



## Advanced Diploma of Remedial Yoga Therapy

Bridge the gap between yoga and health care – become a Remedial Yoga Therapist.

A study in health through yoga asanas, movement and breath, where the health and the body are monitored and improved by manipulating the energy of the qi meridians - your life force.

This unique yoga therapy training course offers students the opportunity to learn about Chinese Medicine in relation to yoga. Remedial Yoga Therapy is the yoga for today!

## Advanced Diploma of Remedial Yoga Therapy

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COTY is proud to offer the Advanced Diploma of Remedial Yoga Therapy as a post graduate vocational training course. The program provides you with skills and knowledge to work within the remedial yoga therapy framework to deliver a condition based therapeutic program to a group and treatment plans to individuals.

This course will expand on your remedial yoga teacher training and experience with an in-depth study of the human body and a study of Chinese medical theories including the Toaist theory of energy (yin and yang), the 5 elements in relation to the human body and how a therapeutic effect can be achieved through nutrition, lifestyle, and seasonal/elemental yoga therapy.

You will study the qi or energy meridians of the body, their location, as well as the body functions they support and the physical structure they influence – your body's functioning balance and shape.

Included in this course are the professional and self-management skills to ensure you are equipped with the necessary skills to run a successful Remedial Yoga Therapy practice. If you are looking to expand your skills and take a major role in the health of your clients, then this course will build on your existing teaching skills so that you can become an accredited remedial yoga therapist. Teach classes, condition specific courses, write your own programs and diagnose and treat individuals.

Be empowered and equipped to assess, develop, coordinate and treat through remedial yoga sessions in any area of the health care system. The Advanced Diploma of Remedial Yoga Therapy is a course rich with insights into yoga, east and western medical philosophies and diagnostic methods. Study alongside some of Australia's leading yoga therapists and teachers in a working studio and natural therapies clinic.

Broaden your understanding of Remedial Yoga Therapy through the study of various oriental diagnostic techniques with the view to bring structural and functional balance to the body. With this understanding of the human body you will become more than just a yoga teacher, you will be able to help people as a yoga therapist.

Graduates will have the ability to assess client's physical health status, identify special needs and construct therapy yoga classes and condition-based therapy yoga programs as part of a complete health care plan. This course is a must for those serious about a yoga career in the health care industry.

A course like no other. With a taste of different styles throughout the program, this course focusses on teaching you the foundations of one therapeutic yoga – Japanese style.

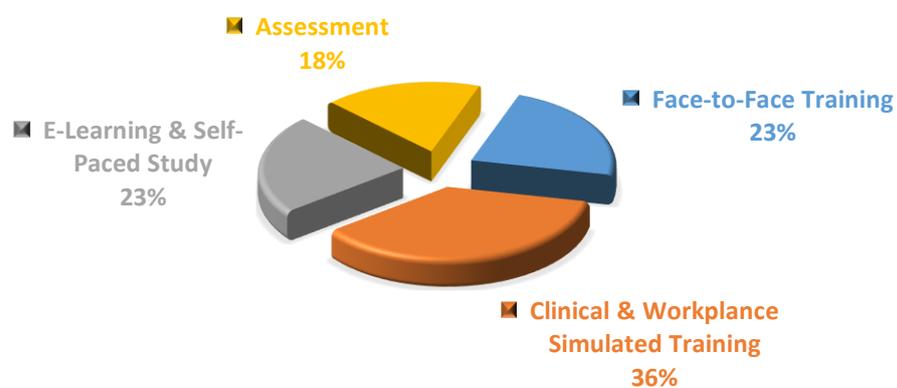
## Post-Graduate Training of Merit

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The course is predominately delivered face-to-face using a combination of one-on-one and group theory instruction, clinic-based case studies and simulated workplace practice and assessment. COTY's accredited trainers and assessors will ensure your learning is relevant to the health care industry and future job prospects.

All practical sessions are trainer led with students typically attending weekly formal training sessions. The modules are sequenced in a way that allows a logical progression with professionally presented reference material to assist and develop your knowledge of the subject.

