



# 2012

## 2012 Student Resource Handbook

### Distance Education



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

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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

### The History of Yoga

Yoga originated in India many thousands of years ago and some researchers believe that it could have existed as early as 6000BC-10000BC. It is not possible to put a date on the exact origins of yoga because the ancient yogis were very secretive and selective about who they passed these teachings onto, therefore the knowledge was traditionally transmitted orally from guru to disciple. The science of yoga was originally developed by the ancient yogis who had a profound understanding of man's essential nature and knew that if man could connect to his essential nature he could find that lasting peace and happiness that he was constantly searching for.

The ancient yogis realized that to alleviate man's suffering he would need to find a way to live in the world while maintaining peace both within himself and with the world around him. The yogis discovered that by using techniques that would bring about an integrated state of the body, breath and the mind man would thus discover his real nature and his suffering would be alleviated.

Yoga is thought to have been developed by the Indus Valley civilization about 5000 years ago. Evidence of seals found depicting a figure seated in what resembles a yoga posture in the region of Mohenjo-Daro and Harappa which may suggest that this ancient civilization may have worshipped Shiva. The word yoga first appeared in the oldest sacred texts, the "Rig Veda". The Vedas are a collection of sacred hymns, mantras and rituals used by the Brahmanas (Vedic Priests) and Rishis. From this point in time yoga was documented, refined and developed and many of the practices and beliefs were recorded in the Upanishads and the Bhagavad Gita. It is estimated that between 400BCE and 200AD Sage Patanjali codified the first systematic presentation of yoga and provided a systematic method of attaining Self-Realization through the application of the "Eight Limbs of Yoga".

### History of Hatha Yoga

Further developments in yoga came with the introduction of Tantra Yoga where the body was used as the vehicle to achieve enlightenment. This was achieved through the practice of cleansing techniques for the body and the mind and asanas that would keep the body fit and healthy in order to tread the spiritual path.

During the 15<sup>th</sup> Century Yogi Swatmarama compiled a text named "The Hatha Yoga Pradipika" which is considered to be the oldest surviving text on Hatha Yoga. The text outlines all of the techniques and practices of hatha yoga including asana, pranayama, shatkarma, mudra and bandha and many other important considerations for the yoga practitioner.

### Summary

The main aim of yoga is to eliminate human suffering and to lead the aspirant to Self-Realization. The word yoga means "union or communion", it is the union of the individual Self with the universal Self and when this occurs all sense of separation dissolves and one realizes that he and the Divine are one. Our limited consciousness prevents us from realizing our own true nature. Yogic practices provide us with the opportunity to move through the journey of life with ease as we are able to take control of our lives and move in a more positive direction. Yoga is a path of self development which allows us to reach our highest potential as human beings.

Yoga offers us a path that gives us the opportunity to greatly enhance the quality of our lives and provides us with a deeper understanding of the human experience and our relationship to the Divine.

## 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?

YOGA LIMB	MEANING	RELATIVE SUBJECTS
<b>1. YAMA</b>	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.
<b>2. NIYAMA</b>	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.
<b>3. ASANA</b>	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)
<b>4. PRANAYAMA</b>	Pranayama is the conscious control or regulation of the breath.	Theory and Practice of Pranayama, Mudra and Bandha
<b>5. PRATYAHARA</b>	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)
<b>6. DHARANA</b>	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)
<b>7. DHYANA</b>	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.
<b>8. SAMADHI</b>	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.

# VIYETT YOGA STUDIES

## HATHA YOGA PRACTITIONER'S CERTIFICATE

### COURSE GUIDE



*"Om Gan Ganapatye Namah"*

## SUMMARY OF HATHA YOGA PRACTITIONERS CERTIFICATE

### COURSE INFORMATION

#### Yoga Studies

Duration of Course: 1 year (may be completed a 24 month time frame)

Training Hours: 500 Hours

Training hours are a combination of home study time plus practical work

### COURSE FEES

The Fee for the Hatha Yoga Practitioners Certificate by Distance Education is \$3,200.00 inclusive of GST, payable in advance. An option to pay the full course fee by instalments is outlined below. The Course fees include all Tuition Fees, Course Notes, Support Materials and Selected Text Books.

