



College of Therapy Yoga
RTO 45020



10932NAT Certificate IV in Yoga Therapy Teaching

real skills for
real careers

**Quality F2F & Remote Learning
Flexible Online Blended Options**

10932NAT CERTIFICATE IV in YOGA THERAPY TEACHING



Setting the standard for yoga teaching in Australia

At the College of Therapy Yoga & Zen Shiatsu (COTY) you will achieve all the benefits of a traditional yoga course – enhanced personal fitness, clarity of mind, a balance of the physical and the psychological along with the nationally recognised 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.

Because of this, our 10932NAT Certificate IV in Yoga Therapy Teaching is [Austudy](#) approved and is fully recognised with Yoga Australia and IYTA.

On graduating, you will receive 10932NAT Certificate IV in Yoga Therapy Teaching; a nationally recognised qualification (ASQA - Australian Skills Quality Authority). 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.



UNIQUE YOGA THERAPY



Welcome to COTY!

Yoga Therapy, bridging the gap between the health and fitness industries.

Our Japanese yoga therapy course connects you with the qualification you need to bring the benefits of yoga to your community.

This 800 hour course will take you through personal and professional developmental stages. Each stage builds upon the previous, delivering you a gradual, smooth and expertly structured path towards full therapeutic yoga teaching proficiency. The 14 units of competency include:

UNIT CODE	UNIT DESCRIPTION
NAT10932001	Apply traditional yoga philosophies and principles to own practice
NAT10932002	Instruct yoga therapy techniques to a group
NAT10932003	Develop self-focus and mindfulness for therapeutic results
NAT10932004	Plan and prepare a yoga therapy session
NAT10932005	Support healthy eating through Traditional Chinese Medicine nutritional principles
NAT10932006	Apply biomechanics, anatomy, and physiology knowledge to yoga teaching practices
NAT10932007	Adjust yoga therapy techniques to improve client accessibility and client engagement
BSBESB401	Research and develop business plans
CHCCOM006	Establish and manage client relationships
CHCPRP003	Reflect on and improve own professional practice
HLTAAP001	Recognise healthy body systems
HLTAID011	Provide first aid*
HLTWHS001	Participate in work health and safety
HLTINFCOV001	Comply with infection prevention and control policies and procedures

* Not included in course fee

DIG DEEPER INTO YOGA

This 800 hour course specialises in Japanese Meridian based yoga

Yoga Therapy is an adaptable health maintenance system, that adapts to our ever-changing world. In this course you will explore the history of traditional yoga, and the messages that influence its practice. You will also study the foundational knowledge and philosophies for teaching Japanese meridian based yoga, and how we tap into our life force and body's natural healing system to bring balance and harmony to the energy within us.



This thought-provoking study includes:

- **Therapeutic Japanese Meridian-based Yoga**
- **Traditional & Therapeutic Breathing**
- **Fundamentals of Yoga Therapy**
- **Conservation of Energy Theory (Yin & Yang)**
- **Qi (energy) Meridian Study**
- **History of Yoga and its relevance today**
- **Functional Anatomy of Yoga & how energy defines us**
- **Meditation (traditional and 5 element based)**
- **5 Element Health Nutrition & Eating Discovery**
- **Adaptions & Modifications based on clients accessibility needs – Yoga for Special Needs – including natal, seniors, chair yoga, advanced and beginners**

This is not just a course in yoga, but a course in movement and how the human body systems function in relation to each other. It is a study in health with a focus on what makes us well and discover just how amazing the human body really is.

Our dedicated, multi-modality training team will be there to guide and support you through every move, step-by-step until you understand and experience how the moves make you feel. With this understanding you will learn what it is to be a good teacher and how you can share this knowledge with others.

NATIONAL RECOGNITION

We want to help you build a career in yoga therapy by helping clients make real changes to their health and wellbeing, wherever you live and work in Australia (or overseas).

This is why we are proud to say that the 10932NAT Certificate IV in Yoga Therapy Teaching with link to myskills is **nationally recognised** and is **accredited by the [Australian Skills Quality Authority](#)**.

