

Yoga Institute's Diploma of Yoga Teacher Training

Course Overview

Comprehensive • Recognised • Flexible • Inspiring • Supportive

YOGA FRAMEWORK

- History
- Philosophy
- Psychology
- Principles
- Physiology & energy systems
- Anatomy

YOGA TECHNIQUES

- Postures (asana)
- Breathing (pranayama)
- Meditation
- Sound/ Visualisation
- and more...

Competent and
Confident Yoga
Teachers

TEACHING SKILLS

- Observation & Assessment
- Practice Design
 - group classes
 - private classes
 - personal practices
- Communications

TEACHING EXPERIENCE

- Experiential Learning
- Mentoring
- Practicum program
- Teaching Retreat

Get the Prospectus: info@yogainstitute.com.au

Yoga Institute: Specialists in quality yoga teacher training. Offering Yoga Australia recognised courses (650+ hours, 12 months, part-time). Includes bestseller Leslie Kaminoff's online Yoga Anatomy course.

Course modes: Weekends • Fridays • Sydney Intensive • Western Australia Intensive • Self-Paced

