

Holistic Classical Yoga Teaching and Therapy



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The Advanced Diploma of Holistic Classical Yoga Teaching and Therapy (11122NAT) is a nationally accredited course that equips you with the necessary knowledge and skills to teach holistic classical yoga and apply its therapeutic benefits for health, wellness, and chronic disease management. Designed for yoga teachers and therapists, this comprehensive program integrates ancient yoga philosophies and techniques, empowering you to make meaningful impact on clients of all ages and abilities. Embrace the transformative power of yoga and become a specialist in fostering wellbeing and lifestyle management through holistic practices.



COURSE INFORMATION

Welcome to a holistic world of yoga where your passion for wellness transforms into a fulfilling yoga teaching career!

The Advanced Diploma of Holistic Classical Yoga Teaching and Therapy (11122NAT) offers the knowledge of ancient Yoga philosophies, practices, and techniques that can be incorporated into daily life to enhance lifestyle, health, and wellbeing.

This program provides you with specialised skills and knowledge in holistic classical yoga enabling you to apply its therapeutic benefits effectively. The World Health Organisation (WHO) recognises yoga as a recommended practice for preventative health and as a valuable tool to increase physical activity and reduce noncommunicable disease.

QUALIFICATION PATH

This qualification corresponds to AQF Level VI. The preferred pathway to this qualification is for students to complete Diploma of Holistic Classical Yoga Practice and Teaching (10975NAT) delivered by College of Sport & Fitness and their students will be eligible for Advanced Standing through RPL.

Completing the Advanced Diploma of Holistic Classical Yoga Teaching and Therapy (11122NAT) could also provide a pathway into VET accredited industry courses in other complementary health fields.

This qualification is recognised by the Australian Qualifications Framework (AQF), meaning that you can take this qualification anywhere within Australia.

COURSE DELIVERY & ASSESSMENT METHODS

Delivery and assessment strategies are selected to reflect the nature of the elements and performance criteria of the competency together with the needs and learning style of the participants. This program is delivered in a full-time study mode of 20 hours per week over 45 college weeks.

Assessment methodology may include but is not limited to observation, project/report, case study, role play, exercises, practical, activities; and written/ oral tasks including multiple choice, questions and answer, essays, true/false and presentations.

ENTRY REQUIREMENTS

Year 11 or equivalent certificate of senior secondary education.

Recommended English Level: IELTS 6.0 (with no individual band less than 5.0) or equivalent.

(If the level of English is insufficient, a suitable course can be organised).

A Pre-Training Review, LLN and suitability interview will be mandatory before placement in the program is granted.

OTHER FEES

Administration Fee (Non-refundable):
➤ **A\$ 200**

Confirmation of Enrolment Fee
(Non-refundable):

➤ **A\$ 20** for a course no longer than 12 months
➤ **A\$ 40** for a course longer than 12 months



HOLISTIC CLASSICAL YOGA TEACHING AND THERAPY



Qualification	Unit Code	Unit Title	Tuition Fee / Duration
Advanced Diploma of Holistic Classical Yoga Teaching and Therapy (11122NAT) CRICOS Course Code 116303K	NAT11122001	Research and provide holistic classical yoga principles and lifestyle guidance.	A\$ 3,000 /term 5 Term 45 college weeks
	NAT11122002	Apply advanced anatomy and physiology to holistic classical yoga facilitation	
	NAT11122003	Plan and deliver advanced holistic classical yoga	
	HLTWHS004	Manage work health and safety	
	HLTAID011	Provide first aid	
	NAT11122004	Design and facilitate holistic classical yoga therapy for diverse people	
	CHCCOM006	Establish and manage client relationships	
	CHCCCS001	Address the needs of people with chronic disease	
	NAT11122005	Facilitate holistic classical yoga therapy for mindfulness	
	NAT11122006	Design and provide holistic classical yoga therapy programs	
	NAT11122007	Develop a holistic classical yoga business	
	NAT11122008	Provide Restorative Yoga therapy	
	NAT11122009	Provide Yoga therapy for empowerment	
	NAT11122010	Provide Yin yoga therapy	
	NAT11122011	Facilitate advanced Yoga teaching and therapy online	
Exit with Advanced Diploma	Vocational/ Employment Outcome		Yoga Instructor, Holistic Therapist, Yoga Teacher, Wellness Therapist

ACADEMIC YEAR / START DATES

Don't miss out on your intake dates. There are 36 teaching weeks per annum with the year being divided into 4 terms of 9 weeks each. The academic year begins in January and ends in November. Primary intakes are at the beginning of each term.

YEAR	TERM 1 INTAKES		TERM 2 INTAKES		TERM 3 INTAKES		TERM 4 INTAKES	
	PRIMARY	MID-TERM	PRIMARY	MID-TERM	PRIMARY	MID-TERM	PRIMARY	MID-TERM
2026	12 JAN	16 FEB	7 APR	11 MAY	29 JUN	3 AUG	21 SEP	26 Oct
2027	11 JAN	15 FEB	5 APR	10 MAY	28 JUN	3 AUG	20 SEP	25 Oct

Choice of subjects may be limited in mid-term intakes

AUSTRALIA SINGAPORE

Academies Australasia Institute is an Academies Australasia college. Academies Australasia Group Limited has been operating for more than 116 years and listed on the Australian Securities Exchange for more than 47 years.

Academies Australasia has colleges in Melbourne, Sydney, Brisbane, Perth, Adelaide, Dubbo, Gold Coast and Singapore, and offers a wide range of courses at different levels – Certificate, Diploma, Advanced Diploma, and Bachelor Degrees.



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LONG HISTORY

ESTABLISHED MORE THAN 116 YEARS AGO

ACCREDITED QUALIFICATIONS

NATIONALLY RECOGNISED

QUALITY TEACHING

PASSIONATE TEACHERS WHO ARE PROFESSIONALS IN THEIR FIELD

EXCELLENT FACILITIES AND STUDENT SUPPORT

GREAT LEARNING ENVIRONMENT

STUDENTS FROM AROUND THE WORLD

TENS OF THOUSANDS OF STUDENTS FROM MORE THAN 135 COUNTRIES HAVE STUDIED WITH US

UNIVERSITY PATHWAYS

ARTICULATIONS WITH SEVERAL UNIVERSITIES
CREDITS SAVE TIME AND MONEY