

YOGA RYT 200



SCHOOL OF
SPORT AND EXERCISE

Enter the ever changing
world of fitness

eta
college



ABOUT THIS PROGRAMME

eta College is a Yoga Alliance registered RYT200 yoga school. This means your yoga qualification, RYT200, is recognised globally. Additionally, the eta course is recognised by the Register for Exercise Professionals South Africa (REPSSA). Therefore, you get the dual benefit of a Yoga Alliance RYT200 qualification and a qualification from a legitimate, internationally accredited education institution. It also means you can further your education because you studied through a registered and accredited academic institution. On top of this you can gain visibility across Yoga Alliance's directories and platforms and join a community where you can network, share ideas and establish important professional relationships.



55 Credits



R22 000



6 mths



Assessment is both theory and practical



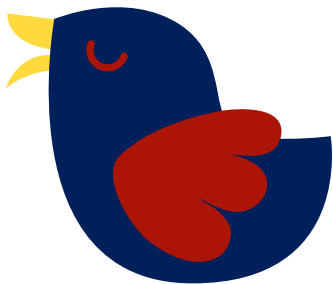
There are no admission criteria to the programme.



REGISTER NOW



FEE SCHEDULE



EARLY BIRD

R22 500

(total fee due end of March 2021)

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UPFRONT

R24 500

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Past qualified GEI Yoga students (15 credits)

Register at a discounted rate for the 40 credits remaining

30% discounted fee and RPL will be done

Full tuition Fee: R24 500 – R6 000 = R18 500

Past unqualified GEI Yoga students (15 credits)

Register at a discounted rate for the 55 credits required

5% discounted fee and RPL them for the balance

Full tuition Fee: R24 500 – R1225 = R23 275

HOW THIS QUALIFICATION WILL HELP YOU DIFFERENTIATE YOURSELF?



You would like to instruct Yoga classes at a advanced level within a yoga studio or your own studio



You would like to gain a advanced understanding of yoga to open up your own studio and make a full time career out of it.



You are passionate about fitness and want to work in the fitness industry. You love learning about health and fitness and want to help others.

YOGA RYT 200

AFTER COMPLETING THIS QUALIFICATION YOU'LL BE CONFIDENT IN YOUR ABILITY TO:

- Apply knowledge of anatomy and physiology to yoga classes
- Understand the fundamentals and principles of yoga
- Plan yoga classes, demonstrating knowledge of yoga poses, cautions and teaching points
- Demonstrate knowledge of the traditional physical and mental discipline of yoga
- Explain energy anatomy and physiology
- Describe the elements involved in teaching a yoga asana class
- Demonstrate knowledge of yoga asana techniques and teaching methodology
- Instruct yoga classes using appropriate communication methods to teach and modify yoga poses

WHAT WILL YOU LEARN ON THIS PROGRAMME?

See the Courses included in this programme:

COURSE 1: ANATOMY AND PHYSIOLOGY FOR EXERCISE INSTRUCTORS

COURSE 2: LEAD AND INSTRUCTING YOGA

COURSE 3: YOGA TEACHER TRAINING



WHAT CAREER CAN I GO INTO ONCE I AM QUALIFIED?

The programme allows you entry into the health and fitness industry. It is a stepping stone that allows you to explore your passion by studying further in your area of interest.

- Fitness Instructor

WHO WILL HIRE ME?

- Fitness facilities – large gyms and fitness facilities as a group exercise instructor.
- Self employment

THIS SOUNDS PERFECT FOR MY CAREER

I'M READY TO REGISTER



NOT QUITE WHAT YOU'RE LOOKING FOR?

Other students found the following programmes relevant to their career goals:

GROUP
EXERCISE
INSTRUCTOR:
YOGA



GROUP
EXERCISE
INSTRUCTOR:
PILATES



PERSONAL
TRAINER



CONTACT US:

Complete an online enquiry form

CLICK HERE

