



Graduate Certificate in Yoga Therapy (21720VIC) 2009-2010

Qualify as a Yoga Therapist in Australia's only
accredited training program in Yoga Therapy

9652 0738 · www.cae.edu.au

The popularity of Yoga as a modality of health, wellbeing and personal development has grown considerably over the past 15 years. Concurrently there has been a growth in popularity of complementary and alternative medicine (CAM) and traditional and natural health modalities. The popularity of Yoga and CAM health practices has also spawned an interest in Yoga Therapy, which while practised in its homeland India for centuries, is now gaining considerable momentum in Australia.

During recent times, there have been many positive articles regarding the benefits of Yoga Therapy in respected medical literature. Furthermore, as a result of this good publicity, medical and other primary healthcare providers are looking to refer patients to suitably qualified therapists in the growing field of Yoga Therapy.

The Graduate Certificate in Yoga Therapy is a state accredited and nationally recognised training course that draws from the extensive, authentic traditions of Yoga, along with nationally recognised protocols and practices for contemporary CAM practitioners. It has been developed to meet the needs of Yoga teachers wishing to extend their scope of practice to become Yoga Therapists, who in turn will be able to provide professional, well qualified Yoga Therapy treatment and advice to the public.

Graduates will have a high level of competency in all aspects of Yoga Therapy practice, underpinned by an experiential understanding of the meaning and processes of Yoga Therapy.

Their training will provide them with the requisite skills and professional standards to take their place as well credentialed professionals in the fields of healthcare, wellbeing and personal development.

This accredited Graduate Certificate course has been developed in consultation with a wide range of therapists, teachers and practitioners in the field of Yoga, including representatives of the healthcare industry and training authorities.

Course Outcomes

The Graduate Certificate in Yoga Therapy will provide the practical skills and related scientific and traditional knowledge required to become a competent and effective therapist and healthcare adviser in the CAM field of Yoga Therapy. Those who have undertaken this course have found themselves and their qualification to be well regarded by the medical and CAM healthcare community, the Yoga fraternity and the public in general.

This course provides 36 continuing professional development (CPD) points for YTAA members.

Course Accreditation

The course is accredited by the Victorian Registration and Qualification Authority (VRQA) and is listed on the National Training Information Service register of nationally recognised courses (NTIS), a division of the Department of Education, Science and Training (DEST). The Graduate Certificate is Australian Qualification Framework (AQF) level 8 (the graduate level above a Bachelors Degree and just below Masters).

State accredited, nationally recognised Graduate Certificate in Yoga Therapy

A state accredited, nationally recognised course is your guarantee of quality training standards in yoga therapy.

The curriculum is developed in consultation with senior representatives of the industry and, upon meeting the rigorous accreditation requirements of the State course accrediting body, the course is formally recognised and awarded an accreditation code which is currently 21720VIC for the Graduate Certificate in Yoga Therapy.

In order to maintain the quality assurance of the course, providers are required to meet the standards of the Australian Quality Training Framework (AQTF) and undertake regular evaluation and review to ensure currency, relevance and best practice.

Course Provider

The course provider is CAE and the course is offered in conjunction with the Australian Institute of Yoga Therapy (AIYT).

Course Structure

The course consists of 11 compulsory subjects that lead to the 6 units of competency that comprise the Graduate Certificate in Yoga Therapy.

It will be delivered over a period of 18 months in order to:

- accommodate participant's work and lifestyle responsibilities;
- enable participants to reflect and incorporate learning into their practice; and
- facilitate the integration of course-based and experiential learning.

The course begins mid-2009 and will be delivered once a month in an intensive weekend format 8am-6pm Saturday & Sunday for 10 months, followed by a major research project for the remaining eight months.

Participants will also be required to undertake a variety of self-directed Yoga Therapy practice tasks, study assignments and assessments throughout the 18 months.

Participants should expect a study commitment time for the course of approximately 1,040 hours, or an average of 17 hours per week during each academic term.

Learning Environment

The course learning environment will reflect best practice in adult education, with a blend of theory and practice appropriate to the practice of Yoga Therapy. Learning outcomes will be integrated across subjects, with practical skills being developed in simulated and actual Yoga Therapy situations.

CAE provides free access to library resources on their premises, and career counselling and mentoring is provided by course teaching staff. CAE is easily accessible by public transport.

