOGA TEACHING

Diploma of Yoga Teaching Course Book	24
Course Summary	25
About The Course	27
Core Subjects	28
Subject Description	29
Learning Outcomes	31
The Aim of the Course	31
Course Provider	32
Course Structure	32
Learning Environment	32
Teaching Staff	32
Assessment	33
Entry Requirements	33
Attendance	33
Certification Requirements	33
Course Fees	34
Payment of Fees	34
Refund Policy	34

Victorian Institute of Yoga Education and Teacher Training

2011 VIYETT Student Resource Handbook

Registration and Enrolment Procedure 35

Important Dates to Remember 36

ADVANCED DIPLOMA OF YOGA TEACHING

Advanced Diploma of Yoga Teaching Course Guide 37

Course Summary 38

About The Course 40

Core Subjects 41

Subject Description 42

Aim of The Course 46

Learning Outcomes 47

Course Provider 47

Course Structure 47

Course Dates 47

Learning Environment 48

Teaching Staff 48

Assessment 48

Entry Requirements 48

Attendance 49

Certification Requirements 49

Course Fees 49

Payment of Fees 50

General Information

Refund Policy 50

Registration and Enrolment Procedure 51

Victorian Institute of Yoga Education and Teacher Training

2011 VIYETT Student Resource Handbook

General/Other Information	51
Important Dates To Remember	53
Application for Enrolment Form	54

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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 fulfill 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

These are a set of 5 moral restraints aimed at destroying the lower nature.

2. Niyama

The niyamas form a set of 5 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

Is 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?

Victorian Institute of Yoga Education and Teacher Training

2011 VIYETT Student Resource Handbook

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.

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

Victorian Institute of Yoga Education and Teacher Training

2011 VIYETT Student Resource Handbook

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 much 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 YOGA STUDIES
HATHA YOGA PRACTITIONER'S CERTIFICATE
2011 COURSE GUIDE



“Ganesha”

VIYETT HATHA YOGA PRACTITIONER'S CERTIFICATE

SUMMARY OF COURSE INFORMATION

VICTORIAN INSTITUTE OF YOGA EDUCATION AND TEACHER TRAINING
14 Thomas Street, Hampton, Vic. 3188 Telephone: (03) 95331347 ©

Victorian Institute of Yoga Education and Teacher Training

2011 VIYETT Student Resource Handbook

YOGA STUDIES

Duration of Course: 1 year

Training Hours: 500 Hours

Training hours are a combination of on and off campus study time.

STUDY OPTIONS

Daytime or Weekend Training

2011 FEBRUARY COURSE DATES

2011 February Course Dates

14th February 2011 (Monday Daytime Training Option).

19th February, 2011 (Weekend Training Option).

2011 JULY COURSE DATES

(Note: Mid Year courses will only proceed if there are sufficient enrolments)

2011 July Course Dates

20th July, 2011 (Wednesday Daytime Training Option)

23rd July, 2011 (Weekend Training Option)

Fees

\$3,400

Initial Deposit \$800.00

Installments: \$500.00 at the commencement of the course

Followed by 7 monthly installments of \$ 300.00

Fees Include:

All Training and Tuition, Course notes, Text Books, Equipment, Unlimited Yoga Pass for the duration of the course.

Training Frequency

Weekly/Fortnightly

Please check with the Institute for the 2011 Course Timetable.

Victorian Institute of Yoga Education and Teacher Training

2011 VIYETT Student Resource Handbook

Accreditation

VIYETT is an Approved Yoga Teacher Training Institute

Accredited by the Yoga Teacher Association of Australia "YTAA"

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"

Class Attendance

Trainees are required to attend weekly Yoga classes for the duration of the course as this will help you to gain a thorough understanding of the practices that you will learn throughout the course. (These classes may be attended at VIYETT or at a school of your choice.)

February Intake

Important Dates

Information Session: 22nd October, 2010 and 19th November, 2010 (1.00pm-2.00pm)

Course Enrolments: Need to be secured before 31st January, 2011

Student Orientation: 12th February, 2011

Course Commences: 14th February and 19th February, 2011

July Intake

Important Dates

Information Session: 4th June, 2011 (1.00pm-2.00pm)

Course Enrolments: Need to be secured before 2nd July, 2011

Student Orientation: 16th July, 2011

Course Commences: 20th July and 23rd July, 2011

Victorian Institute of Yoga Education and Teacher Training

2011 VIYETT Student Resource Handbook

2011 YOGA STUDIES

Hatha Yoga Practitioners Certificate

1 Year Part Time 500 hours

2011 FEBRUARY COURSE

14th February, 2011 (Weekday Studies)

19th February, 2011 (Weekend Studies)

MID YEAR COURSE

20th July, 2011

23rd July, 2011

Fees \$3,400.00

This 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 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.

Victorian Institute of Yoga Education and Teacher Training

2011 VIYETT Student Resource Handbook

CORE SUBJECTS

- VIY001 Asana 1A
- VIY002 Pranayama 1A
- VIY003 Mudra and Bandha 1A
- VIY004 Shatkarma 1A
- VIY005 Relaxation and Meditation Practices 1A
- VIY006 Yogic History Philosophy and Culture 1A
- VIY007 Yogic Physiology1A
- VIY008 Integrative Yoga Practices 1A
- VIY009 Anatomy and Physiology 1A
- VIY010 Yogic Nutrition, Diet and Lifestyle 1A
- VIY011 Styles of Hatha Yoga1A
- VIY012 Introduction to Occupational Health and Safety 1A
- VIY013 Introduction to Teaching Principles and Practices 1A

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 Yoga 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.

