



11150NAT – DIPLOMA OF YOGA TEACHING

CRICOS Course Code: 112588B

The 11150NAT Diploma of Yoga Teaching is made up of 13 units of competencies, which are made up of 9 core and 4 elective units, the following table lists the units included in ALG's course:

| Unit Code | Unit Title |
|--------------------|--|
| NAT11150001 | Adapt yoga to meet different life stages |
| NAT11150002 | Adapt yoga to meet specific needs |
| NAT11150003 | Refine asana teaching skills |
| NAT11150004 | Refine pranayama techniques |
| NAT11150005 | Refine meditation and relaxation teaching skills |
| NAT11150006 | Make yoga lifestyle assessments |
| NAT11150007 | Refine yoga philosophy |
| CHCDIV001 | Work with diverse people |
| HLTHPS010 | Interpret and use information about nutrition and diet |
| CHCPOL003 | Research and apply evidence to practice |
| CHCCCS001 | Address the needs of people with chronic disease |
| BSBPEF401 | Manage personal health and wellbeing |
| BSBESB401 | Research and develop business plans |