



YOGA TEACHER TRAINING



DIPLOMA COURSE (216 HRS)

The Diploma Courses consist of both Theoretical and Practical aspects; through theory, students get to understand the history of this ancient yogic wisdom. It also covers the Philosophy of Yoga and Tantra, Yoga Bio-psychology, Yoga Lifestyle, Classical Yogic Texts, etc.

Besides what you have learned in the Certificate Course, in the Diploma course you will also learn to prescribe Ásana for students with different physical and mental problems.

The Bio-psychology module will guide you to understand deeply the implication of hormone secretion and its effect on human behaviours, feelings, and psychological attitudes.

BRIEF DESCRIPTIONS OF THE MODULES TAUGHT IN THE DIPLOMA COURSE

Module 7: Yoga and Society

Module 8: Yogic Treatments

Module 9: Yoga and Creativity

Module 10: Classic Yogic Texts

Module 11: Yoga Psychology

Module 12: Thesis (Independent Project)

Module 7: Yoga and Society. Yoga is so much more than just “bend and stretch.” Traditionally the yogis are responsible persons and contribute to the welfare of the society. This module will teach the students to understand the social aspects of Yoga through the study of Neo Humanism (social philosophy), and its practical implementation called PROUT. We will also look at the necessity of Social Service for one’s personal and collective development. The development of the society depends on every individual. No individual is to be neglected and this is only possible through collective efforts.

Neo-Humanism

- ~ Humanism
- ~ Geo Sentiment
- ~ Socio Sentiment
- ~ Seva or Social Service
- ~ AMURT – Ananda Marga Universal Relief Team

PROUT

- ~ Five Fundamental principles
- ~ Pramá
- ~ Meritocracy
- ~ Cooperatives and Master Units

Module 8: Yogic Treatments. This module aims to give a theoretical and practical knowledge of Yoga Therapy & Naturopathy and alternative-healing systems.

Module 9: Yoga and Creativity. Creative expressions add charm and beauty to life. Creativity is a mental process involving the generation of new ideas or concepts, or new associations between existing ideas or



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concepts, and it originates from the deeper layer of the mind called *atimánasa kośa*, or 'causal mind'. Human desire for mental expansion and realisations also originates in this layer of mind. By engaging oneself in creative expression through arts, music, dance etc., one's *atimánasa kośa* develops.

Yoga and Creativity

- ~ Art in Dance
- ~ Poetry
- ~ Songs and Drama
- ~ Prabháta Samgiita
- ~ Mandala

Module 10: Classic Yogic Texts. Study the evolution of Yoga through classical yogic texts from the ancient Rk Veda, Bhagavad Gīta, Patañjali Yoga Sutras, Aśtāvakra Gīta to the Modern Ānanda Sūtram.

Module 11: Yoga Psychology. We study how human body biological functions affects our mind, human behaviour and psychological expressions. The relationship between glands, hormonal secretions and mental propensities. We explore the possible effect of individual behaviour into the society in which we live.

Module 12: Thesis (Independent project). This module gives the future to be AMIA Yoga Teacher the opportunity to share her/his realization over the entire Diploma Course. Each student will choose their own topic for their thesis.

This written project may be chosen over a variety of specific aspect of Yoga.



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Diploma Course General Information

AMIA part-time and/or 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. AMIA 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. As one of the world's most widespread yoga society, we are able to provide an extensive international network through the Association for Yoga Educators (AMAYE) www.amaye.org.

The Yoga Teacher Training Diploma Course is taught in classroom style.

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.

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

- a) Module 1 to 6 from the AMIA Yoga Teacher Training Certificate Course.
- b) The Beginner Yogic Practices Examination from the AMIA Yoga Teacher Training Certificate Course.
- c) Module 7 to 11 of the AMIA Yoga Teacher Training Certificate Diploma Course.
- d) The Advanced Yogic Practices Examination from the AMIA Yoga Teacher Training Diploma Course.
- e) Submit the thesis.

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 Lompac 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 – Lompac Insurance.



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AMIA PREMISES & FACILITIES

Number of Classrooms: 1

Floor area of classroom: 52.45 square meters

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

DIPLOMA COURSE COST

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

INDIVIDUAL MODULES COST

Non Refundable Administration Fee	\$ 50.00
Modules 7 - 11	S\$ 690.00
Module 12	S\$ 420.00

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.