Victorian Institute of Yoga Education and Teacher Training

2011 VIYETT Student Resource Handbook

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.

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 Advanced Diploma of Yoga Teaching Year 2 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

Victorian Institute of Yoga Education and Teacher Training

2011 VIYETT Student Resource Handbook

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 accredited by the Yoga Teacher Association of Australia. The VIYETT Director of Studies Maya Hansajati is a Senior Level 3 Teacher/Trainer accredited with the Australian Yoga Teacher Association of 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

COURSE DATES (Weekday/Weekend Options)

The course will commence on **Monday 14th February, 2011** and will be delivered each Monday from 10.00am-4.00pm. The Weekend study option will commence on **Saturday 19th February 2011** and will be conducted each Saturday from 12.00pm-5.00pm. At different intervals there will be some Yoga workshops or intensives that students will be required to attend.

Students undertaking studies in the Hatha Yoga Practitioners Certificate are expected to undertake regular weekly yoga classes 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 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 onsite training activities in our student clinics.

Victorian Institute of Yoga Education and Teacher Training

2011 VIYETT Student Resource Handbook

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

Assessment is based on regular class attendance, timely completion of all assignments and homework, participation in all session activities and practical demonstration of knowledge and skills. A minimum of 80% attendance for each subject is required to meet assessment criteria.

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

ATTENDANCE

Regular attendance at classes is essential for successful completion of the course. If a student's attendance in any subject falls below 80% they may be deemed not yet competent in that subject. In the event of any absence it is the student's responsibility to follow up on class notes, etc. with tutor and/or other students. In the event of extended absence due to illness or other personal reasons the student will need to discuss their circumstances with the Director of VIYETT.

Victorian Institute of Yoga Education and Teacher Training

2011 VIYETT Student Resource Handbook

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 course at second year level and complete 500 hours of intensive Teacher Training.

COURSE FEES

The full course fee is \$ 3,400 and includes all tuition and training fees, course notes and text books (*as per book list*) and standard course equipment as per equipment list plus VIYETT Yoga Uniform.(top only). In addition to this participants will be issued with an 'unlimited monthly Yoga Class Pass' to assist in meeting the cost of attending additional classes during the course of training. The pass will be issued in the name of the enrolled Student. Yoga class passes are non-transferable and non-refundable.

Please note: The course fee includes only the texts books and equipment that are listed on the book and equipment list. Any additional texts or equipment that participants may wish purchase to support their learning are not covered in the cost of the course. Each student will be provided with a long and short sleeve VIYETT Yoga Tee-shirt. We do not include yoga pants as each person has their individual preference regarding the type of pant they feel comfortable in. All students are required to wear black Yoga Pants.

PAYMENT OF FEES

An initial deposit of \$800.00 is to be made payable one month prior to the commencement of the course followed by one payment of \$500.00 at the commencement of the course followed by 7 monthly installments of \$300.00 each. The First installment is due at the commencement of the course.

Cost:	\$3,400.00
Initial Deposit	\$800.00 (Payable 1 month prior to course start date)
1 st Installment	\$500.00 (Payable at the start of the course)
7 monthly payments of	\$300.00 (Payable on the 15 th day of each month)

REFUND POLICY

Withdrawal from the Course

Participants withdrawing from the course must give one months notice in writing of their intention to do so and send to VIYETT Head Office by regular post.

Withdrawal from the course less than 4 weeks prior to the commencement of the course will incur an administrative fee of \$500.00 or \$700.00 for students who have enrolled in the Advanced Diploma of Yoga Teaching.

Victorian Institute of Yoga Education and Teacher Training

2011 VIYETT Student Resource Handbook

Participants withdrawing from the course less than 1 week prior to the commencement of the course or once the course has commenced will not be entitled to any course fee refund.

REGISTRATION AND ENROLMENT PROCEDURE

Please see the section 'Registration and Enrolment Procedure' at the back of this handbook for more information. (Page 48) If you would like to register or find out more information about the VIYETT Hatha Yoga Practitioners Certificate Course please contact:

The Course Administrator

(03) 9533 1347

Email: admin@viyett.com.au



IMPORTANT DATES TO REMEMBER

HATHA YOGA PRACTITIONERS CERTIFICATE 2011

Information Sessions: Saturday 22nd October and 19th November, 2010

1.00pm-2.00pm

(Light Refreshments will be provided following the information session).

Enrolments Close: 31st January, 2011

Orientation Day: 12th February, 2011

Course Commencement Date: 14th February, 2011 (Daytime Study Option)

19th February, 2011 (Weekend Study Option)

MID YEAR COURSE

Information Sessions: Saturday 4th June, 2011

1.00pm-2.00pm

(Light refreshments will be provided following the Information session).

Enrolments Close: 2nd July, 2011

Orientation Day: Saturday 16th July, 2011

Course Commencement Dates: Wednesday 20th July, 2011

Saturday 23rd July, 2011

VIYETT DIPLOMA OF YOGA TEACHING

2011 COURSE GUIDE



“Indian Stone Carving”

Victorian Institute of Yoga Education and Teacher Training

2011 VIYETT Student Resource Handbook

VIYETT DIPLOMA OF YOGA TEACHING

SUMMARY OF COURSE INFORMATION

VIYETT DIPLOMA OF YOGA TEACHING

Duration of Course: 1 year

Training Hours: 500 Hours

Training hours are a combination of on and off campus study time.

COURSE DATES

2011 FEBRUARY COURSE DATES

14th February 2011 (Monday Daytime Training Option).

19th February, 2011 (Weekend Training Option).

