



RTO National Code 45020



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Sydney's only Nationally Recognised Course in Yoga Teaching

CERTIFICATE IV in REMEDIAL YOGA TEACHING (10137NAT)



Setting the standard for yoga teaching in Australia

At the College of Yoga Therapy (COTY) we aim to go beyond the standard. Of course, you will achieve all the benefits of yoga – enhanced personal fitness, calmness of mind, a balance of the physical and the psychological – but our courses also give you the practical skills to share this knowledge and teach it.

In order to be able to offer this high standard of teacher training, COTY is a Registered Training Organisation (RTO) in Australia, and all our trainers are nationally recognised with a Training and Assessment qualification. Certificate IV in Remedial Yoga Teaching (10137NAT) is [Austudy](#) approved and is fully recognised with Yoga Australia and IYTA.

So, welcome to COTY, the only registered professional yoga training centre in Sydney! Our remedial yoga course connects you with the qualification you need to bring the benefit of yoga to your clients, not only in the fitness, but in the healthcare industry too.

On graduating, you will receive 10137NAT Certificate IV in Remedial Yoga Teaching; a nationally recognised qualification (ASQA – Australian Skills Quality Authority) issued by our expert instructors. The next step on your career path is about to begin; this course outline will walk you through what you can expect from a government accredited course through a world class yoga training college.

UNITS OF COMPETENCY

This course will take you through eleven stages of development. Each stage builds upon the previous unit, delivering you a gradual, smooth and expertly structured path towards full remedial yoga teaching proficiency. The eleven modules include :

Unit Code	Unit Description
RYTRYS401	Prepare a remedial yoga session
RYTRYS402	Instruct remedial yoga techniques to a group
RYTRYS403	Apply remedial yoga during a session
HLTAAP001	Recognise healthy body systems
HLTCOM408D	Use specific health terminology to communicate effectively
HLTAID003	Provide first aid *
CHCCOM006	Establish and manage client relationships
CHCCOM005	Communicate and work in health or community services
HLTWHS001	Participate in workplace health and safety
HLTCOM405D	Administer a practice
CHCPRP003	Reflect on and improve own professional practice

* Students are required to complete this unit with an external provider. The cost of this unit is not included in the course fee structure. The student will provide a Statement of Attainment to receive a credit transfer for the unit towards this qualification.

DIG DEEPER INTO THE YOGA

This certificate course specializes in Remedial Yoga – Japanese meridian based yoga.

But the essence of the yoga is still the same. You will explore the history of yoga, and the messages that influence its practice. You will also study the foundation knowledge and philosophies for teaching Japanese based remedial yoga. How we tap into our life force and body's natural healing system to bring balance and harmony to the energy within us. These thought-provoking sessions include:

- Japanese meridian based yoga
- The Therapy of Breathing
- Fundamentals of Remedial Yoga Therapy
- Conservation of Energy Theory (Yin & Yang)
- Qi (energy) Meridian Study
- History of Yoga and its relevance today
- Traditional Breathing Practices
- Meditation (traditional and meridian based)
- Introduction to 5 Element Health Nutrition
- Yoga for Special Needs – including natal, seniors, advanced and beginners

To teach yoga safely and professionally you will learn how the body works in Anatomy of Yoga. This is a foundation course in movement and how the human body systems function in relation to each other and how to keep them healthy. You will then focus on the musculoskeletal system through yoga and find out how amazing the human body really is.

To be a yoga teacher you need to know how to do the moves and then how to teach them so that you can help your clients bring balance back to their body systems and structure. You will learn 100's of Remedial Yoga Postures and movements with 6 seasonal classes structured from the 5 Element Theory and how to write and adapt classes for special needs including natal, seniors and beginners.

Our expert training team will be there to guide you through every move, step by step until you understand and experience how the moves make you feel. Meridian yoga is felt, rather than just taught. If you know how it should feel then you will be able to share that with your clients when you start teaching.

NATIONAL RECOGNITION

We want to help you to spread the benefits of remedial yoga and to provide real advantages to your clients and real scope to your new career, wherever you live and work in Australia. This is why we are proud to say that the 10137NAT Certificate IV in Remedial Yoga Teaching is nationally recognised and is accredited by the Australian Skills Authority. You won't be able to achieve this anywhere else in Sydney.

Within 30 days of the final assessment, you will receive your qualification and the next stages of your yoga journey can begin.