Venue

Weekend intensives will be conducted at 'Namaste' Yoga Therapy centre in Gembrook, 70 km South East of Melbourne. Accommodation at Namaste may be negotiated with AIYT.

Recognition and Pathways

The Graduate Certificate in Yoga Therapy is a state accredited, nationally recognised course and is part of the national register of accredited courses. The course is recognised by the Australian Association of Yoga Therapists (AAYT) and meets the emerging training standards of the International Association of Yoga Therapists (IAYT).

The course provides opportunities for articulation into higher education, graduate studies (Graduate Diplomas, Masters & PhD) in Health Sciences, as well as credit transfers into other Vocational Educational Training (VET) courses where there are equivalent units with closely aligned performance criteria.

Entrance Requirements

The course is available to existing, qualified Yoga teachers who can demonstrate competence in:

- The application of Anatomy and Physiology to the teaching of Yoga
- The application of Yogic Physiology to the teaching of Yoga
- The application of Yoga principles and philosophies in the teaching of Yoga
- The teaching of Yoga practices, including Asanas, Pranayama, Bandhas, Dhyana and relaxation
- The development of Yoga classes
- The application of First Aid (to at least level 1)
- The development and implementation of OH&S programs
- Facilitating group based learning
- Effective training
- The assessment of students for Yoga classes
- The provision of basic counselling in the Yoga class setting
- Effective communication with students, peers and allied health service providers
- Referrals to other health care professionals
- Presenting to the public
- Negotiation and conflict resolution
- The administration of a practice

Graduates of the Diploma of Health – Yoga (accredited course code 15524VIC) who have been teaching for 3 years and graduates of the Advanced Diploma of Yoga Teaching (accredited course code 21437VIC) will be deemed to have met these competencies.

Yoga teachers with other training backgrounds may be required to provide evidence of meeting these competencies. If any competency gaps are identified, teachers would be encouraged to undertake 'bridging training' in those specific areas to meet the entry requirements.

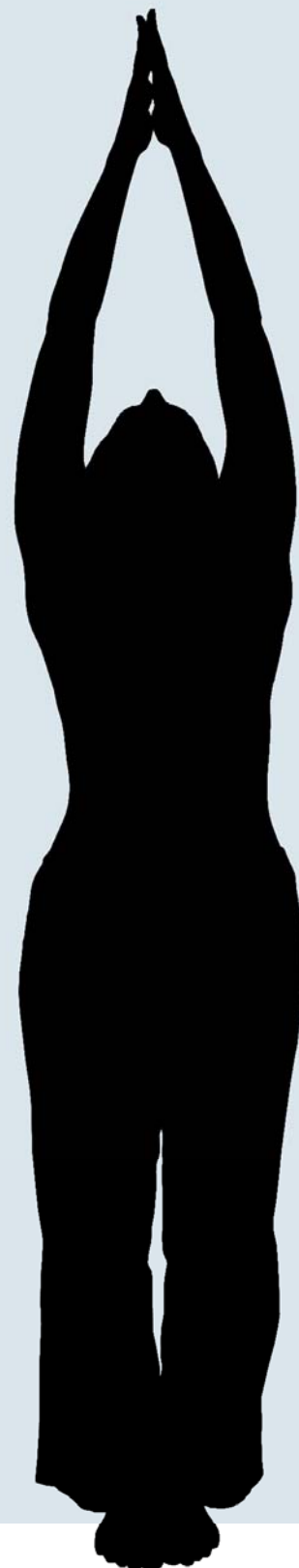
For details of evidence, see the 'critical aspects of evidence' guide at the end of the prospectus.

Applicants will also need to be a member of an association of peers and participate in regular professional development.

The entrance requirements include language, literacy and numeracy skills equivalent to NRS level 5, which will be explained at the information session and assessed at the interview.

Assessment

Assessment is based on assignments and exercises completed out of session times, participation in session activities, practical demonstration of skills, Yoga Therapy application practice and a minimum of 85% attendance for each subject. Participants will also be required to undertake a major research project. Where students' research involves case studies, or other research methods involving human subjects, the research is to be approved by a 'research ethics committee', that ensures safety and compliance with relevant legislation and codes of practice.



Course Fees

\$5,495

The course is GST exempt. The full course fee is \$5,495, which includes all tuition and training, course notes and graduation dinner. Participants will be responsible for the cost of their own yoga mat and blanket and any texts they wish to use to support their learning. Participants will also be encouraged to become members of the International Association of Yoga Therapists (IAYT).

