

# YOGA TEACHER'S TRAINING COURSE (Y T T C )

Course based on Ashtanga Yoga (based on Patanjali Yoga Sutras) and Hatha Yoga (based on Hatha Yoga Pradipika)

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## Course Overview & Contents

Practical training on Asanas (Yoga Pravesh & Parichay syllabus), Pranayama, Mudra, Bandhas, Cleansing processes and Omkar Chanting

## Lectures

Hatha Yoga, Ashtanga Yoga (Yama, Niyama, Pranayama, Asana, Pratyahara, Dharana, Dhyana and Samadhi)

Teaching methodologies, Lesson Planning, Techniques of Micro lessons

Introduction to Human Anatomy & Physiology - A yogic perspective on the respiratory, digestive, excretory, blood circulatory, nervous, musculoskeletal & endocrine systems

## Examinations

Practical training and teaching methodologies

Written Assignments

## Course Dates

	Date	Days	Time
Practical training on asanas & Micro lessons	18 Feb – 29 Apr 2012	Saturday Sunday	3.30 – 5.30pm 1.30– 5.30pm
Theory & Final Examinations by gurus of Yoga Vidya Gurukul	10 May to 20 May 2012	daily Mon to Thurs Fri, Sat, Sun	6.30 – 9.00 pm 8.30am–5.30pm

## Certificate & Recognition to the Course

The course is recognized by Yoga Vidya Gurukul, India.

Certificate issued to the successful student entitles them to teach in any part of the world and also can be used to register with other organizations outside India.

## Course Fees

**S\$2,300.00**

Including all course materials, syllabus, books and other materials and registration fee of \$300.00

**Closing date : 6 Feb 2012**

**Course Venue: Yoga Connections Studio  
498A Changi Road Singapore 419903**

## How To Apply:

Download application form and duly completed form and email to [info@yogaconnections.com.sg](mailto:info@yogaconnections.com.sg)

A registration fee of S\$300.00 (non refundable) is to be mailed to **Yoga Connections** at 498-A Changi Road Singapore 419903 together with two passport size photos. Balance fees to be paid when course starts.