Where do you go next? Well, the remedial yoga teaching certificate is one of the core requirements of the Yoga Australia Level 1 teaching registration, giving you the chance to develop your personal and professional yoga credentials even further.

The Certificate IV in Remedial Yoga Teaching (10137NAT) also provides you with the ability to become an Accredited Member with Australian Traditional Medicine Society (ATMS).

You will receive only the best tuition at COTY. All of our instructors are Senior Level Yoga Australia registered, and our specialist teaching staff guide and instruct our students through some of the more specialised course units.

PROGRAM OUTLINE

Our program feels a little different to a traditional yoga course. We are focused on delivering practical remedial yoga skills which you can apply directly to your yoga teaching, when you are working as a yoga teacher.

Your study is spread across five main activities:

- 259 hours face-to-face classroom learning over 37 sessions
- 110 hours of theoretical and practical assessments. The units of competency are delivered using a combination of online and face to face sessions that include one-on-one and group sessions in a simulated workplace environment for all assessments and practical tasks. '40 hours of these assessments are included in your face-to-face hours with the balance of assessments either online or video recordings of home practice or external community lead classes.
- 100 hours of supervised yoga tutorials (classes) developing yoga teaching and personal practice. 90% of these hours are your attendance at yoga classes – a minimum of 25 hours to be completed at The Yoga House studio with a minimum 50% to be completed with a senior level yoga teacher at a studio of your choice and a maximum of 25% logged as home practice. As part of this component you will be given the opportunity to teach community-based yoga sessions (at The Yoga House Gladesville Studio or other authorized work placement) to the public in our Student Teaching Program (minimum 10 classes – logging 20 hours).

- 110 hours of online learning focused on the theoretical components of the units of competency and pre-reading of the yoga module content to make your face to face learning session fun, informative, but more importantly, tailored to your learning requirements.
- 220 hours of self-paced study based on 4 hours per week over a 12 month period.

The Yoga Modules include online training but are mainly delivered face-to-face and are sequenced for delivery in a way that allows for logical, supervised progression. Your study modules are:

Module 1 – Understanding Remedial Yoga.

This module includes all the foundation knowledge and philosophies for teaching Japanese based remedial yoga. Here you will discover how we tap into our life force and the body's natural healing system to bring balance and harmony to the energy within us.

Module 2 – Remedial Yoga Teaching

This module teaches you how to teach. How to connect with a person and adapt your teaching methods to suit different learning styles. You will learn how to teach a morning and evening class with each of the seasons and how to adapt movements and postures to accommodate a wide range of clients and special needs.

Module 3 – Yoga Breathing

This learning module includes the anatomy and physiology of breathing as well as the 10 traditional breathing techniques. You will learn how to use Remedial Yoga breathing techniques to elicit therapeutic changes within the body.

Module 4 – Meridian Yoga Classes

You will learn 100's of Remedial Yoga postures and movements with 6 seasonal classes structured from the 5 Element Theory and how to write and adapt classes for special needs including natal yoga, seniors and beginner's courses.

Module 5 – Introduction to 5 Element Health Nutrition

We are what we eat. This module covers Japanese half-fasting and the associated benefits of wholefood medicines and nutrition. You will also study how to obtain and maintain optimal health. for you and your clients.

Module 6 – Meridian Meditations

This module has been designed as an introduction to another limb of the yogic pathway. Learn therapeutic meditation techniques for the mind, body and spirit to assist your yoga teaching and general health and wellbeing.

Module 7 – History of Yoga

This module studies the classic yogic literature, its relevance today and how it can influence you and your yoga journey. We will also be taking a quick look at other styles of yoga and what makes our yoga so unique.

Module 8 – Your Practise of Remedial Yoga

Yoga, yoga and more yoga. This module will take you through each move step by step to allow you to experience how the moves make you feel so that you can better share and teach it to others. This module will be guided by you and your group with the focus on getting you healthy, well and yoga fit.

Module 9 – Anatomy of Yoga

To teach yoga safely and professionally you need to understand how the body works. This module is a foundation course in movement and how the musculoskeletal system works and how wonderful the human body is. Interactive sessions that deal with conditions that are most commonly seen in a yoga class to give students the insight and ability they really need.

LOCATION

Both the classroom-based training and the practical training will be delivered to students at The Yoga House GLADESVILLE campus of COTY in New South Wales, Australia.