### FEE STRUCTURE

Full Fee Paid in Advance

\$2,900 (Discounted Price)

**Or**

Full Course Fee \$3,200

Payment by instalments

Deposit \$600.00

Plus 4 bi- monthly instalments of \$650.00

First instalment is due at the commencement of the course

### COURSE PROVIDER

VIYETT is an Approved Yoga Teacher Training Institute with Yoga Australia (formerly YTAA).

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

*This course is comprised of 500 hours of practical work 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.*

### Contact:

The Course Administrator

Sally Macgowan

(03) 95331347

Email: [distancelearning@viyett.com.au](mailto:distancelearning@viyett.com.au)

## HATHA YOGA PRACTITIONER'S CERTIFICATE BY DISTANCE LEARNING

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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 responsibilities associated with the practice of Yoga. The VIYETT Hatha Yoga Practitioner Certificate is 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.

The Hatha Yoga Practitioner Certificate is designed for students of yoga who want to gain a deeper level of understanding of yoga and advance in their knowledge and skill in all areas of their personal practice.

The Hatha Yoga Practitioner Certificate 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 life and 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 yand 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.

Students undertaking the Hatha Yoga Practitioner Certificate should understand that this course will “not” lead to a full teaching qualification, however students who successfully complete the Hatha Yoga Practitioner Course will gain full credit towards a Yoga Teaching qualification if the remaining subjects are undertaken within a two year time frame after the initial course has been successfully completed.

## CORE SUBJECTS

### Level 1 Studies

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	Anatomy and Physiology
VIYDE10	Yogic Nutrition, Diet and Lifestyle
VIYDE11	Styles of Hatha Yoga
VIYDE12	Introduction to Occupational Health and Safety
VIYDE13	Introduction to Teaching Principles and Practices

## 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 Traditional Yogic 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.

#### **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.

#### **VIY013 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.

### **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. Distance Education

Students may take longer to complete this course. It is recommended that the course should be completed with a two year time frame.

### **DURATION OF THE COURSE**

1 year (It is advisable that Students complete this course within a 24 month time frame)

### **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 Diploma of Yoga Teaching upon successful completion of the course 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 of yoga and/or a competent “yoga teaching assistant” working under supervision in a yoga centre environment.

### **COURSE PROVIDER**

The Course Provider is the Victorian Institute of Yoga Education and Teacher Training. The VIYETT Director of Studies Maya Hansajati is a Senior Level 3 Teacher/Trainer and is registered with Yoga Australia. (formally YTAA)

### **THE COURSE STRUCTURE**

- The course will consist of 13 compulsory subjects.
- The course will be delivered part-time over a period of 1 year.
- The course is designed to give trainees the opportunity to create a balanced and harmonious lifestyle.
- The course content is both practical and theoretical in nature providing trainees with a good understanding of all of the important aspects of yoga.
- Trainees are given the opportunity to gain valuable experience by demonstrating their practical skills and theoretical knowledge in our student clinics.

### **TRAINING ENVIRONMENT**

The course learning environment will reflect the highest standard of yoga education and training 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 all subjects and practical skills will be developed through both simulated and onsite training activities in our student clinics.

### **VIYETT TEACHERS**

All teachers assigned to the delivery of the course 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, and/or speciality areas. Teachers who are delivering yoga specific subjects are required to have a minimum of 3 years experience as a professional yoga teacher, and are required to be 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, in-house trainings and must be well established in their own personal yoga practice.

## **ASSESSMENT**

- Regular completion of all assignments
- Participation in all session activities where appropriate
- Practical demonstration of skills via video
- Teaching practice

## **COURSE 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 21 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

## **DISTANCE EDUCATION ASSIGNMENTS & 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 assessments 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**

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 receiving credits for all subjects that have been successfully completed. Application to undertake The Diploma of Yoga Teaching need to be made within 2 years of completing the Hatha Yoga Practitioner Certificate.

