

2009 Student Resource Handbook ©

Distance Education



*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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GAYATRI MANTRA

ॐ भूर्भुवः स्वः
तत्सवितुर्वरेण्यं
भर्गो देवस्य धीमहि
धियो योनः प्रचोदयात् ।

**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 fulfil 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**
A set of five moral restraints aimed at destroying the lower nature
- 2. Niyama**
A set of five 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**
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?

LIMB	MEANING	RELATIVE SUBJECTS
1. Yama	The Yamas are a set of five moral restraints aimed at destroying the lower nature	Yogic History Philosophy and Culture
2. Niyama	The niyamas form a set of five observances aimed at fostering positive qualities	Yogic History Philosophy and Culture
3. Asana	These are the physical postures of yoga	Theory and Practice of Asana (Prior to Asana practice Shatkarmas 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	Asana, Pranayama, Mudra Banda, Shatkarma, Relaxation and Meditation (all of these disciplines bring about these qualities to varying degrees)
6. Dharana	The practice of developing concentration	Total absorption and concentration during practice of Asana, Pranayama, Relaxation and Meditation (all of these disciplines bring about these qualities to varying degrees)
7. Dhyana	Meditation (the practice of "Dharana" leads to the state of meditation)	The state of Dhyana may be reached by practice of Mudra, Bandha, Shatkarma, Asana, Pranayama, Pratyahara, Relaxation and Meditation
8. Samadhi	Super-consciousness - Samadhi will only ever be known to the "knower" of Yoga. The aspirant that 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 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

DIPLOMA OF YOGA TEACHER TRAINING BY DISTANCE EDUCATION

The Victorian Institute of Yoga Education and Teacher Training Course (VIYETT) course has been designed to provide participants with an exceptionally high level of understanding in relation to the physical, emotional, psychological, spiritual and social implications associated with teaching Yoga. The VIYETT Yoga Teacher Training Courses are highly regarded amongst Schools and Teachers within the Yoga Community.

At VIYETT we understand that people practice Yoga for many different reasons; some want to gain deeper insight into Yoga for their own personal growth and personal development while others are dedicated to becoming Professional Yoga Teachers.

Students wishing to undertake studies to become a Yoga Teacher should understand that Yoga is a life long 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 receive the “fruits” of Yoga.

DIPLOMA OF YOGA TEACHING

Duration - Minimum 1 Year
Level 1 Yoga Teacher

The Diploma of Yoga Teaching by Distance Education is a 1 year Teacher Training Course. It is an intensive course covering all of the vital aspects of Yoga. It is designed to provide you with a broad range of tools that you will need to enhance your own personal and spiritual understanding and to equip you with a good understanding of the science and philosophies of Yoga. The Diploma of Yoga Teaching will provide you with all of the tools you will need to become a Professional Yoga Teacher. (Level 1)

The VIYETT Teacher Training Programs are not limited to just one philosophy or one way of thinking, they are based on a number of Traditional Yogic Philosophies which will aid the trainees in gaining a broader understanding of the “whole” concept of Yoga.

Some of the more popular philosophies or traditions that participants will explore throughout the course are:

Patanjali's Asthanga Yoga – The Eight Limbs of Yoga

Samkyha Philosophy – Tantra

Vedic Philosophy and Culture – The Vedas

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.

The Diploma of Yoga (Level 1) is accredited by the Yoga Teacher Association of Australia and earns 100% credit towards the VIYETT Advanced Diploma of Yoga Teaching.

At VIYETT we do not limit our trainees to one particular lineage, style of Yoga or discipline; 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.

CORE SUBJECTS

VIYDE01	ASANA
VIYDE02	PRANAYAMA
VIYDE03	MUDRA AND BANDHA
VIYDE04	SHATKARMA
VIYDE05	RELAXATION AND MEDITATION PRACTICES
VIYDE06	YOGIC HISTORY, PHILOSOPHY AND CULTURE
VIYDE07	YOGIC PHYSIOLOGY
VIYDE08	INTEGRATIVE YOGIC PRACTICES
VIYDE09	TRADITIONAL ANATOMY AND PHYSIOLOGY
VIYDE10	YOGIC NUTRITION, DIET AND LIFESTYLE
VIYDE11	YOGA FOR CLIENTS WITH SPECIAL NEEDS
VIYDE12	THE PRINCIPLES AND PRACTICES OF TEACHING YOGA
VIYDE13	PERSONAL AND PROFESSIONAL DEVELOPMENT FOR YOGA TEACHERS

DIPLOMA OF YOGA TEACHING

SUBJECT DESCRIPTION

VIYD01 Asana

This subject instructs the trainee in the theory and practice of Asana: Outlining all the various groups of Asana; detailing the mental, physical, emotional and spiritual aspects of each Asana; Sequencing an Asana practice, Asana for Personal Practice; Styles of Yoga

VIYD02 Pranayama

Pranayama Practice is an integral part of every 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 Pranayamas to support your personal practice and all of the major Pranayama practices and techniques are included that trainee teachers will need to understand to conduct a variety of different types of classes.

VIYD03 Mudra and Bandha

Extremely important practices of Yoga but often undervalued and omitted from a general practice. Participants can expect to gain a general understanding of the importance and the benefits of these ancient practices and their application to a modern day Yoga practice.

VIYD04 Shatkarma

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 practice.

VIYD05 Relaxation and Meditation Practices

Students will learn a number of relaxation and meditation techniques including creative visualization exercises, common relaxation techniques and Yoga Nidra Meditation to induce deep states of relaxation and meditation. This subject also includes an introduction to the use of mantra and Kirtan (Yogic Chanting)

VIYD06 Yogic History, Philosophy and Culture Level 1

A wide range of topics are explored in Yoga Philosophy. Some of these topics include The History and Philosophy of Yoga, The Yoga Sutras of Patanjali – The Eight Limbs Of Yoga, Introduction Samkhya and Vedic Philosophy, The Classical texts of Yoga (The Upanishads and the Bhagavad Gita,) The Four Streams of Yoga.