(Note: Mid Year courses will only proceed if there are sufficient enrolments)

2011 JULY COURSE DATES

20th July, 2011 (Wednesday Daytime Training Option)

23rd July, 2011 (Weekend Training Option)

February Intake

Important Dates

Information Session: Saturday 22nd October, 2010 and 19th November, 2010 (1.00pm-2.00pm)

Course Enrolments: Need to be secured before 31st January, 2011

Student Orientation: 12th February, 2011

Course Commences: 14th February and 19th February, 2011

July Intake

Important Dates

Information Session: 4th June, 2011 (1.00pm-2.00pm)

Course Enrolments: Need to be secured before 2nd July, 2010

Student Orientation: 16th July, 2011

Victorian Institute of Yoga Education and Teacher Training

2011 VIYETT Student Resource Handbook

Course Commences: 20th July and 23rd July, 2011

Fees

\$5,700.00

Initial Deposit \$900.00 (Payable one month prior to commencement of the course).

\$1,500.00 Payment due at the commencement of the course

Plus two additional payments of \$1,200.00 followed by one payment of \$900.00.

Fees Include

Training and Tuition, Course Notes, All Text Books, Equipment, Uniform,(top only), First Aid Certificate, Unlimited Yoga Pass for the duration of the course. Prices quoted include all items listed in the "Fees Include" section. There are no additional expenses.

Training Frequency

Weekly

Please check with the Institute for the 2011 Course Timetable.

Accreditation

VIYETT is an Approved Yoga Teacher Training Institute

Accredited by the Yoga Teacher Association of Australia "YTAA"

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

Class Attendance

Trainees are required to attend a minimum of 2 classes per week for the duration of the course to successfully complete the course and apply for teaching membership. (These classes may be attended at the Institute or at a school recommended by VIYETT or at a school of your choice.)

Victorian Institute of Yoga Education and Teacher Training

2011 VIYETT Student Resource Handbook

2011 DIPLOMA OF YOGA TEACHING 1 Year Part Time 500 hours

2011 FEBRUARY COURSE

14th February, 2011 (Weekday Studies)

19th February, 2011 (Weekend Studies)

2011 JULY COURSE

20th July, 2011

23rd July, 2011

Course Fees: \$5,700.00

This course is comprised of 500 hours of course contact time and home study. To be eligible for entry into this course it is desirable that applicants have a minimum of 2 years previous Yoga experience and are established in their own personal practice. Applicants should have a genuine interest in health and wellbeing and a sincere interest in personal and spiritual development together with and a keen interest in teaching Yoga and nurturing and developing these qualities in others.

Students wishing to undertake studies in the 'Diploma of Yoga Teaching' should understand that Yoga is a lifetime 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 ultimately receive the "fruits" of Yoga.

ABOUT THE COURSE

The Victorian Institute of Yoga Education and Teacher Training Course (VIYETT) has been designed to provide participants with a high level of understanding in relation to the physical, emotional, psychological, spiritual and social implications associated with Teaching Yoga.

The Diploma of Yoga Teaching is a 1 year Yoga Teacher Training Course. It is an intensive training course covering all of the vital aspects of Yoga. The course is designed to provide trainees with a good understanding of the science and philosophies of Yoga and all of the practical disciplines associated with teaching Yoga as a profession.

The VIYETT Yoga Teacher Training Programs are not limited to one philosophy or one way of thinking, they are based on a number of Traditional Yogic Philosophies which will aid trainees in gaining a broader understanding of the "whole" concept of Yoga. Some of the more popular philosophies or traditions that

Victorian Institute of Yoga Education and Teacher Training

2011 VIYETT Student Resource Handbook

participants will explore are Patanjali's Asthanga Yoga – The Eight Limbs of Yoga, Samkhya, Tantra, and Vedic Culture.

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. Trainees are encouraged 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.

The VIYETT Diploma of Yoga is accredited by the Yoga Teacher Association of Australia and earns full credits for students wanting to undertake further studies towards the VIYETT Advanced Diploma of Yoga Teaching.

VIYETT DIPLOMA OF YOGA TEACHING

CORE SUBJECTS

VIYD01 Asana 1A

VIYD02 Pranayama 1A

VIYD03 Mudra and Bandha 1A

VIYD04 Shatkarma 1A

VIYD05 Relaxation and Meditation Practices 1A

VIYD06 Yogic History, Philosophy and Culture 1A

VIYD07 Yogic Physiology 1A

VIYD08 Integrative Yoga Practices 1A and 2B

VIYD09 Traditional Anatomy and Physiology 1A

VIYD10 Yogic Nutrition Diet and Lifestyle 1A

VIYD11 Yoga for Clients with Special Needs 2B

VIYD12 The Principles and Practices of Teaching Yoga 2B

VIYD13 Personal and Professional Development for Yoga Teachers 2B

VIYD14 First Aid Training

DIPLOMA OF YOGA TEACHING

SUBJECT DESCRIPTION

VIYD01 Asana Level 1

This subject instructs the trainee in the theory and practice of Yogasana, the various groups of Asana, the mental, physical, emotional and spiritual aspects of these practices, sequencing, adjusting and modifying asanas, use of yoga props, static and dynamic styles of practice and more.

VIYD02 Pranayama Level 1

Pranayama Practice is an integral part of all 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 a number of Pranayamas to support your personal practice together with learning all of the major Pranayama practices and techniques required to conduct Yoga classes.

VIYD03 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.

VIYD04 Shatkarma Level 1

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 regime.

VIYD05 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 students will be trained in the practice of Yoga Nidra. This subject also includes an introduction to the use of mantra and Kirtan (Yogic Chanting).

VIYD06 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

Victorian Institute of Yoga Education and Teacher Training

2011 VIYETT Student Resource Handbook

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.