Payment of Fees

An initial deposit payment of \$895 must be paid within 14 days of receipt of letter of offer by successful applicants. The remaining \$4,600 is to be paid two weeks prior to the commencement of the course. Details can be obtained from Thea Morgan. Phone 03 9652 0738 or theam@cae.edu.au.

Refund of Fees

- If you decide to withdraw from the course seven working days prior to course commencement, 85% of course fees paid will be refunded.
- If you decide to withdraw from the course less than seven working days prior to course commencement, 70% of course fees paid will be refunded.
- After course commencement you will not be entitled to a refund of course fees except in cases where hardship or medical grounds exist (supporting documentation will be required).

If a refund is approved, the refund amount will be calculated by deducting from the course fee an administration fee and a deduction for the hours attended prior to the approved withdrawal from the course.

Skills Recognition

Recognition of Prior Learning (RPL), Recognition of Current Competencies (RCC), and Up Front Assessment (UFA) processes recognise your existing learning from work experience, life experience (eg. community work, hobbies) and other courses (eg. formal or informal training). They do this by matching your skills and knowledge against the course you are doing, or intend to do. For more information and application forms, please contact Thea Morgan on **03 9652 0738** or email theam@cae.edu.au (fees apply).

CAE Policies & Procedures

CAE has developed policies and procedures on a range of issues concerning you. These can be accessed via CAE's website at www.cae.edu.au under the 'Current Students' link.

Policies include:

- Student Code of Conduct
- Occupational Health and Safety
- Prevention of Bullying and Sexual Harassment
- Complaints and Grievances
- Equal Opportunity
- Alcohol and Other Drugs
- Academic Appeals
- Inclusion of CAE Students with a Disability

Key Learning Areas

The Yoga Therapy Framework

The philosophies and principles that underpin Yoga as a therapy and differentiate it from other systems and modalities form the framework upon which Yoga therapy is developed and applied.

Functional Physiology

The development of a deeper understanding of the functioning of the human body is fundamental to CAM healthcare practitioners. This subject also provides students with a background of bio-medical and common healthcare terminology.

Patho-physiology

This subject will provide students with an understanding of various common conditions, including their signs and symptoms and aetiology. This learning area also includes psycho-physiology.

Yogic Physiology

The Yoga framework includes the recognition of a number of 'subtle' energetic systems operating within and around each person. This subject will help students deepen the knowledge of Yogic physiology already obtained as a Yoga teacher, helping them to apply these principles to health assessment and treatment.

Yoga Therapy Health Assessment

Appropriate and accurate assessment of a person and their condition is fundamental to all healthcare modalities. This subject will prepare students for in-depth assessment of patients using an integration of Yogic and 'Western' assessment principles and tools.

Patient-practitioner Interaction

Yoga Therapy deals with helping patients find wellness through wholeness. As such the practitioner-patient interaction is a holistic one, where knowledge and energetics are integrated. Students will learn how to appropriately use verbal, tactile and subtle energetic communications to best assist their patients.

Development and application of Yoga Therapy programs and treatments – physical, emotional and psycho-spiritual

At the heart of Yoga Therapy is the actual therapeutic program. In this subject students will learn how to take information from the health assessment and develop and apply a wide range of therapeutic tools including: asanas, pranayama, relaxation, meditation, bandhas, mudras, counselling, nutrition and other lifestyle modifications. Students will also learn how to discern when Yoga Therapy may involve guiding the patient's unfolding of self-awareness, or simply being fully present with the patient. This learning area also includes the role of referrals and relationships with other healthcare providers.

Research – desk and clinical

As Yoga and Yoga Therapy continue to grow in popularity throughout the world, so do the number of studies and reports on the application of Yoga as a therapy. Students will learn to use effective desk research methods to access information and ensure the currency of their knowledge. Students will also learn how to undertake simple clinical research safely and validly, increasing their knowledge and contributing to the wider body of knowledge.

Professional standards and practices

As professionals in CAM healthcare, Yoga therapists are required to practise in a manner that accord with the high standards expected by all healthcare providers. Students will learn how to ensure the highest standards of practice and compliance with the various regulations and codes of practice.

As part of a number of these Key Learning Areas, students will observe and participate in several 'real-life' Yoga therapy cases.