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 Kosha (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 at 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 Traditional Yogic Practices Level 1

This subject brings together all the disciplines that you have learned to date - Asana, Pranayama, Mudra, Bandha, Relaxation and Meditation and brings them together to understand them as a complete practice. The Trainee learns to design and sequence yoga programs and classes.

VIYD09 Traditional Anatomy and Physiology Level 1

This subject instructs the Trainee Yoga Teacher in 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 Ayurvedic 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. Yoga, 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 1

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 module includes Yoga for Women, Prenatal and Postnatal Yoga, Yoga for Children and Teens, Yoga practices suitable for a number of common ailments that your clients may suffer from.

VIYD12 Principles and practices of Yoga Teaching

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 environment. Principles and Practices of Yoga Teaching 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, and 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

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 Students undertaking Yoga Teacher Training Courses 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. If you have a current First Aid Certificate you will not have to undertake this subject, however if you do not have this qualification it is compulsory that you undertake this training and update it regularly to maintain your registration as a Yoga Teacher. (Please advise at the time of enrolment if you have a current First Aid Certificate.)

SUMMARY OF TRAINING

VIYETT DIPLOMA OF YOGA TEACHING BY DISTANCE EDUCATION

Training Time: 500 Hours approximately - this includes home study time and practical work. Subjects will be issued in groups so certain areas are studied concurrently.

Duration of the Course

1 year (Maximum course duration 18 months)

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, 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.

The course explores the historical and philosophical background of Yoga while helping students to gain an understanding of the major paths and styles of Hatha Yoga. The knowledge and experience gained from the Diploma of Yoga Teaching by Distance Education 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:

Victorian Institute of Yoga Education and Teacher Training (VIYETT)

All of the VIYETT Yoga Teacher Training Courses are accredited by the Yoga Teacher Association of Australia.

The Training Provider's Director of Studies Maya Hansajati is a Senior Level 3 Trainer accredited by the Yoga Teacher Association of Australia.

COURSE STRUCTURE

- Consists of 14 compulsory subjects.
- Delivered part-time over a period of 1 year min to 18 months max. duration.

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.
- Provide students 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.

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, are 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 completion of all assignments
- Participation in all session activities where appropriate
- Practical demonstration of skills
- Teaching practice

Entry Requirements

Pre-Requisite:

- VIYETT requires applicants to be a minimum of 21 years of age.
- Students must have a minimum of 1-2 years Yoga experience; this can be made up through regular class attendance or 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 a studio of your choice.

Distance Education Assignments and Tutorials

Timely completion of all study material is essential to the successful completion of this course. Students are also required to participate in any video tutorials and assessment required as part of the course. In the event of inability to complete designated homework and assignments due to illness or other personal reasons the student will need to discuss their circumstances with the Director of Distance Education at VIYETT.

Certification Requirements

To receive the qualification VIYETT Diploma of Yoga Teaching by Distance Education students must successfully complete all of the compulsory subjects as outlined in the Student Resource Handbook, a total of 13 units. Upon application for certification you will be required to provide a copy of a current first aid certificate.

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 by Distance Education is \$3950.00 inclusive of GST, payable in advance. An option to pay a deposit then pay per subject is outlined below. This fee is inclusive of all Tuition Fees, Course Notes, Support Materials and Selected Text Books.

Fee Structure

Full Fee Paid In Advance
\$3950.00 (Discounted Price)

Or

Payment by Instalments
Deposit \$600.00
Plus 4 bi-monthly installments of \$975.00 each
First payment due at the commencement of the course

REFUND POLICY

Withdrawal from the course must be made in writing giving one months notice and sent to VIYETT Head Office by regular post. Course deposits and fees paid for study material already received are non-refundable once the course has commenced. An administration fee of \$300 will be incurred to process any refund of fees paid in advance.

Deferring Studies

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

What is not covered In the Course Fees

- Weekly Yoga Classes
- First Aid Course
- Costs associated with the use of audio visual equipment.

Other Information

Due to the practical nature of Yoga Students will need to submit some of the practical components of the course via video and voice recordings. All video and voice recording equipment and materials are to be hired or purchased at the expense of the student.

Students will be required to have access to computer and internet facilities. Students are required to attend weekly Yoga classes at a school in your location for mentorship.

VIYETT COURSE REGISTRTION FORM



PERSONAL DETAILS

Name: _____

Address: _____

_____ Postcode: _____

Telephone:

Home _____ Work _____

Mobile _____

Email: _____

Date of Birth: _____

EDUCATIONAL BACKGROUND (From all Studies)

Studies Completed	Year Completed	School/Institution
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_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

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 OR OTHER WORK EXPERIENCE

Please give details of any experience that you consider relevant to your application:

PERSONAL MOTIVATION

Please describe briefly why you would like to complete this course:

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:

FIRST AID CERTIFICATE Current To Complete

COURSE PUBLICITY

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

- | | |
|---|---------------------------------------|
| <input type="checkbox"/> VIYETT Course Guide | <input type="checkbox"/> Yellow Pages |
| <input type="checkbox"/> Website | <input type="checkbox"/> Newspaper |
| <input type="checkbox"/> Other Please specify | |

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 conditions as outlined in the 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
And Teacher Training,
14 Thomas Street,
HAMPTON, VIC, 3188**

Or

**Email to:
distancelearning@viyett.com.au**