Your study commitment is spread across four main activities:



## Expected duration

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The course has been designed to be delivered over 18 months. This duration has been selected to allow you to progress whilst continuing to maintain normal work routine and output. Tutorial hours include personal practice, clinic attendance and teaching practicums expected to be completed in an additional 3 - 6 month period following the face-to-face sessions (estimate based on student average learning requirements). COTY is committed to support any student that requires additional time (fees may be incurred with prior agreement only) and assist in fast-tracking clinical traineeship and health care careers as required.

## Study Overview

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The Advanced Diploma of Remedial Yoga Therapy has been designed to extend teachers beyond the classroom delivery to diagnose, assess and treat individuals in a clinical setting. The course is delivered in flexible learning modules through a mix of face-to-face learning, e-learning tutorials and self-paced study and yoga practice.

The course includes:

Module	Module Description
RYTTRY M10	Anatomy & Physiology Stage 2
RYTTRY M11	Remedial Yoga Therapy 1
RYTTRY M12	Client support and care
RYTTRY M13	Remedial Yoga Therapy 2
RYTTRY M14	Pathology & Pathophysiology
RYTTRY M15	Oriental medicine 1
RYTTRY M16	Qi meridians and point location
RYTTRY M17	Physical diagnosis
RYTTRY M18	Oriental medicine 2
RYTTRY M19	TCM conditional diagnosis
RYTTRY M20	Practical oriental medicine
RYTTRY M21	Remedial Yoga Therapy 3
RYTTRY M22	Clinical assessment and treatment
RYTTRY M23	Healing with Wholefoods – Medicines & Nutrition
RYTTRY M24	Clinical practicum

## Course Inclusion

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- Scheduled lectures and tutorials
- Comprehensive course documentation
- Remedial Posture Manual
- Supervised condition-based group teaching practicums and mentoring sessions
- Student Clinic Attendance (per pre-agreed training plan)
- 3 day quick cleanse detoxification program
- Online access to the COTY Student Portal for e-learning and access to tutors and mentors
- Structured peer support workshops and clinics
- An agreed schedule of fees and charges on confirmed enrolment

## Our Commitment to Each Other

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Learning is a unique experience that should be both enjoyable and fulfilling. COTY's student-centered approach to learning is our commitment to every student that they will be supported, not only during their formal study, but for the years to come in their chosen career.

This course will build on your understanding of teaching Remedial Yoga taking you to the next step in your journey to be a Remedial Yoga Therapist with the knowledge and skills to establish a real career in health care.

Your study is spread across five main activities:

- 140 hours face-to-face classroom learning over 40 sessions/days, one day a week in four main study blocks (intervals set around school holidays and self-paced learning requirements), over an 18 month period including theoretical and practical assessments.

The learning modules are delivered using a combination of face to face sessions that include one-on-one and group sessions in a simulated workplace environment (our college studio). Assessments are included in your face-to-face hours with the balance either written theoretical, online, media and other projects. REMEMBER: This is not school! We are here to prepare you to work in the complementary health care industry amongst peers in allied health care. Assessments are only there as a guide for you and our trainers to better understand your learning needs and tailor your training to suit.

- 40 hours e-learning focused on the theoretical components of the learning modules such as pre-reading of the yoga module content to make your face to face learning session fun, informative, but more importantly, tailored to your learning requirements. E-learning tutorials include written and media (including videos) assessments
- 40 hours of assisting senior level teachers for workplace sessions at the college The Yoga House (TYH) studio and supervised teaching practicums developing yoga teaching methods. The assisting and supervised teaching hours require your commitment outside the course hours and must be completed within 12 months of course commencement date. Bookings can be scheduled by contacting our college's studio manager.
- 20 hours teaching meridian based Remedial Yoga meridian/condition based classes at the college TYH studio and supervised tutorials developing yoga teaching methods. The assisting and supervised teaching hours require your commitment outside the course hours and must be completed within 12 months of course commencement date. Booking can be scheduled by contacting our college's TYH studio manager.