Units of Competency

The successful completion of the key learning areas will lead to the achievement of the following 6 units of competency comprising the Graduate Certificate in Yoga Therapy:

- VBP701 Perform Yoga Therapy Health Assessment
- VBP702 Plan Yoga Therapy Treatment Strategy
- VBP703 Provide the Yoga Therapy Treatment
- VBP704 Provide Yoga Therapy Advice on Nutrition
- VBP705 Apply Literature Review Findings to Yoga Therapy Practice
- VBP706 Undertake Yoga Therapy Research

The above listing is not in the order in which the subjects will necessarily be taught.



The course teachers are qualified in, and have up to date knowledge, expertise and experience in the teaching of Yoga and Yoga Therapy and related science, humanities and educational areas.

Teachers maintain the currency of their skills and knowledge through being practitioners in their field of expertise, as well as through ongoing research and professional development. They have many years experience as teachers and practitioners of Yoga and Yoga Therapy, as well as current membership of a number of peak Yoga bodies.

The faculty is directed and co-ordinated by Leigh Blashki.

Leigh Blashki

Leigh is the Director of the Australian Institute of Yoga and the Australian Institute of Yoga Therapy. He is the developer of this government accredited (nationally recognised) course, as well as the accredited Advanced Diploma of Yoga Teaching.

He commenced teaching Yoga in the 1970s and has studied with and trained in the styles of Michael Volin, A.G. Mohan, Swami Gitananda, Sri Yogendra, Derek Ireland (Ashtanga) and the Vivekananda Yoga, Education, Research and Therapy Institute. Leigh has graduate qualifications in Complementary Medicine and has specialised in Yoga Therapy for 18 years, following Yoga Therapy studies in India, the United States and Australia.

Leigh brings to the course the benefit of having taught Yoga and meditation across Australia and overseas for 30 years, along with his knowledge and experience as an Ayurvedic practitioner, nutritionist, counsellor, assessor and educator.



Dr. Angela Hass

Angela, who is also a lecturer at the University of Melbourne, has been involved with Yoga for over 20 years. She trained in Melbourne in the Iyengar Yoga style and with Donna Farhi in New Zealand. However, the formative influences on her approach to Yoga have come from her experiences with Selvarajan Yesudian in Zürich and Sri Sri Ravishankar in Bangalore. Angela specialises in Pranayama - Yogic breathing techniques - with which she has longstanding therapeutic experience from her healing practice as a kinesiologist. Angela has recently further extended her skill sets by undertaking the Graduate Certificate in Yoga Therapy.



Kaye Tribe

As well as a Yoga teacher trained in the Gita tradition, Kaye is a Myotherapist and lecturer in various physiology subjects at other Registered Training Organisations in Melbourne. She brings to the course the experience of teaching to a wide range of students and a specialised understanding of how knowledge of Functional Anatomy can be useful to Hatha Yoga teachers in Australia. Kaye is a sort-after presenter within both the Yoga and complementary medicine fields. Kaye is also extending her skills and knowledge by undertaking the Graduate Certificate in Yoga Therapy.



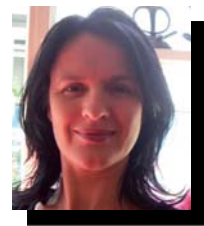
Jose Goossens

Jose has a background in nursing and is an experienced Yoga teacher in the Gita tradition as well as a qualified naturopath. Her work has included presenting workshops to explain the complexities of the working body and the healing arts. She also lectures in the health sciences subjects of anatomy, physiology and disease states for other Registered Training Organisations in Melbourne. Jose was the founding president of the Yoga Teacher Association of Australia.



Janet Lowndes

Janet Lowndes is a Psychologist and Yoga Teacher exploring the integration of ancient yogic philosophies and modern psychological sciences as a pathway to holistic wellbeing. Janet provides individual therapy specialising in issues related to the mind-body relationship and teaches Yoga and Meditation classes. She obtained her initial Yoga Teacher Training qualification with the Swami Vivekananda Yoga Anusandhana Samsthana in India, and has also been influenced by renowned teachers Donna Farhi and Judith Lasater. Janet undertook further Yoga teacher training with the Australian Institute of Yoga and the Centre for Adult Education in Melbourne, and is a perpetual student of Yoga.