Within 30 days of successfully completing the course requirements, you will receive your qualification and the next stage of your yoga journey can begin.

More scope to grow.

The yoga therapy teaching certificate is one of the core requirements of Yoga Australia Level 1 teaching registration, giving you the chance to develop your personal and professional yoga credentials even further.

The dream of any yoga teacher is to have their students surpass their abilities and achieve life balance and health.

This is the mission of our industry leading teaching faculty at COTY. Our trainers bring a depth of knowledge across all specialised units through their own love of yoga and health.



PROGRAM OUTLINE

A course that includes not only how to improve and maintain your own health through yoga, but the practical skills to help others do the same. A course backed with functional anatomy and physiology with yoga that can also be taught in a clinical setting. A flexible qualification where you can just as easily work alongside physiotherapists, chiropractors and other body work professionals, as teach classes from your own home.



Our blended study program is spread across five main activities:

- Face-to-face classroom learning include the option to remotely attend via video link with access to recorded sessions for the duration of the course so you don't miss a thing. Get the knowledge you need with structured on line and self-paced study and the skills you need with practical applied learning in a simulated workplace setting..



- There are no exams in this course, just a series of theoretical and practical tasks to ensure that you are getting the skills and knowledge you need to teach therapy yoga.
- Assessment tasks include practical demonstrations in a simulated workplace setting, written online and interactive questioning as well as video recorded submissions of home practice and/or external community led classes.
- Structured online tutorial focus on the theoretical understanding of the course content and pre-reading of the yoga and teaching activities to make your face-to-face (and video link) learning sessions, fun, informative and relevant to your learning requirements.
- Expand your learning with additional time (average student 3 - 4 hours per week) for self-paced study, self-initiated research into areas of interest and professional development.
- To help you develop your yoga teaching skills and improve your strength and flexibility required to work as a Yoga Therapy Teacher, you will be required to complete and log a minimum of 40 hours of personal practice hours under the supervision and mentoring of senior level yoga teachers/therapist at the college studio or via remote live streaming or with an approved Japanese/Remedial Yoga teacher - not included in course fee. Ask your Course Advisor for yoga session package details.
- The Yoga Therapy & Teaching component of this course has seven enterprise (industry based) units that are delivered through a blend of online and face-to-face sessions sequenced for delivery in a way that allows for logical, supervised progression.

NAT10932001 Apply yoga philosophies and principles to own practice

Study yogic classic literature and decide for yourself its relevance today and how it may influence you and your yoga journey. A journey of discovery that will change the way you look at life, your yoga practice and how to teach our unique yoga with mindfulness.



NAT10932002 Instruct yoga therapy techniques to a group

Yoga, yoga, YOGA. The most comprehensive unit of the course will take you through a class step by step so that you can experience how the moves make you feel, so that you can learn how to teach a class to a group.

You will learn teaching methodology from senior level yoga teachers and therapists who will show you how to engage your client, connect with people and adapt your teaching methods to suit different learning styles. Study 100's of Japanese yoga asanas, postures and movements through a series of seasonal, 5 element classes and to adapt the yoga for client accessibility needs including teaching pregnant women, seniors (chair yoga included) and beginner classes.

NAT10932003 Develop self-focus and mindfulness for therapeutic results

Help people relax the body and mind through self-focus and adjunct yoga mindfulness techniques including the ten traditional breathing techniques and meditation. You will also learn how to promote a non-judgemental attitude to classes with meridian meditation and therapeutic breathing practices. Get a better understanding on how we breathe (the anatomy and physiology of the breath) and how to use it to elicit therapeutic changes within the body in a group setting.

Learn how to teach self-focus and mindfulness for the mind, body and spirit to assist your yoga teaching, general health and wellbeing.

NAT10932004 Plan and prepare a yoga therapy session

Here you will learn the foundation knowledge and philosophies for teaching Japanese based yoga therapy. Discover how we use yoga to tap into our lifeforce and the body's natural healing system to bring balance and harmony to the energy within us.