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 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 knowledge gives us the opportunity to experience healing with the most profound results.

VIYD08 Integrative Yoga Practices Level 1 and 2B

This subject brings together all the disciplines that you have 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 personal use and design yoga classes for a variety of clients at a professional level from the knowledge gained from previous studies.

VIYD09 Traditional Anatomy and Physiology Level 1

This subject introduces gives the trainee an understanding of 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.

VIYD10 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.

VIYD11 Yoga for Clients with Special Needs Level 2B

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 subject covers common ailments and special populations.

VIYD12 Principles and Practices of Yoga Teaching Level 2B

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 secure environment. This 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, 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 Level 2B

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 Yoga Teachers 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. First aid training will be provided for students who do not currently hold a first aid certificate.

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 of Yoga, 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.

Victorian Institute of Yoga Education and Teacher Training

2011 VIYETT Student Resource Handbook

The course explores the historical and philosophical background of Yoga while helping trainees to gain an understanding of the major paths and styles of Hatha Yoga. The knowledge and experience gained from the Diploma of Yoga Teaching Training Course 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 the Victorian Institute of Yoga Education and Teacher Training.

All of the VIYETT Yoga Teacher Training Courses including the Yoga Studies Courses are accredited by the Yoga Teacher Association of Australia. The VIYETT Director of Studies, Maya Hansajati, is a Senior Level 3 Teacher/Trainer accredited by the Australian Yoga Teacher Association of Australia.

COURSE STRUCTURE

- The course will consist of 14 compulsory subjects.
- 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.
- Allow participants ample time to reflect on learning and incorporate this learning into their personal practice.
- Provide students with 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 in our student clinics.

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. All Teachers are required to attend regular professional development seminars and must be well established in their own personal Yoga practice.

Victorian Institute of Yoga Education and Teacher Training

2011 VIYETT Student Resource Handbook

ASSESSMENT

Assessment is based on regular attendance of classes. A minimum of 80% attendance for each subject is required to meet assessment criteria.

Timely completion of all assignments on and off the course

Participation in all session activities

Practical demonstration of skills

Teaching practices

ENTRY REQUIREMENTS

Pre-Requisite:

VIYETT requires applicants to be a minimum of 21 years of age.

Students must have a minimum of 2 years Yoga experience, which can be made up through regular class attendance and 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 VIYETT or a school recommended by VIYETT or a studio of your choice.

ATTENDANCE

Regular attendance of general classes is essential for successful completion of the course. If a student's attendance in any modules falls below 80% they may be deemed not yet competent in that subject. In the event of any absence it is the student's responsibility to follow up on class notes, etc. with tutor and/or other students. In the event of extended absence due to illness or other personal reasons the student will need to discuss their circumstances with the Director of VIYETT.

CERTIFICATION REQUIREMENTS

To receive the qualification "VIYETT Diploma of Yoga Teaching" students must successfully complete all of the compulsory subjects as outlined in the Student Resource Handbook a total of 14 units. Upon application for certification you will be required to provide a copy of a current First Aid Certificate.

Victorian Institute of Yoga Education and Teacher Training

2011 VIYETT Student Resource Handbook

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 is \$5,700.00

This fee includes all Tuition Fees, Course Notes, Text Books, specified Training Equipment, Yoga Uniform and First Aid Certificate. In addition Students are issued with an “unlimited” Yoga Pass to cover the cost of Yoga Classes during the course of training. (The pass will be issued in the name of the enrolled student and the yoga class passes are non-transferable and non-refundable.) This is an all inclusive price and there are no hidden extra costs.

Payment Options

Fees may be paid by installments. The first installment of \$900.00 is the initial deposit which confirms you place on the course. A further payment of \$1,500.00 is payable at the commencement of the course. The second installment of \$1,200 is due 2 months after course commencement (1/4 way through the course). The third installment \$1,200.00 is due 4 months after commencement of course. (half way through the course). The third payment is \$900.00 due by the sixth month from when the course commenced. Course payment dates will be supplied upon enrolment into the course.

Payment of Fees

Cost:	\$5,700.00
Initial Deposit	\$900.00 (Payable 1 month prior to course commencement date).
1 st Installment	\$1,500.00 (Payable at the commencement of the course)
2 nd Installment	\$1,200.00 (2 months after commencement of the course)
3 rd Installment	\$1,200.00 (4 Months after commencement of the course)
4 th Installment	\$ 900.00 (6 months after commencement of the course)

REFUND POLICY

Withdrawal from the Course

Participants withdrawing from the course must give one months notice in writing of their intention to do so and send to VIYETT Head Office by regular post.

Withdrawal from the course less than 4 weeks prior to the commencement of the course will incur an administrative fee of \$700.00.

Participants withdrawing from the course less than 1 week prior to the commencement of the course or once the course has commenced will not be entitled to any course fee refund.

DEFERRING STUDIES

In the event of unforeseen circumstances you wish to defer from your course of study you must apply to VIYETT giving 30 days notice 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 of the semester all course fees will be forfeited.

REGISTRATION AND ENROLMENT PROCEEDURE

VIYETT processes applications based on pre-requisites, merit and previous experience.

1. Send in your completed registration form (found at the end of this Student Handbook) to indicate your interest in registering in the Hatha Yoga Practitioners Certificate, Diploma of Yoga Teaching or The Advanced Diploma of Yoga Teaching.
2. Upon receipt of your registration we will contact you to arrange an interview in person or by telephone.
3. On acceptance to the course you will be notified by mail in the form of an acceptance letter.
4. You will then need to send a deposit to secure your place in the course a receipt will then be issued in your name.
5. Enrolments are to be finalized one month prior to the course commencement date.
6. Course deposits must be received together with enrolment forms one month prior to commencement of the course.