Heather Blashki

Heather is a Yoga teacher and Yoga Therapist who has been teaching since 1989. She conducts regular classes for children as well as adults and consults as a Yoga Therapist in Gembrook. Originally trained in the Gita tradition, Heather has extended her credentials in recent years, training with Donna Farhi and in The Graduate Certificate in Yoga Therapy. She conducts regular workshops in teaching Yoga to children and has developed a niche in Yoga Therapy for children.



Enquiries & Enrolment

Expression of Interest

For more details about the content and delivery of the course contact:

Leigh Blashki, Course Coordinator on 5968 1811 or email enquiries@australian-institute-yoga.com.au.

To Apply

Complete the attached application form and return to:

Thea Morgan, Program Administrator
Wellbeing & Fitness Department
Level 3, 253 Flinders Lane Melbourne 3000

Email: theam@cae.edu.au

Phone: 9652 0738

Late applications will be considered if places are available.

Application Submission Checklist

- Check that all sections have been completed
- Ensure any supporting documents are securely attached
- Submit application promptly

Interview

- On receipt of your application you will be invited to attend an interview



Graduate Certificate in Yoga Therapy 2009

Critical aspects of evidence

Area of competency	Mandatory evidence (All are required)	Supporting evidence (One or more may be required if mandatory evidence is insufficient)
The application of Anatomy and Physiology to the teaching of Yoga	<ul style="list-style-type: none"> • At least 3 years of Yoga teaching • At least 30 hours of Anatomy & physiology study as part of teacher training or through other A&P training applicable to Yoga 	<ul style="list-style-type: none"> • Level 3 (senior) membership of YTAA • Qualification as primary health care provider (inc CAM) or nurse, along with current registration or membership of association of peers
The application of Yogic Physiology to the teaching of Yoga	<ul style="list-style-type: none"> • At least 3 years of Yoga teaching • At least 16 hours of Yogic physiology study as part of teacher training or other training 	<ul style="list-style-type: none"> • Level 3 (senior) membership of YTAA
The application of Yoga principles and philosophies in the teaching of Yoga	<ul style="list-style-type: none"> • At least 3 years of Yoga teaching • At least 16 hours study of Yoga philosophy and principles (incl. Yoga Sutras) as part of teacher training or other training. 	<ul style="list-style-type: none"> • Level 3 (senior) membership of YTAA
The teaching of Yoga practices, including Asanas, Pranayama, Bandhas, Dhyana and relaxation	<ul style="list-style-type: none"> • At least 3 years of Yoga teaching. • At least 30 hours of Asana study as part of teacher training or other training • At least 16 hours of Pranayama & Bandha study as part of teacher training or other training • At least 16 hours of Relaxation and Meditation study as part of teacher training or other training 	<ul style="list-style-type: none"> • Level 3 (senior) membership of YTAA
The development of Yoga classes	<ul style="list-style-type: none"> • At least 3 years of Yoga teaching • At least 20 hours of class development study as part of teacher training or other training 	<ul style="list-style-type: none"> • Level 3 (senior) membership of YTAA
The application of First Aid (to at least level 1)	<ul style="list-style-type: none"> • Current level 1 first aid certificate 	<ul style="list-style-type: none"> • Current registration as nurse or medical practitioner
The development and implementation of OH&S programs	<ul style="list-style-type: none"> • The equivalent of 1 full day training in OH&S as part of teacher training or other training 	<ul style="list-style-type: none"> • Level 3 (senior) membership of YTAA • Workplace OH&S representative in the past 5 years

Evidence may include:

- Statements of attainment from training organisation(s), including hours of study
- Teaching timetables, schedules etc
- Letters from fellow teachers or students confirming teaching
- Certificate(s) from training organisation(s)

Graduates of the Diploma of Health – Yoga (accredited course code 15524VIC), who can show evidence of at least 3 years teaching experience and graduates of the Advanced Diploma of Yoga Teaching (accredited course code 21437VIC) will be deemed to have met these competencies.