Study philosophies and concepts including Yin & Yang, 5 Elements, the meridian and energy and how we adapt our yoga to the seasons. Learn why some people struggle with certain moves and how to adjust the moves and postures to improve their participation and engagement so that they can make real therapeutic changes – right there on the mat.

NAT10932005 Support healthy eating through Traditional Chinese Medicine nutritional principles

We are what we eat and this unit gives you the 5 Element nutritional basics with Japanese half-fasting and the associated benefits of wholefood medicines. Discover what foods work for you with our 10 day Eating Discovery to help maintain optimal health for you and your clients with food, yoga and healthy lifestyle programs.

NAT10932006 Apply biomechanics, anatomy and physiology knowledge to yoga teaching principles

To teach yoga safely and professionally you need to understand how the body works. A foundation unit in movement, biomechanics and how the musculoskeletal system works.



You will also learn about the Masanunga & TCM qi or chi meridians and how the energy of the meridians helps shape who we are, and how we move. Interactive sessions that deal with conditions most commonly seen in a yoga class to give students the insight to make yoga accessible to everyone who comes to the mat.

NAT10932007 Adjust yoga therapy techniques to improve client accessibility and client engagement

We are all different! As a yoga therapy teacher your aim is to make yoga accessible to all. In this unit you will learn how to adjust yoga postures so that all your clients get the therapeutic results they need and most importantly, enjoy themselves. You will study common health and lifestyle issues, how this effects your clients and the skill set to teach individuals in a group setting. This is a great practical unit where you will get to develop your professional teaching through workplace based scenarios and case studies.

LOCATION

Blended delivery includes classroom-based training and the practical training will be delivered to students at the GLADESVILLE campus of COTY in New South Wales, Australia unless otherwise specified. Options include interactive digital sessions, forums, chats, recorded yoga tutorials and mentoring.

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. We do this with a series of reviews and assessment tasks, not exams – there is no pass or fail – simply learning. We use several different assessment methods including:

Demonstration: You will show us the practical skills you have learned, so we know that you can apply the concepts you have learnt professionally.

Project Tasks: We will ask you to submit written or media projects on topics of interest and importance, letting us know what you have learnt and demonstrate your understanding.

Written Response: You will complete written activities to show us what you have learned as a group and as an individual.

Collaborative Tasks: Working with others is a key part of yoga therapy teaching, so we will want to see you working in harmony with your fellow yogi-students to complete professional tasks.

Professional Discussion: Sometimes it is difficult to express your understanding of a topic in writing. At COTY we also take the time to discuss core ideas with you, allowing you to show your verbal proficiency and reasoning skills.



RECOGNITION OF YOUR EXISTING SKILLS

Your previous experience and life skills may help save you valuable time - by receiving Recognition for Prior Learning (RPL) credits. RPL may reduce the amount of study you need to complete or fast-track your study and so that you can achieve the qualifications you're looking for in much less time.

You will also get to learn and build new skills, rather than repeating things that you already know – so you ensure your precious time is well spent.

Only a Registered Training Organisation (RTO) can assess your eligibility for RPL, and here at COTY we go extra lengths for our students by helping you figure out which of your existing skills, experience, or trainings are relevant to your career goals. Don't forget this can be from your school or working life, volunteering, or previous study.

Not Sure? You can call us on 02 9817 0078 to arrange a free-skills assessment with your course advisor.



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. 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.

ENTRY REQUIREMENTS



We are flexible in our evaluation of your readiness to start your training. We understand that everyone is unique but we do ask that you have been practicing yoga on a regular basis for around 12 months (see your advisor for more details). You will also need to have a good level of language, literacy and numeracy sufficient to instruct clients in yoga therapy, communicate ideas and perform administrative tasks in a working studio.

COTY can provide you with learning support when and if you need it or recommend external resources if required.

Not sure? Give our course advisor a call, we are here to help.

ENROL IN YOUR DREAM

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 yoga therapy course.

Remember our door is always open and the COTY team love yoga just as much as you do and are here to assist you with anything you need.





**Get REAL
Skills for a REAL
Career with COTY –
Australia’s Leading
College in
Yoga Therapy
Teaching**