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 Hatha Yoga Practitioners Certificate by Distance Education is \$3,200.00 inclusive of GST, payable in advance. An option to pay the course fee by instalments is outlined below. The course fees include all Tuition Fees, Course Notes, Support Materials and Selected Text Books.

### **FULL FEE PAID IN ADVANCE**

Students who pay the full fee in advance will be eligible for a discount of \$300. If this is not the preferred method of payment then the automated payment system will apply.

### **FULL FEE PAYMENT**

\$2,900.00

### **PAYMENT OF FEES BY INSTALLMENTS**

An initial deposit of \$600.00 is to be made payable one month prior to the commencement of the course followed by 4 bi-monthly instalments of \$650.00 each. The First instalment is due at the commencement of the course.

Cost:	\$3,200.00
Initial Deposit	\$600.00 (Payable 1 month prior to course start date)
Instalments 4 Bi-monthly	\$650.00 each

First Instalment is 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 and students have received all course materials.

### **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 from their studies may do so only once and for one semester only. When a student defers the course must be recommenced within 12 months from the notice of deferment.

### **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 the course trainees 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 trainee.

Students will be required to have access to computer, a printer and internet facilities.

Students are required to attend weekly yoga classes at a school in your location for mentorship. If this is not possible please inform us in advance so we can make additional arrangements for study support.

**Registration and Enrolment Procedure**

Please fill out the attached registration form if enrolling. If you would like to register or find out more information about the VIYETT Hatha Yoga Practitioners Certificate Course or the Diploma of Yoga Teacher Training via Distance Education please contact:

**The Course Administrator**

**Sally Macgowan**

**Telephone: (03) 95331347**

**Email: [distancelearning@viyett.com.au](mailto:distancelearning@viyett.com.au)**

# VIYETT DIPLOMA OF YOGA TEACHING

## COURSE GUIDE



*"Shiva Lord of the Yogis"*

## SUMMARY OF VIYETT DIPLOMA OF YOGA TEACHING COURSE

### COURSE INFORMATION

#### Diploma of Yoga Teaching

Duration of Course: 1 year (may be completed over an 18 month time frame)

Training Hours: 500 Hours

Training hours are a combination of home study time plus practical work.

### COURSE FEES

The Fee for the Diploma of Yoga Teaching by Distance Education is \$3,950.00 payable in advance. An option to pay the full course fee by instalments is outlined below. The Course fees include all Tuition Fees, Course Notes, Support Materials and Selected Text Books.

### FEE STRUCTURE

Full Fee Paid in Advance

\$3,950.00 (Discounted Price)

**Or**

Full Course Fee \$4,500.00

Payment by instalments

Deposit \$600.00

Plus 4 bi-monthly instalments of \$975.00

First instalment is due at the commencement of the course

### ACCREDITATION

VIYETT is an Approved Yoga Teacher Training Institute and is registered with Yoga Australia. (formally YTAA)

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

*The Diploma of Yoga Teaching by Distance Education is a 1 year Teacher Training Course comprised of 500 hours of home study and practical work. 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)*

### Contact:

The Course Administrator

Sally Macgowan

Telephone: (03) 95331347

Email: [distancelearning@viyett.com.au](mailto:distancelearning@viyett.com.au)

## DIPLOMA OF YOGA TEACHER TRAINING BY DISTANCE EDUCATION

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The Victorian Institute of Yoga Education and Teacher Training Course (VIYETT) course has been designed to provide trainees 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 lifelong 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 trainees 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 Yoga 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 trainees 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.

Upon successful completion of the Diploma of Yoga (Level 1) students will gain 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**

### **Level 2 Studies**

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
VIYDE14	First Aid Certificate

## **DIPLOMA OF YOGA TEACHING – DISTANCE LEARNING**

### **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 VIYETT Diploma of Yoga Teaching is to educate and train individuals seeking a career as a professional yoga teacher. During the course of study trainees will be guided through the basic foundations of a yoga practice to the more advanced practices of yoga which will assist in developing their own personal practice and also

equip the trainee teacher with all of the necessary skills to teach yoga in a professional and confident manner to a diverse range of people in the community. Trainees will explore a variety of topics and techniques that are common to the practice of yoga and by the end of the course the trainee will have developed all of the necessary skills to plan, develop and conduct a number of different classes and workshops that may be presented to the general public.