IMPORTANT DATES TO REMEMBER

DIPLOMA OF YOGA TEACHING

FEBRUARY 2011

Information Sessions: Saturday 22nd October, 2010 and 19th November, 2010

1.00pm-2.00pm

(Light Refreshments will be provided after the information session).

Enrolments Close: 31st January, 2011

Orientation Day: 12th February, 2011

Course Commencement Date: 14th February, 2011 (Daytime Study Option)

19th February, 2011 (Weekend Study Option)

MID YEAR COURSE

Information Sessions: Saturday 4th June, 2011

1.00pm-2.00pm

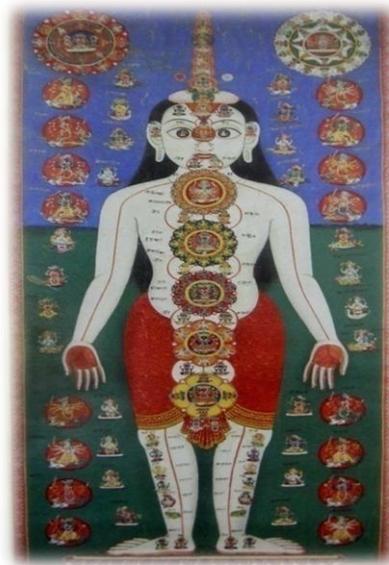
(Light refreshments will be provided after the Information session).

Enrolments Close: 2nd July, 2011

Orientation Day: Saturday 16th July, 2011

VIYETT ADVANCED DIPLOMA OF YOGA TEACHING

2011 COURSE GUIDE



“The Subtle System”

Victorian Institute of Yoga Education and Teacher Training

2011 VIYETT Student Resource Handbook

ADVANCED DIPLOMA OF YOGA TEACHING

SUMMARY OF COURSE INFORMATION

VIYETT ADVANCED DIPLOMA OF YOGA TEACHING

Duration of Course: 2 years

Training Hours: 1000Hours

Training hours are a combination of on and off campus study time.

STUDY OPTIONS

Daytime or Weekend Training

COURSE DATES

2011 FEBRUARY COURSE DATES

14th February, 2011 (Monday Daytime Training Option).

19th February, 2011 (Weekend Training Option)

2011 JULY COURSE DATES

(Note: Mid Year courses will only proceed if there are sufficient enrolments)

20th July, 2011 (Wednesday Daytime Training Option)

23rd July, 2011 (Weekend Training Option)

Fees

1st Year

Cost: \$ 3,400.00

Initial Deposit \$800.00

Installments: \$500.00 at the commencement of the course

Plus 7 monthly installments of \$ 300.00

2nd Year

Cost: \$4,200.00

Initial Deposit \$600.00 (1 month Prior to Commencement of Course)

1st Installment \$900.00 (at Commencement of the Course)

9 monthly installments of \$300.00 per month payable on the 15th day of each month.

Victorian Institute of Yoga Education and Teacher Training

2011 VIYETT Student Resource Handbook

Fees Include

Training and Tuition Fees, Course Notes, All Text Books, Equipment, 2x Yoga Tee-Shirts, First Aid Certificate, Unlimited Yoga Pass for the duration of the course.

Training Frequency

Daytime or Weekends

Please check with the Institute for the 2010 Course Timetable.

Accreditation

VIYETT is an Approved Yoga Teacher Training Institute

Registered with the Yoga Teacher Association of Australia "YTAA"

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

Class Attendance

Trainees are required to attend a minimum of 2 Yoga classes each week for the duration of the course as this forms an integral part of the training program and it will help you to gain a thorough understanding of the practices that you will learn throughout the course. These classes may be attended at VIYETT or at a school of your choice.

Important Dates

Information Session: Saturday 22nd October, 2010 and 19th November, 2010 (1.00pm-2.00pm)

Course Enrolments: Need to be secured prior to 31st January, 2011

Student Orientation: 12th February, 2011

Course Commences: 14th and 19th February, 2011

JULY COURSE

Information Session 4th June, 2011 (1.00pm-2.00pm)

Course Enrolments Need to be secured before 2nd July, 2011

Student Orientation Saturday 16th July, 2011

Course Commences 20th and 23rd July, 2011

Victorian Institute of Yoga Education and Teacher Training

2011 VIYETT Student Resource Handbook

VIYETT ADVANCED DIPLOMA OF YOGA TEACHING

2 Years Part-Time 1000 hours

Pre- Requisite: 2 Years Yoga Experience

2011 FEBRUARY COURSE

14th February, 2011 (Weekday Option)

19th February, 2011 (Weekend Option)

2011 JULY COURSE

20th July, 2011

23rd July, 2011

Cost: \$7,600.00

This course is comprised of 1000 hours of course contact time and home study. To be eligible for entry into this course it is desirable that applicants have a minimum of 1 year previous Yoga experience and have established a personal practice. Applicants who have successfully completed the Hatha Yoga Practitioner's Certificate or the Diploma of Yoga Teaching will gain full credit for prior learning and will be admitted into the second year of the Advanced Diploma of Yoga Teaching Course. Students who have successfully completed the HYPC or the Diploma of Yoga Teaching will be eligible for recognition of prior learning and will gain credits for entry into this course.

It is envisaged that participants undertaking this course will have a sincere and caring nature and will be an inspiration to others, together with having a genuine interest in sharing the philosophies and teachings of Yoga. Applicants should be established in their own personal practice and have a good understanding of all aspects of Yoga and the related disciplines.