As part of this component you will be given the opportunity to teach community-based yoga sessions (at the college studio or other authorised work placement) to the public in our Student Teaching Program (maximum 10 classes additional to these hours). An invaluable opportunity for any yoga teacher/therapist – giving to the community.

- 40 hours attendance at the TYH Student Clinic to include clinical application of the Remedial Yoga Therapy framework as well as administration and managerial duties designed to develop well rounded vocational training experience in a monitored environment.
- 100 hours of logged personal practice at the college's TYH studio or authorised senior level teacher yoga classes. A pre-agreed amount of these hours are to be completed at college's TYH studio as per the students unique training plan. The balance can be completed with a senior level yoga teacher as agreed in the training plan.
- 100 hours of self-paced study- dependent on student requirements (averaged at 1 hours per week for 2 years).

## Location

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All face-to-face classroom-based training, clinical attendance and teaching practicums will be delivered to students at The Yoga House GLADESVILLE campus of COTY in New South Wales, Australia.

## Entry Requirements

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10137NAT Certificate IV in Remedial Yoga Teaching. Or qualify for special entry where application can demonstrate equivalent competency of yoga practice and teaching at the Certificate IV in Remedial Yoga Teaching level as gained through training and vocational experience (minimum of 1 years).

If you have no teaching experience, please contact our course advisor for more information on the entry level accreditation.

COTY can provide you with learning support if you are struggling with course content. These skills are vital life skills, but we can help you achieve strong literacy, language and numeracy abilities with referral and/or additional tuition.

## Student Information

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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 remedial yoga course.

Remember that our door is always open, and the COTY team are always ready to assist you with anything you need, at any time.

## Study Options

The Advanced Diploma of Remedial Yoga Therapy is centered around 140 hours face-to-face classroom learning over 40 days/session, one day per week over four study blocks across an 18 month period including of theoretical and practical assessments.

### Saturday 8.30am to 1.15pm commencing the 9<sup>th</sup> February 2019

- All face-to-face sessions delivered in four training blocks on a Saturday as schedule from the 9<sup>th</sup> of February 2019 through to the theoretical component completion date 4<sup>th</sup> April 2020.

<b>Advanced Diploma of Remedial Yoga Therapy – Saturday Delivery</b>			
Study Block 1	<p><b>Sessions 1 to 10</b></p> <p>8.30am – 10.45am Practical Session</p> <p>10.45am Session Break</p> <p>11.00am to 1.15pm Theoretical Session</p> <p>9<sup>th</sup> February to 13<sup>th</sup> April 2019</p>	Study Block 4	<p><b>Sessions 25 to 30</b></p> <p>8.30am – 10.45am Practical Session</p> <p>10.45am Session Break</p> <p>11.00am to 1.15pm Theoretical Session</p> <p>19<sup>th</sup> October to 23<sup>rd</sup> November 2019</p>
Study Block 2	<p><b>Sessions 11 to 16</b></p> <p>8.30am – 10.45am Practical Session</p> <p>10.45am Session Break</p> <p>11.00am to 1.15pm Theoretical Session</p> <p>11<sup>th</sup> May to 15<sup>th</sup> June 2019</p>	Study Block 5	<p><b>Sessions 31 to 40</b></p> <p>8.30am – 10.45am Practical Session</p> <p>10.45am Session Break</p> <p>11.00am to 1.15pm Theoretical Session</p> <p>1<sup>st</sup> February to 4<sup>th</sup> April 2020</p>
Study Block 3	<p><b>Sessions 17 to 24</b></p> <p>8.30am – 10.45am Practical Session</p> <p>10.45am Session Break</p> <p>11.00am to 1.15pm Theoretical Session</p> <p>27<sup>th</sup> July to 14<sup>th</sup> September 2019</p>	Practical	<p><b>Clinic &amp; Practicums</b></p> <p>Mutually agreed training plan and clinic attendance</p>

### Thursday 8.30am to 1.15pm commencing the 7<sup>th</sup> February 2019

- All face-to-face sessions delivered in four training blocks on a Saturday as schedule from the 7<sup>th</sup> of February 2019 through to the theoretical component completion date 2<sup>nd</sup> April 2020.

