

YOGA INSTRUCTOR'S TRAINING COURSE (Y I T C)

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

- Course Overview and Contents
- Course Dates
- Certificate and Recognition of the Course
- Course Fees
- Application Form

Course Overview & Contents

Practical training on Asanas (Yoga Pravesh syllabus), Surya Namaskar, Prananyama, Mudra, Bandhas, Cleansing processes and Omkar Chanting

Lectures by Yogacharya Vishwas Mandlik

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

Teaching methodologies, Lesson Planning, Techniques of Micro lessons

Examinations Yogacharya Vishwas Mandlik

Practical training and teaching methodologies

Written Assignments

Course Dates

Practical training on asanas & Micro lessons

Date

17 Apr to 29 May 10

Days

every Sat & Sun

Time

Sat: 2.15- 5.15pm

Sun: 1.30-5.30pm

Theory & Final Exam

by gurus of Yoga Vidya Gurukul

25 Jun to 4 Jul 10

daily Mon to Thurs,
Fri, Sat, Sun

7.00pm – 9 .00pm

8.30am – 5.30pm

Certificate & Recognition to the Course

The course is recognised 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\$1,500.00

Including all course materials, syllabus, books and other materials. Registration fee of S\$300.00

Closing date : 10 April 2010

**Course Venue: 498A Changi Road
Singapore 419903**

How to Apply:

Download application form and duly complete form and email to 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 course fees to be paid when course starts.