ABOUT THE COURSE

The Advanced Diploma of Yoga Teaching Course is conducted over 2 years on a part-time basis. The course has been designed to provide the highest quality education and training for individuals seeking a career as a Professional Yoga Teacher. This course explores all of the major paths and vital aspects of Yoga.

The Advanced Diploma of Yoga Teaching guides trainees through an in depth study of the historical, philosophical, spiritual and practical applications of Yoga. Trainees will develop a high degree of

Victorian Institute of Yoga Education and Teacher Training

2011 VIYETT Student Resource Handbook

understanding of the physical, mental, spiritual, and social implications of Yoga, together with developing a solid foundation in the theory and practice of the various aspects of Hatha Yoga, Tantra, Ayurvedic Lifestyle Regimes and Yoga Therapy. The course provides a diverse range of skills and techniques that aim to enrich the personal and professional skills and qualities of trainee Yoga Teachers.

At VIYETT we do not limit trainees to one particular lineage, style of Yoga or philosophy, 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. Upon completion of the Advanced Diploma of Yoga Teaching trainees will have gained all of the required knowledge and skills to teach Yoga with a high degree of confidence and sensitivity in a yoga Centre setting or as a self-employed professional.

ADVANCED DIPLOMA OF YOGA TEACHING

CORE SUBJECTS

1st Year Subjects

VIY001 Asana 1A

VIY002 Pranayama 1A

VIY003 Mudra and Bandha 1A

VIY004 Shatkarma 1A

VIY005 Relaxation and Meditation Practices 1A

VIY006 Yogic History Philosophy and Culture 1A

VIY007 Yogic Physiology 1A

VIY008 Integrative Yoga Practices 1A

VIY009 Anatomy and Physiology 1A

VIY010 Yogic Nutrition, Diet and Lifestyle 1A

VIY011 Styles of Hatha Yoga 1A

VIY012 Introduction to Occupational Health and Safety 1A

VIY013 Introduction to Teaching Principles and Practices 1A

2nd Year Subjects

VIY014 Traditional Yogic Practices 2B

VIY015 Yogic History Philosophy and Culture 2B

Victorian Institute of Yoga Education and Teacher Training

2011 VIYETT Student Resource Handbook

VIY016 Yogic Physiology 2B

VIY017 Yogic Psychology 2B

VIY018 Introduction to Yoga Therapy 2B

VIY019 Yogic Nutrition, Diet and Lifestyle 2B

VIY020 Yoga For Clients With Special Needs 2B

VIY021 The Principles and Practices of Teaching Yoga 2B

VIY022 Traditional Anatomy and Physiology 2B

VIY023 Effective Communications 2B

VIY024 Personal and Professional Development For Yoga Teachers 2B

VIY025 Occupational Health and Safety 2B

VIY026 First Aid Level 1

ADVANCED DIPLOMA OF YOGA TEACHING

SUBJECT DESCRIPTION

VIY001 Asana Level 1A

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/advanced 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 1A

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 1A

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.

Victorian Institute of Yoga Education and Teacher Training

2011 VIYETT Student Resource Handbook

VIY004 Shatkarma Level 1A

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 1A

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 1A

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 1A

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 Yoga Practices Level 1A

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 and classes from the knowledge gained from previous studies.

VIY009 Traditional Anatomy and Physiology Level 1A

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 1A

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 1A

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 1A

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 1A

This subject is designed to introduce trainees to the basic knowledge and skills required to teach yoga to individuals or small group in a yoga school environment under supervision.

VIY014 Traditional Yogic Practices 2B

This subject will build on the Yogic techniques learned in Yoga Studies introducing the participant to the intermediate and advanced group of Asana, Pranayama, Mudra and Bandha, Shatkarma, Relaxation and Meditation, Mantra and Sound Resonance and Planning and Designing Personal Programs using the more advanced group of practices.

VIY015 Yogic History, Philosophy and Culture 2B

This is a more in-depth study of the History, Philosophy and Culture of Yoga giving further insight as to how these practices and concepts form the foundation of Yoga. An in depth study of The History of The Vedic Culture, Samkhya Philosophy, Tantra, The Yoga Sutras of Patanjali, The Yoga and Kundalini Upanishads, Indian Culture and more.

Victorian Institute of Yoga Education and Teacher Training

2011 VIYETT Student Resource Handbook

VIY016 Yogic Physiology Level 2B

This subject will employ more advanced techniques of learning to manipulate and utilize the energies of the subtle body to promote health and wellbeing. Prana Vidya, Pranic Energizing and Healing and other techniques to heal at the more subtle levels of ones being.

VIY017 Yogic Psychology Level 2B

This subject will provide a more advanced study of consciousness, the mind, personality and the energy centers, Yogic techniques to bring about balance and harmony of the psyche.

VIY018 Introduction to Yoga Therapy 2B

Yoga Therapy will introduce participants to the applications of yoga as a prescriptive therapy combining classical yoga techniques, diet and nutrition, Ayurvedic lifestyle principles, counseling techniques.

VIY019 Yogic Nutrition Diet and Lifestyle 2B

This subject will explore the benefits of Nutrition, Diet and Lifestyle as a therapeutic aid to enhance personal wellbeing. Participants will learn about Ayurvedic herbs, aromatherapy, Gemstones, Food, Energetics, Vaastu Shastra, Ayurvedic Treatments, How to use this knowledge for personal regimes and in the application of Yoga Therapy.

VIY020 Teaching Yoga to Clients with Special Needs 2B

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 subject is quite extensive and covers in depth training in teaching a broad range of clients with special needs.

VIY021 The Principles and Practices of Yoga Teaching 2B

This subject will provide participants with all of the theory and practical skills required to plan, design and deliver Yoga classes and courses and to teach all aspects of Yoga and Meditation to a diverse range of people in a variety of settings with general and specific needs.