## Advanced Diploma of Remedial Yoga Therapy – Thursday Delivery

Study Block 1	<p><b>Sessions 1 to 10</b></p> <p>8.30am – 10.45am Practical Session 10.45am Session Break 11.00am to 1.15pm Theoretical Session</p> <p>7<sup>th</sup> February to 11<sup>th</sup> April 2019</p>	Study Block 4	<p><b>Sessions 25 to 30</b></p> <p>8.30am – 10.45am Practical Session 10.45am Session Break 11.00am to 1.15pm Theoretical Session</p> <p>17<sup>th</sup> October to 21<sup>st</sup> November 2019</p>
Study Block 2	<p><b>Sessions 11 to 16</b></p> <p>8.30am – 10.45am Practical Session 10.45am Session Break 11.00am to 1.15pm Theoretical Session</p> <p>9<sup>th</sup> May to 13<sup>th</sup> June 2019</p>	Study Block 5	<p><b>Sessions 31 to 40</b></p> <p>8.30am – 10.45am Practical Session 10.45am Session Break 11.00am to 1.15pm Theoretical Session</p> <p>30<sup>th</sup> January to 2<sup>nd</sup> April 2020</p>
Study Block 3	<p><b>Sessions 17 to 24</b></p> <p>8.30am – 10.45am Practical Session 10.45am Session Break 11.00am to 1.15pm Theoretical Session</p> <p>25<sup>th</sup> July to 12<sup>th</sup> September 2019</p>	Practical	<p><b>Clinic &amp; Practicums</b></p> <p>Mutually agreed training plan and clinic attendance</p>

## Attendance Policy

100% attendance is expected for all face-to-face sessions, with a minimum of 90% required to gain certification. Any planned absences must be pre-approved by the course director. Arrangements must be made to make up missed sessions with private tuition at your own cost. If you are ill, you must call the program coordinator at least 30 minutes prior to class. If you miss contact hours due to illness you must make up missed sessions with private tuition at your own cost.

## Assessments

This course is competency-based, which means there is no pass or fail.

Assessments must be completed within the time frame specified and competency in teaching demonstrated, according to the criteria given in the assignment package, before your certificate will be rewarded.

## Refund/Withdrawal Policy

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\$2000 non-refundable deposit is due upon acceptance into the course (unless otherwise authorized). Final balance is due 4 weeks prior to course commencement unless a pre-agreed payment plan is in place. Should you prefer to pay this course through an interest free payment plan please talk to your course advisor for more details.

Withdrawal from training prior to two weeks before course commencement: 10% of the course fee is non-refundable. Withdrawal from training within two weeks of course commencement: 50% of the course fee is non-refundable

Credit may be transferred to another teacher training program within two years of cancellation of the original course. Please consult our Fee Schedule for a detailed breakdown of the course costs.

## Location

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Both the classroom-based training and the practical training will be delivered to students at The Yoga House GLADESVILLE campus of COTY in New South Wales, Australia.

## Recognition of your existing skills

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Our courses are flexible. We understand that you may have a core set of pre-existing skills in this area, so we can work with you to provide you the extra levels of competency that you need to succeed.

We also understand that life is wonderful as well as unpredictable, so if something pops up and your need more time to reach the desired level, we can work with you to provide this.

## COTY RPL Program

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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 – or Recognition of Prior Learning. 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.

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

Contact us and expand your career options today!

**Ph: +612 9817 0078**

**Email: [courses@coty.nsw.edu.au](mailto:courses@coty.nsw.edu.au)**

**Web: [www.teachyoga.nsw.edu.au](http://www.teachyoga.nsw.edu.au)**

A deposit is required on acceptance of application to confirm enrolment. COTY offers all students monthly interest free payment plans for the remaining fees.

**Get REAL working skills with COTY  
Australia's Leading College in  
Meridian Based Therapies**