



YOGA TEACHER TRAINING



Certificate Course (216 hrs)

AMIA Yoga Teacher Training Certificate Courses consist of both Theoretical and Practical aspects; through theory, students get to understand the history of this ancient yogic wisdom.

AMIA Practical Aspect guided the students to learn Ásana (Yoga Posture) in detail, and you will be able to understand the benefits of each and every Ásana on a physical, mental and spiritual level. Warm-ups, self-message, meditation and relaxation techniques are also covered.

You will learn how to demonstrate, correct and assist the student in class, help student to avoid injury during the practice of ásana, etc.

BRIEF DESCRIPTIONS OF THE MODULES TAUGHT IN THE CERTIFICATE COURSE

Module 1: Yoga History

Module 2: Yoga Science

Module 3: Yoga Anatomy and Physiology

Module 4: Yogic Lifestyle and Practices

Module 5: Teaching Methodology and Professional Ethics

Module 6: Yoga Philosophy

Module 1: Yoga History. This module aims to a view over the history of yoga. This is done partly through studying biographies of famous yogis and yogic lineages and traditions, and partly by studying different famous yogic aphorisms, shlokas, concepts and definitions from different yogic schools.

Module 2: Yoga Science. From systematic observations and experiments, Yogis have a deep understanding of the functions of body and mind. In this module, we will study: Ásanas, Mudras and Bandhas. Meditation and the relation between body & mind through understanding Kośa (layers of the mind), Cakra, Práñáh, etc. from a scientific approach.

Module 3: Yoga Anatomy, Physiology and Bio Psychology. This module aims to give the student a practical understanding of the workings and interrelation between body and mind.

Anatomy: The body's physical structure related to yoga practices, etc.

Physiology: The working of the organs, metabolism, breathing, etc.

Module 4: Yogic Lifestyle and Practices. This module gives the student a deeper understanding and insight into the different practical Yogic Lifestyles. It offer a practical way to become a modern yogi.

Astáunḡa Yoga – Patanjali

~ Yama and Niyama

~ Ásana

~ Práñáyáma

~ Pratyáhára

~ Dháraña

~ Dhyána

~ Samádhi



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Yogic lifestyle – 16 Points for a Successful Life

- ~ Use of Water
- ~ Food
- ~ Fasting
- ~ Human conduct

Module 5: Teaching Methodology and Professional Ethics. Teaching Methodology enables you to have a feel of how to conduct a yoga class in real situation, this module trains students to become good and confident teachers through public speaking exercises. We will also look into the qualities of a teacher and methods to assess their students' needs. Hands-on classroom exercises will be included.

Public Speaking & Yoga Teachers

- ~ Teaching styles
- ~ Role of demonstration & observation
- ~ Faculty of knowledge
- ~ Communication process
- ~ Personal and professional ethics of yoga instructors

Module 6: Yoga Philosophy. Yoga is a very deep and wide subject to be explored. Yoga philosophy gives us an understanding of life, death, creation, liberation etc. This traditional concept will be explained in the modern key to make you better understand this ancient science.



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Certificate General Information

AMIA Part time and full-time Yoga Teacher Training offers a scientific, systematic and modern approach to yoga studies and research. The YTT aim is to give the student a complete foundation in the physical, mental, spiritual and social aspects of the vast Yogic discipline.

We offer a wide range of modules to educate yoga health professionals, yoga instructors, yoga students or anyone with an interest in the science of Yoga.

AMIA courses focus on both practical and theoretical aspects, with an integrated emphasis on the student's personal development in yoga and meditation. AMIA trainers are internationally recognized teachers and are highly skilled and experienced in the field of yoga education. Most of our trainers are Ācāryas (yoga monks and nuns) and have undergone an ancient discipline of yogic training. The courses also include personal guidance from these Ācāryas.

The Yoga Teacher Training Certificate are taught in classroom style.

Students may also take Individual Module/s. But in order to receive the Certification in Yoga Science, Practice & Lifestyle must have completed and passed:

- a) Module 1 to 6 of this AMIA Yoga Teacher Training Certificate Course.
- b) The Beginner Yogic Practices Examination from this AMIA Yoga Teacher Training Certificate Course.

Upon passing the Beginner Yogic Practices Examination and all modules from 1 to 6, students are considered to have completed the Certificate level and will receive a Certificate in Yoga Science, Practice & Lifestyle. The students may decide from beginning to register for the Diploma Course, or register 15 days before the end of the certificate course.

AVERAGE TEACHER – STUDENT RATIO PER COURSE: 1 TEACHER TO 16 STUDENTS

Pre-requisites

Academic level required- 3 GCE "O" Level passes or equivalent

Language proficiency- Able to communicate in English

Minimum age- 16

FEE PROTECTION SCHEME (INSURANCE)

Every AMIA student will be covered under the "Industry-Wide Course Fee Protection Insurance Scheme" offered by Lonpac Insurance Bhd (an appointed insurance company by the Committee for Private Education (CPE) is a part of SkillsFuture Singapore (SSG).

The IWC is an industry-wide scheme that covers the course fees of students in each Private Education Institute (PEI) in the event of insolvency or regulatory closure of PEI or PEI's failure to pay sum awarded by Singapore Courts to the insured student up to a limit of \$2 mil per event. AMIA 2017-2018 – Lonpac Insurance

AMIA PREMISES & FACILITIES

Number of Classrooms: 1

Floor area of classroom: 52.45 square meters



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Maximum Capacity of Classroom: 16 Students + 1 teacher

FACILITIES & PROPS AVAILABLE

Library & Dressing Room. Yoga Mats, blankets, straps, blocks.

Requirements for graduation:

To complete/pass the Yoga Teacher Training and get the Diploma or Certificate, the student has to pass all the required modules, practical assessment(s) and has to achieve at least 80% attendance for each module. If the student has less than 80% attendance, we reserve the right not to issue the Certificate/Diploma.

STUDENT ASSESSMENT

The emphasis is on promoting learning and knowledge acquisition. Each module is assessed based on classroom practical and/or home assignments OR class examinations OR module projects. The overall assessment is based on the above and the independent project (thesis), if applicable.

Students must be punctual for class. Please inform the office if you are unable to come or will be late for the lesson.

GRADING SYSTEM

Distinction	(90 – 100%)
A Grade	(80 – 89%)
B Grade	(70 – 79%)
C Grade	(60 – 69%)
D Grade	(50 – 59%)
Fail	(Below 50%)
P	Pass Grade
EX	Exempted
ABS	Absent

CERTIFICATE COURSE COST

Non Refundable Administration Fee	\$ 50.00
Total Certificate course	\$ 3,200.00 ^{1,2}
Discount to Early Bird	5%

INDIVIDUAL MODULES COST

Non Refundable Administration Fee	\$ 50.00
Modules 1 – 6	S\$ 690.00

¹ Additional 10% discount for those who have completed the Beginner, Intermediate and Advanced classes offered by Ananda Marga Yoga Society of Singapore. Not applicable for students undertaking only Individual Modules.

² For installment scheme (interest-free) payment details, please contact AMIA office.