VIY022 Applied Anatomy and Physiology 2B

A review and revision of the Anatomy and Physiology learned in the first year of studies. Trainees will learn how the main disciplines of yoga practice impact on the different bodily systems.

Victorian Institute of Yoga Education and Teacher Training

2011 VIYETT Student Resource Handbook

VIY023 Effective Communications 2B

Aimed at developing communication skills between student/client and teacher, this subject will also train participants to determine when and if there is a need to refer students/clients to other professionals.

VIY024 Personal and Professional Development For Yoga Teachers Level 2B

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.

VIY025 Occupational Health and Safety 2B

Participants will develop an understanding of their responsibilities regarding OH&S when preparing to conduct a Yoga class or classes in a Yoga Centre or at public venues or when conducting their own yoga business.

VIYD14 First Aid Training

All Yoga Teachers 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. First aid training will be provided for students who do not currently hold a first aid certificate.

AIM OF THE COURSE

Over recent years yoga has become recognized as a mainstream modality of health and wellbeing. Due to this increased interest and demand for suitably qualified professionals The Victorian Institute of Yoga Education and Teacher Training (VIYETT) has developed the Advanced Diploma of Yoga Teaching to train and develop individuals to meet this demand.

The aim of the course is to develop competent and highly skilled Teachers of Yoga who are equipped to guide students safely and effectively through all disciplines relating to the practice of yoga. The course is designed to guide trainees through the basic foundations of a classical yoga system to the more advanced practices and philosophies ultimately leading to Yoga teaching principles and practices that will equip the trainee with the necessary skills to instruct others in the practice of yoga with a high degree of confidence and sensitivity.

The VIYETT Advanced 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.

Victorian Institute of Yoga Education and Teacher Training

2011 VIYETT Student Resource Handbook

On completion of the course graduates will have attained a high level of competency in all aspects of yoga teaching and philosophy based on in depth experience and understanding of the meaning and processes that constitute the practice of yoga.

The teachings 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.

LEARNING OUTCOMES

The VIYETT Advanced Diploma of Yoga Teaching will provide trainees with all of the practical skills, philosophical understanding and scientific knowledge required to become a competent Professional Teacher of Yoga and health care advisor within a yogic framework.

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 by the Yoga Teacher Association of Australia. "YTAA" The VIYETT Director of Studies Maya Hansajati is a Senior Level 3 Teacher/Trainer and registered with the Australian Yoga Teacher Association of Australia.

COURSE STRUCTURE

The course will consist of 26 compulsory subjects.

The course will be delivered part-time over a period of 2 years.

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

COURSE DATES

The course will commence on **Monday 14th February, 2011 and Saturday 19th February, 2011**. (Please refer to course summary for mid-year course dates) There are currently two study options. Participants may undertake studies either one day per week from 10.00am-4.00pm or Saturday training sessions one Saturday per week from 12.00pm-5.00pm. Trainees may be required to attend additional workshops or intensive trainings throughout the year to support their learning.

Victorian Institute of Yoga Education and Teacher Training

2011 VIYETT Student Resource Handbook

Students undertaking studies in the Advanced Diploma of Yoga Teaching are expected to undertake regular yoga classes (2 classes per week for the duration of the course) together with maintaining a regular personal practice and completing all home study and assignment work that is 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 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 in our student clinics.

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, have achieved a qualification of at least Level 2 Yoga Teacher/ Advanced Diploma of Yoga Teaching, they must be 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 attendance of classes. A minimum of 80% attendance for each subject is required to meet assessment criteria.

Timely completion of all assignments on and off the course

Participation in all session activities

Practical demonstration of skills

Teaching practices

ENTRY REQUIREMENTS

Pre-Requisite

VIYETT requires a minimum age of 21 years

A minimum of 2 years Yoga practice/experience

Good interpersonal and communication skills

Victorian Institute of Yoga Education and Teacher Training

2011 VIYETT Student Resource Handbook

A genuine, sincere and caring nature.

Students who have successfully completed the Hatha Yoga Practitioner's Certificate or the Diploma of Yoga will be admitted to the second year of the Advanced Diploma of Yoga Teaching.

ATTENDANCE

Regular attendance at classes is essential for successful completion of the course. If a student's attendance in any subject falls below 80% they may be deemed not yet competent in that subject. In the event of any absence it is the student's responsibility to follow up on class notes, etc. with tutor and/or other students.

In the event of extended absence due to illness or other personal reasons the student will need to discuss their circumstances with the Director of VIYETT.

Upon receipt of your qualifications the Advanced Diploma of Yoga Teaching will entitle you to become a registered Yoga Teacher Level 2 with the Victorian Institute of Yoga Education and Teacher Training and will entitle you to apply for membership to a professional body.

CERTIFICATION REQUIREMENTS

To receive the qualification VIYETT Advanced Diploma of Yoga Teaching Level 2 students must successfully complete all of the 26 compulsory subjects. Participants must successfully complete all assessment criteria. A statement of attainment will be issued for each subject successfully completed.

COURSE FEES

The full course fee for the Advanced Diploma of Yoga Teaching is \$ 7,600.00 This includes all Tuition and Training Fees, Course Notes, Text Books, Equipment, 2 Yoga Tee-Shirts, First Aid Certificate.(The price quoted is an all inclusive price and there are no additional extra costs to the student).

In addition to this participants will be issued with an 'unlimited monthly Yoga Class Pass' to assist in meeting the cost of attending additional classes during the course of training. The pass will be issued in the name of the enrolled student and the yoga class passes are non-transferable and non-refundable.