### **COURSE PROVIDER**

The Course Provider is the Victorian Institute of Yoga Education and Teacher Training (VIYETT). VIYETT is a registered training school with Yoga Australia. (formally YTAA).

The Training Provider's Director of Studies Maya Hansajati is a Senior Level 3 Trainer and is registered with Yoga Australia.

### **COURSE STRUCTURE**

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

### **THE 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 give trainees the opportunity to create a balanced and harmonious lifestyle.
- The course content is both practical and theoretical in nature providing trainees with a good understanding of all of the important aspects of yoga.

Trainees are given the opportunity to gain valuable experience by demonstrating their practical skills and theoretical knowledge via video or voice recordings.

### **TRAINING ENVIRONMENT**

VIYETT provides the highest standard of yoga education and training and encourages all trainees to enter into a mentorship program for the duration of their course as this will assist in developing confidence and a high level of professionalism. Trainees will receive all of the necessary knowledge and practical skills to become a professional yoga teacher.

### **VIYETT TEACHERS**

All teachers assigned to the delivery of the course 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, and/or speciality areas. Teachers who are delivering yoga specific subjects are required to have a minimum of 3 years experience as a professional yoga teacher, they must be 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, in-house trainings and must be well established in their own personal yoga practice.

## **Assessment**

### **Assessment is based on:**

- Regular completion of all assignments
- Participation in all training session activities where appropriate
- Practical demonstration of skills
- Teaching practice
- Timely submission of all homework and assignments

## **COURSE 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.

Have a genuine and compassionate nature and a genuine desire to help others.

Demonstrate good people skills.

Be established in a personal yoga practice.

Demonstrate a commitment to undertaking studies.

Participate in at least 2 weekly yoga classes at VIYETT or a school recommended by VIYETT or 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 installment is 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.

### **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 for a maximum period of 12 months only. When a student defers the course must be recommenced within twelve months from the date of enrolment.

### **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 the course 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, a printer and internet facilities. Students are required to attend weekly yoga classes at a school in their location for mentorship.

### **Registration and Enrolment Procedure**

Please fill out the attached registration form when enrolling in the course of your choice. If you would like to register or find out more information about the VIYETT Hatha Yoga Practitioners Certificate Course, or the Diploma of Yoga Teacher Training via Distance Education please contact:

**The Course Administrator**

**Sally Macgowan**

**Telephone: (03) 95331347**

**Email: [distancelearning@viyett.com.au](mailto:distancelearning@viyett.com.au)**

## 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 Flintoff-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**

*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 a wealth of 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**

## VIIYETT DISTANCE EDUCATION COURSE REGISTRATION FORM

Please tick the name of the course you would like to enrol in.

- Hatha Yoga Practitioner Course
- Yoga Philosophy Course
- Diploma of Yoga Teaching

### PERSONAL DETAILS

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Postcode: \_\_\_\_\_

Telephone: \_\_\_\_\_

Home \_\_\_\_\_ Work \_\_\_\_\_

Mobile \_\_\_\_\_

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 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

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**ADDITIONAL EXPERIENCE**

Please note any other information you would like to provide in support of your application:

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**FIRST AID CERTIFICATE**  Current  To Complete

**HOW DID YOU HEAR ABOUT THE VIYETT TRAINING COURSES?**

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

- VIYETT Course Guide
- Yellow Pages
- Aust Yoga Life
- Aust Yoga Journal
- Website
- Newspaper
- Referral
- 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.

**CONTACT INFORMATION**

Victorian Institute of Yoga Education  
And Teacher Training,  
14 Thomas Street,  
HAMPTON, VIC, 3188

Or

The Course Administrator  
Sally Macgowan

Telephone: (03) 95331347

Email: [distancelearning@viyett.com.au](mailto:distancelearning@viyett.com.au)