



Faculty of Yoga



WELLPARK
Leading Natural Therapies

The art science of yoga is the explorative moment by moment experience of living. Yoga is a unique system for understanding the human body.

Diploma in Yoga

NZQA Accredited

Level 5, 120 Credits
Full time for 1 year
Part-time within 2 consecutive years (Note: Part-time is not always offered)
Commences February and sometimes July

**All courses run subject to numbers*

Yoga and yoga teacher training is taught at Wellpark College incorporating our unique holistic expertise and modern yoga practices with traditional yoga values. The programme integrates the practices of physical postures (asana), breathing techniques (pranayama), relaxation, meditation, chanting and lifestyle modifications. These practices expand your awareness of the deeper levels of self and can improve health and wellbeing.

During the first semester, students study philosophy and practice of yoga, anatomy and physiology, and ayurveda. You will also learn and conduct practicals for ayurvedic massage. The early part of the yoga course concentrates on personal development, and the second semester brings emphasis to becoming a yoga teacher. Also during the second semester, you will begin clinical experience and organise the teaching of faculty specified hours of yoga classes.

The yoga taught at Wellpark College opens you up to the potential of knowing who you really are, what you can achieve and how we can be of service to the world. It creates a

sense of connection and balance between the physical emotional, mental, social and spiritual (pure self) aspects of oneself. Please note: this course is not available as distance learning.

Accreditation

The Wellpark College teacher training programme is a registered yoga school with the Yoga Alliance at levels 200 and 500 hours.

Career Opportunities

- Community yoga classes.
- Resorts, spas and fitness centres.
- Working in an integrated health clinic.
- Integrating knowledge of yoga with other healing modalities.

Entry Criteria: Diploma in Yoga

To be accepted on to the Wellpark College Diploma in Yoga, you must meet the following entry criteria.

- Be 18 years of age prior to commencing your programme.
- Have passed NCEA Level 2 or the equivalent level. It is an advantage if you have a pass in biology.
- Have no communicable diseases, physical or psychological impairments which may adversely affect your ability to undertake

Student Experience

'After completing the yoga diploma, I felt very passionate about deepening my understanding of yogic philosophy, to continue my personal healing journey and qualify as a practitioner to help other people explore an inner journey of love and spirituality.'

My life has transformed with wisdom, understanding, acceptance and positivity. It has filled me with so much joy and contentment.

Every class was new inspiration. The tutors were of the highest calibre and integrity. I have made a life long relationship dear to my heart. An unforgettable experience!'

Delwynne Cornor

a programme of study or work with people in a clinical setting.

- Be able to communicate competently in English. International students or residents whose first language is neither English nor Maori shall provide IELTS results with a minimum bandscore of 5.5 overall, or evidence of a comparable level of proficiency in written and spoken English.
- Have had 6 months' prior yoga practice.
- Students enrolling for a complete qualification must submit a short essay of no more than one A4 page with their

'Yoga exists in the world because everything is linked.'

Desikashar

application. They should clearly state their reasons for wanting to study in the programme and work in the profession.

- Have a current first aid certificate before commencing the clinical component of the programme.

Students will undergo an interview with the Yoga Faculty to confirm their suitability for the programme. The Faculty has the discretionary right to decline a student a place if they think she/he is unsuitable or will be unlikely to succeed with their studies.

Candidates should consider that they will

be studying at the tertiary level and need to be able to plan academic studies, study independently, structure ideas, complete assessment work on time and have good verbal and written communication skills. Wellpark College subscribes to the principles of human rights and equal opportunity in education and the Human Rights Act. No individual will be assessed for entry on the basis of age, gender, sexual orientation, ethnicity, country of origin, religion or race.

International students please refer to the international students page of our website

or contact our Enrolment Advisor at enrolmentadvisor@wellpark.co.nz.



Diploma in Yoga Therapy

Level 6, 120 Credits

Full time for 1 year

Commences February

Prerequisite: A prerequisite for this course is that a student must be a graduate of the Wellpark College Diploma of Yoga or alternatively, have a qualification in any health modality with 120 hours anatomy and physiology at NZQA level 5 together with three years of yoga teaching experience.

Wellpark's Diploma in Yoga Therapy combines classical yoga texts, current integrative health models and a solid grounding in medical sciences to facilitate a deeper understanding of healing at all levels of being.

While maintaining a personal practice as a enriching resource, yoga therapy plans are designed in practical clinical settings with asana, pranayama, mudra, cleansing techniques, relaxation and meditation practices. Students are mentored to adapt a yogic understanding of health to contemporary lifestyle.

Career Opportunities

- Professional practice in yoga therapy.
- Community and private clients.
- Yoga advisor in hospice/residential care.
- Working in an integrated health clinic.
- Specialist areas of rehabilitation.
- Integrating knowledge of yoga therapy with other healing modalities.

Accreditation

The Diploma in Yoga Therapy is recognised by the International Association of Yoga Therapists, USA. The Wellpark College Diploma in Yoga Therapy is formally recognised by Vivekananda Yoga Anusandhana Samstana (VYASA), India with whom Wellpark has a Memorandum of Understanding for tutor exchange programmes and credit transfer between institutions for students wishing to further their qualifications. Students can also

NZQA Accredited

register with IAYT (International Association of Yoga Therapists).

Entry Criteria: Diploma in Yoga Therapy

All entry criteria is the same as for the Diploma of Yoga, plus 18 months previous yoga practice prior to enrolment.

Programme Details

Full Time Programme

YOGA	Study Period	Approx Hrs Per Annum
Diploma in Yoga	1 Year	1200
Diploma in Yoga Therapy	1 Year	1200

Full-time fees apply to students enrolled in a full-time Diploma or Certificate. Full-time students must be enrolled to a minimum of 0.8 EFTS. Domestic fees apply to New Zealand Citizens, New Zealand Permanent Residents and Australian Citizens or Permanent Residents, living in New Zealand. All other students are considered international.