Facilitating group based learning	<ul style="list-style-type: none"> • At least 3 years of Yoga teaching • At least 8 hours of studying the facilitation of group learning as part of teacher training or other training 	<ul style="list-style-type: none"> • Level 3 (senior) membership of YTAA • Cert IV in Training and Assessment (BSZ 98, TAA 04 or equivalent)
Effective training	<ul style="list-style-type: none"> • At least 3 years of Yoga teaching • At least 8 hours study of training methodologies as part of teacher training or other training 	<ul style="list-style-type: none"> • Level 3 (senior) membership of YTAA • Cert IV in Training and Assessment (BSZ 98, TAA 04 or equivalent)
The assessment of students for Yoga classes	<ul style="list-style-type: none"> • At least 3 years of Yoga teaching • At least 8 hours of student assessment study as part of teacher training or other training 	<ul style="list-style-type: none"> • Level 3 (senior) membership of YTAA • Cert IV in Training and Assessment (BSZ 98, TAA 04 or equivalent)
The provision of basic counselling in the Yoga class setting	<ul style="list-style-type: none"> • At least 3 years of Yoga teaching • At least 8 hours of basic counselling study as part of teacher training or other training 	<ul style="list-style-type: none"> • A recognised counselling qualification
Referrals to other health care professionals	<ul style="list-style-type: none"> • At least 3 years of Yoga teaching • Documentation of current, active referrals list 	<ul style="list-style-type: none"> • Qualification as health care or other service provider • Self employment in health care or other service provision
Presenting to the public	<ul style="list-style-type: none"> • At least 3 years of Yoga teaching 	<ul style="list-style-type: none"> • Cert IV in Training and Assessment (BSZ 98, TAA 04 or equivalent)
Negotiation and conflict resolution	<ul style="list-style-type: none"> • At least 3 years of Yoga teaching • At least 4 hours of conflict resolution study as part of teacher training or other training 	<ul style="list-style-type: none"> • A recognised counselling qualification
The administration of a practice	<ul style="list-style-type: none"> • At least 3 years of Yoga teaching • At least 4 hours of practice administration study as part of teacher training or other training 	<ul style="list-style-type: none"> • Level 3 (senior) membership of YTAA • Qualification as health care or other service provider • Self employment in health care or other service provision



Graduate Certificate in Yoga Therapy

Application Form

2009-2010

Personal details

Surname _____ Given name (s) _____

Address _____

_____ Postcode _____

Date of Birth (optional)* _____ Phone (B) _____ (H) _____

*for statistical purposes only; not related to selection of participants

Yoga Teaching Background (formal studies)

Qualification	Year of Completion	Institution/School
_____	_____	_____
_____	_____	_____
_____	_____	_____

If insufficient space please attach extra pages.

Yoga Experience

Please detail your experiences with Yoga, including approximate length of time of involvement in its practice. Include details of classes and personal practice in the past 2 years.

Provide evidence of competency in the following entry pre-requisites:

(eg: formal studies, other training – workshops etc, work experience etc)

The application of Anatomy and Physiology to the teaching of Yoga	
The application of Yogic Physiology to the teaching of Yoga	
The application of Yoga principles and philosophies in the teaching of Yoga	
The teaching of Asanas	
The teaching of Pranayama	
The teaching of Bandhas	
The teaching of Dhyana	
The teaching of relaxation	
The development of Yoga classes	
The application of First Aid (to at least level 1)	
The development and implementation of OH&S programs	
Facilitating group based learning	

continued from last page:

Effective training	
The assessment of students for Yoga classes	
The provision of basic counselling in the Yoga class setting	
Effective communication with students, peers and allied health service providers	
Referrals to other health care professionals	
Presenting to the public	
Negotiation and conflict resolution	
The administration of a practice	

Please write a short, formal report (approx 500-700 words)

outlining:

1. Your personal motivation for undertaking this course;
2. Your experiences in assessing new students;
3. An example of how you have overcome a difficult circumstance as a Yoga teacher; and
4. Some of the literature you have read as part of your ongoing professional development

Both the information in the report and the manner in which it is written will be used as part of the assessment of NRS 5 skills as part of the course entry requirements. This report, therefore is required to be prepared and written by you. *(Please attach separate pages.)*

Special needs

Please tell us about any special needs you may have in undertaking the course. (This information is not relevant to the selection process, but will be used to best accommodate any special needs.)

Course Publicity

To assist with future planning could you please indicate how you found out about this course.

CAE Course Guide CAE website AIY website

Newspaper, If so, which one? _____

Recommended by: _____

Other (ie library, shopping centre, your workplace, expo, please specify) _____

Declaration

I declare that to the best of my knowledge the information supplied herein is correct and complete.

Signature _____ Date / /