GRADUATION REQUIREMENTS

We promote a high level of vocational training interaction between you and our teaching faculty to ensure we appreciate your learning needs.

It is important that we work with you to develop the skills and techniques you need to progress through the course to successful graduation. This process includes several different assessment methods including:

- **Demonstration:** You will demonstrate the practical skills you have learned, proving to the assessor that you can apply the concepts professionally.
- **Project Tasks:** You will submit a written or media project for each assessment task, demonstrating your competence and understanding.
- **Written Response:** You will complete written activities which are assessed individually.
- **Collaborative Tasks:** Working with others is a key part of remedial yoga teaching, and so you will need to work together with your fellow yogi-students on collaborative tasks.
- **Professional Discussion:** One of our trainers will discuss core ideas with you, allowing you to show your verbal proficiency and reasoning skills.

RECOGNITION OF YOUR EXISTING SKILLS

Our courses are flexible. We understand that you may have a core set of pre-existing skills in this area, so we can work with you to provide you the extra levels of competency that you need to succeed.

We also understand that life is wonderful as well as unpredictable, so if something pops up and your need more time to reach the desired level, we can work with you to provide this.

COTY RPL PROGRAM

Students come to us from many different backgrounds. If you are already experienced in some of our course areas, you may be able to apply for RPL – or Recognition of Prior Learning. There are three main areas that are considered during an RPL process. These are:

Existing work experience. The practical work experience you have gained to date may have provided you with solid skills and knowledge that are of relevance to this course. Work experience may be informal, formal, full time, part time, voluntary, or paid.

Existing qualifications. You may have completed educational courses that have provided you with knowledge and understanding that is of relevance to the course of study. For example, if you have another TAFE course or unit, this may count as credit toward a unit included in this qualification.

Life skills and experience. Your general life experiences and the skills you have developed over time may also count toward the qualification you wish to complete.

Anyone who has previous knowledge, experience, or skills that are relevant to this course can apply for RPL, regardless of whether your training or experience was in Australia or abroad. To be successful, you need to be able to provide evidence of the skills and knowledge you have gained.

Not Sure? You can call us on 9817 0078 to arrange a free-skills assessment with your course advisor.

Entry Requirements

Again, we are flexible in our evaluation of your readiness to start your training. We do ask that you have been practicing yoga on a regular basis for up to one year and have strong literacy, language and numeracy skills to enable you to successfully deliver instructions and tuition to clients.

COTY can provide you with learning support if you are struggling with course content. These skills are vital life skills, but we can help you achieve strong literacy, language and numeracy abilities through additional tuition.

Student Information

Our enrolment package includes all the information you need to get the very best out of the course. This package outlines your rights and responsibilities as a student and gives you a range of practical information on safety, assessment and other aspects of the remedial yoga course.

Remember that our door is always open and the COTY team are always ready to assist you with anything you need, at any time.

Study Options

The 10137NAT Certificate IV in Remedial Yoga Teaching is delivered over 37 sessions, during a 12 month period. We have 2 study options available in 2019:

Friday Study 8.30am to 4pm commencing 8th March 2019.

- 37 daily sessions delivered every Friday with breaks scheduled around the NSW scheduled school holidays. Course completion date is the 22nd November 2019

Saturday study 8.30 to 4pm commencing 9th March 2019

- 37 daily sessions delivered every Saturday with breaks scheduled around the NSW scheduled school holidays. Course completion date is the 23rd November 2019

2019 Course Dates

Friday Delivery 2019		Saturday Delivery 2019	
Study Block 1	Week 1 to 7 1 st March to 12 th April 2019	Study Block 1	Week 1 to 7 2 nd March to 13 th April 2019
Study Block 2	Week 8 to 17 3 rd May to 5 th July 2019	Study Block 2	Week 8 to 17 4 th May to 5 th July 2019
Study Block 3	Week 18 to 28 19 th July to 27 th September 2019	Study Block 3	Week 18 to 28 20 th July to 28 th September 2019
Study Block 4	Week 29 to 38 18 th October to 13 th December 2019	Study Block 4	Week 29 to 38 19 th October to 13 th December 2019

Course Fees

Please consult our Fee Schedule for a detailed breakdown of the course costs.

Get REAL Skills for a REAL Career with COTY
Australia's Leading College in Remedial Yoga Teaching