Please note: The course fees include only the Texts Books and Equipment that are listed on the Text Book and Equipment list. Any additional texts or equipment that participants may purchase to support their learning are not covered in the course fees. Students will be supplied with a long sleeve and a

Victorian Institute of Yoga Education and Teacher Training

2011 VIYETT Student Resource Handbook

short sleeve VIYETT tee-shirt as part of their training wear. Yoga Pants and Jackets may be ordered through the school at very reasonable prices but are not included in the fees.

PAYMENT OPTIONS

Payment of Fees

Year 1

Initial Deposit	\$800.00 (Payable 1 month prior to course start date)
1st Installment	\$500.00 (Payable at the commencement of course)
	7 monthly payments of \$300.00 (Payable on the 15 th day of each month)

Year 2

Initial Deposit	\$600.00 (Payable 1 month prior to course start date)
1st Installment	\$900.00 (Payable at the commencement of course)
	9 monthly payments of \$300.00 (Payable on the 15 th day of each month)

REFUND POLICY

Withdrawal from the Course

Participants withdrawing from the course must give one months notice in writing of their intention to do so and send to VIYETT Head Office by regular post.

Withdrawal from the course less than 4 weeks prior to the commencement of the course will incur an administrative fee of \$700.00.

Participants withdrawing from the course less than 1 week prior to the commencement of the course or once the course has commenced will not be entitled to any course fee refund.

DEFERRING STUDIES

In the event of unforeseen circumstances you wish to defer from your course of study you must apply to VIYETT giving 30 days notice 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 of the semester all course fees will be forfeited.

REGISTRATION AND ENROLMENT PROCEEDURE

VIYETT processes applications based on pre-requisites, merit and previous experience.

1. Send in your completed registration form (found at the end of this Student Handbook) to indicate your interest in registering in the Hatha Yoga Practitioners Certificate and/or the Diploma of Yoga Teaching or the Advanced Diploma of Yoga Teaching. .
2. Upon receipt of your registration we will contact you to arrange an interview in person or by telephone.
3. On acceptance to the course you will be notified by mail in the form of an acceptance letter.
4. You will then need to send a deposit to secure your placement in the course a receipt will then be issued.
5. Enrolments are to be finalized one month prior to the course commencement date.
6. Course deposits must be received together with enrolment forms one month prior to commencement of the course.

GENERAL INFORMATION

Facilities are made available once each month for students wishing to attend study groups to share their learning experience and to support encourage each other.

Access to computers is available by booking though the office.

Access to library facilities is available. Reference books may be borrowed for a period of 2 weeks.

Regular Student Clinics are run throughout the course to allow trainees to gain hands on experience.

Victorian Institute of Yoga Education and Teacher Training

2011 VIYETT Student Resource Handbook

Each course participant will receive an unlimited monthly VIYETT 'Yoga Class Pass' to assist with meeting the cost of attending additional Yoga classes.

OTHER INFORMATION

The VIYETT training venue has 2 Yoga rooms, library facilities, a study area, change room and a large kitchen. There is ample on site car parking and the Institute is located within a few minutes walking distance, from the Hampton Street shops, cafes and the beach. The Institute is accessible via public transport.

If you would like to register or find out more information about the VIYETT Advanced Diploma of Yoga Teaching Course please contact:

The Course Administrator

(03) 95331347

or

Email: admin@viyett.com.au



IMPORTANT DATES TO REMEMBER

ADVANCED DIPLOMA OF YOGA TEACHING 2011

Information Sessions: Saturday 22nd October, 2010 and 19th November, 2010

1.00pm-2.00pm

(Light refreshments will be served after the Information session).

Enrolments Close: 31st January, 2011

Orientation Day: 12th February, 2011

Course Commencement Date: Monday 14th February, 2011 (Daytime Study Option)

Saturday 19th February, 2011 (Saturday Option)

MID YEAR COURSE

Information Sessions: Saturday 4th June, 2011

1.00pm-2.00pm

Enrolments Close: 2nd July, 2011

Orientation Day: Saturday 16th July, 2011

Course Commencement Dates: Wednesday 20th July, 2010

Saturday 24th July, 2010

2011 VIYETT COURSE REGISTRRTION FORM



Please tick the course you are enrolling in:

Yoga Studies – Hatha Yoga Practitioners Certificate.

Diploma of Yoga Teaching

Advanced Diploma of Yoga Teaching.

14th February 2011 Daytime Training

19th February, 2011 Weekend Training

16th February, 2011 (Wednesday) Evening Training

Subject to demand there will also be a mid-week evening training, please indicate your interest

PERSONAL DETAILS

Name: _____

Address: _____

Postcode: _____

Telephone: Home _____

Work _____

Mobile _____

Victorian Institute of Yoga Education and Teacher Training

2011 VIYETT Student Resource Handbook

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 WORK EXPERIENCE

Please give details of any experience that you consider relevant to your Yoga Studies/Teacher training application.

PERSONAL MOTIVATION

Please describe briefly why you would like to complete this course

Victorian Institute of Yoga Education and Teacher Training

2011 VIYETT Student Resource Handbook

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:

COURSE PUBLICITY

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

VIYETT Course Guide

Yellow Pages

Website

Newspaper

Referral _____

Name _____

Other Please specify. _____

Applicants will be contacted by telephone to arrange a personal interview when we have received your registration form.

Victorian Institute of Yoga Education and Teacher Training

2011 VIYETT Student Resource Handbook

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 policies and conditions as outlined in the VIYETT 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

Victorian Institute of Yoga Education

& Teacher Training,

14 Thomas Street,

HAMPTON, VIC, 3188

or

email to: admin@viyett.com.au