



eta

Group Exercise Instructor: Yoga

LEARN MORE

SCHOOL OF SPORT AND EXERCISE

Enter the ever changing world of fitness

about this programme

Whether it's on a beach in Bali or a mat at home – Yoga has become a way of life rather than just an exercise routine.

This certification course will give you the knowledge and skills to lead and instruct Vinyasa Flow Yoga classes for individuals and groups. It will delve into the philosophy and lifestyle of Yoga, giving you a holistic approach to back the teaching methods and exercises taught.



3 months



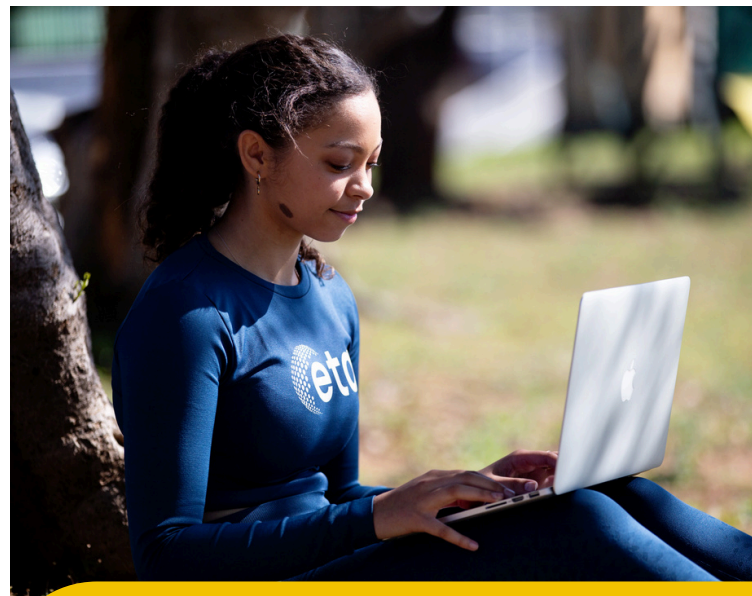
R5 500



Assessment is both theory and practical



There are no admission criteria to the programme.



REGISTER NOW



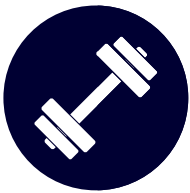
how will this qualification help differentiate yourself?



You would like to instruct Yoga classes at a beginner level within a gym or studio environment.



You would like to gain a basic-level understanding of yoga for yourself. It is particularly beneficial for fitness professionals looking to enhance their understanding of the body and extend their scope of practice to include yoga in their offerings to their clients.



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.

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

- Apply knowledge of anatomy and physiology to exercise training.
- Instruct basic yoga classes.

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 INSTRUCT EXERCISE (YOGA)



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

PROFESSIONAL DESIGNATION WITH REPSSA:

Group Exercise Instructor



READ MORE ON REPSSA



WHO WILL HIRE ME?

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

**THIS SOUNDS PERFECT
FOR MY CAREER**

REGISTER NOW



NOT QUITE WHAT YOU'RE LOOKING FOR?

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

GROUP
EXERCISE
INSTRUCTOR:
INDOOR
CYCLING



GROUP
EXERCISE
INSTRUCTOR:
PILATES



PERSONAL
TRAINER



CONTACT US:

Complete an online enquiry form

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