

# Yoga Teaching with Health & Wellbeing

## INTRODUCTION

All workplaces are becoming increasingly conscious of the physical and mental health of their employees and are investing in initiatives to prolong health and mental/physical fitness. Become a yoga teacher and at the same time learn other skills and knowledge that make you eminently employable or well placed for self employment. Learn to teach asana and pranayama in your own individual way with awareness, compassion, sensitivity and clarity.

## ENTRY REQUIREMENTS

Leaving Certificate, LCA or QQI Level 4. Mature applicants are exempt from Leaving Certificate requirement. All applicants are interviewed. An offer of a place on this course is contingent on the applicant meeting the minimum entry requirements set out here, and satisfactory presentation at interview. Please note as this is a teaching qualification, students must demonstrate prior yoga experience. Fitness qualifications will be considered. Applicants are reminded this is not an entry level programme and is not suitable for beginners.

## CERTIFICATION

QQI Level 5 Certificate in Community Health Services 5M4468

ITEC Level 3 Diploma in Yoga Teaching

This qualification is recognised for membership by:

- Complementary Therapists Association (CHhA)
- Register of Exercise Professionals (REPS)

ITEC Level 2 Award in Infection Prevention (COVID-19) for Sport and Fitness Sessions

## WORK PLACEMENT/EXPERIENCE

Students undertake a block placement of 2 weeks in a health related environment or in the wellbeing department of a company. Students undertake to prepare, plan and facilitate a professional, dynamic and inclusive yoga programme.

## EDUCATION PROGRESSION OPPORTUNITIES

**UCC:** Arts (CK101), Social Science (CK102), Youth & Community Work (CK114) (Must be over 21 and at least one year's relevant work experience in the area), Criminology (CK113) **CIT/MTU:** Social Care (CR031), Recreation & Leisure Management (CR032), Community Development (CR035), Hospitality Management (CR042), **CCOC:** QQI Level 6 Advanced Psychosocial Awareness & Training (6M2263). Special arrangements in place with CIT/MTU (CCPS), Tralee IT/MTU and Waterford IT for preferential entry for CCOC students. Up to 390 CAO points for any IT can be attained. Go to our progressions database at <https://corkcollegeofcommerce.ie/progressions/> for exact requirements on progressions for this course.

## CAREER OPPORTUNITIES

Establishing a Yoga Teaching business, working in a Reflexology practice, working in a spa centre or in an alternative clinic.

## COURSE CONTENT

Nutrition	5N2006
Safety & Health at Work	5N3772
Anatomy & Physiology	5N0749
Reflexology	5N5371
Indian Head Massage	6N3477
Communications	5N0690
Programming a Yoga Teaching session	ITEC
Delivering a Yoga Teaching session	ITEC
Work Experience	5N1356
Social Studies	5N1370
Infection Prevention (COVID-19) for Sport and Fitness Sessions	ITEC

### Additional Training/Workshops

Children's Yoga

Ayurveda

Data Protection

First Aid

Manual Handling

## CONTACT DETAILS

For further information email:

**yoga@ccoc.ie**

**(021)4223810**

Course fees outlined on  
**[www.corkcollegeofcommerce.ie](http://www.corkcollegeofcommerce.ie)**