

## Course Outline 2011 & 2012

Subjects	Content Description	Yoga Presence Hours	Yoga Australia Level 1 required hours
<b>Anatomy &amp; Physiology</b>	Study of functional anatomy & physiology.	30	30
<b>Yogic Physiology</b>	Study of yogic physiology & energy fields such as Nadis, Koshas, Chakras & Prana Vayus.	20	20
<b>Human Philosophy, Ethics &amp; Lifestyle</b>	Study of the yogic philosophies, self-study, yogic texts, ethics for yoga teachers and yoga lifestyle. <ul style="list-style-type: none"> <li>- Yoga Sutras of Patanjali</li> <li>- Bhagavad Gita</li> <li>- YA code of Ethics</li> </ul>	50	50
<b>Techniques</b>	Study of the theory & practice of yoga techniques such as: Asana, Human developmental movement patterns, Pranayama, Meditation, Relaxation, Yoga Nidra	150	150
<b>Teaching Methodology</b>	Study & Practice of teaching methodologies such as : Principles of demonstration, observation, communication, assistance, correction, adjustments, instruction, teaching styles, learning styles.	30	30
<b>Integrative Practice &amp; Teaching Practicum</b>	Supervised teaching practices, observation of teaching, assisting classes taught by qualified teacher, receiving & offering feedback.	40	40
<b>Specialities</b>	Human developmental movement patterns, Svadhaya.	30	30
<b>Total hours</b>		350	350