



CERTIFICATE YOGA TEACHER TRAINING
GENERAL INFORMATION
FIRST CLASS STARTS 04 MARCH 2022
LAST CONTACT CLASS ENDS 30 MAY 2022



CERTIFICATE

IN YOGA SCIENCE, PRACTICE & LIFESTYLE

2022 INTAKE¹

YTT CERTIFICATE COURSE (216 HRS.)
IS OFFERED AS A FULL TIME AND PART TIME MODE

GENERAL INFORMATION

PLEASE NOTE THAT THESE GENERAL INFORMATION
REFER TO THE YTT COURSE AS MENTIONED BELOW :

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WE WILL CONTINUE TO UPDATE THESE
GENERAL INFORMATION ACCORDINGLY

¹ Maximum enrolment due to safe distancing is 5 students per intake.



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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.

This YTT Certificate Course guides the students to learn beginners practices Ásana (Yoga Posture) in details, and you will be able to understand the benefits of each and every Ásana on a physical, mental and spiritual level. Warm-ups, Kaośikii the dance of mind expansion, self-massage, 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 ásanas etc.

LIST OF 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

BRIEF DESCRIPTIONS OF THE MODULES TAUGHT IN THE CERTIFICATE COURSE

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. The Yogic lifestyle forged in the past and continue to forge in the present remarkable personalities. Yogis with their brilliant personalities and their model life guide human beings individually and collectively to follow an ideal lifestyle.

Module 2 - Yoga Science

From systematic observations and experiments, Yogis have a deep understanding of the functions of body, mind and soul. Yoga Science study the cakras and their colours, shapes and locations; the psycho-spiritual nádiis, Ida, Piunḡalá and Kuńḡalinií and their effect on the mind and body and soul; the major glands and the relationship with Ásanas, Mudras and Bandhas. We also study different techniques of meditations and its effect on the body, mind and soul.

Module 3 - Yoga Anatomy and Physiology

This module aims to give the student a practical understanding of the workings and interrelation between body and mind.

Anatomy

How the body's physical structure related to yoga practices, etc.

Physiology

How the organs, metabolism, breathing, etc. work in relation to yoga ásanas.



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Module 4 - Yogic Lifestyle and Practices

This module gives the student a deeper understanding and insight into the different practical Yogic Lifestyles. It offers a practical way to become a modern yogi. We study:

Aśtāṅga Yoga - Patañjali

Yama and Niyama
Āsana
Prāñāyāma
Pratyāhāra
Dhāraṇa
Dhyāna
Samādhi

Yogic lifestyle - 16 Points for a Successful Life

Use of Water
Food
Fasting
Human conduct

MODULE 5 - TEACHING METHODOLOGY AND PROFESSIONAL ETHICS

This module trains students to become a good and confident teacher 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 the students better understand this ancient science.

AMIA Part time Yoga Teacher Training Certificate

At AMIA we offer 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 YTT 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 Acarya/as (yoga teachers) and have undergone an ancient discipline of yogic training. The YTT courses also include personal guidance from these Acarya/as.

The Yoga Teacher Training Certificate are taught in classroom style.

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



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

Upon passing the 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 to register for the YTT Diploma Course.

AVERAGE TEACHER - STUDENT RATIO PER COURSE IS 1 TEACHER TO 12 STUDENTS

YTT COURSE ENTRY REQUIREMENT(S)

- 1) Academic Level required: 3GCE "O" Level Passed or equivalent.
- 2) Language Proficiency: Able to Communicate in English
- 3) 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) which is 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 2022-2023 — Lonpac Insurance.

AMIA PREMISES AND FACILITIES

Number of Classrooms: 1

Floor area of classroom: 45 square meters

Maximum Capacity of Classroom: 12 Students + 1 Teacher (Present Time Safe distancing = 5 Students + 1 Teacher)

FACILITIES & PROPS AVAILABLE

Library

Dressing Room

Yoga Mats, blankets, straps and blocks.

REQUIREMENTS FOR GRADUATION

To get the certification of the Certificate Yoga Teacher Training the student has to pass all six modules plus the Yogic Practices.

MINIMUM HOURS ATTENDANCE

The minimum hour's attendance requirement for the YTT is 80% for each module. If the student has less than 80% hours of attendance AMIA reserve the right not to issue the Certifications.

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 OP module projects.

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



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ABBREVIATION	GRADING SYSTEM	
	GRADE	%
DIST	Distinction	90 - 100
A	VERY GOOD	80 - 89
B	CREDIT	70 - 79
C	GOOD PASS	60 - 69
D	PASS	50 - 59
P	Pass Grade	
F	Fail	Below 50
EX	Exempted	
ABS	Absent	

SCHEDULE B
CERTIFICATE COURSE FEES

Certificate Installment Payment Schemes		Total Payable (with GST, if any) (SGD\$)
Non-Refundable Admin Fee	50.00	
Total Course Fees Payable:		2,900.00-
Early bird discount @ 5%		145.00
Balance:		2,755.00-
Add On discount (5%)		138.00
Balance Course Fees Payable:		2,617.00
Maximum 3 instalments		

After interview and upon successful approval, please choose one of the below Installments Scheme.

Certificate Instalment Schedule After 5% + 5% Discount				
Due Date	04 March 2022 ²	04 April 2022	04 May 2022	Total
<input type="checkbox"/> Two Instalments	1,308.50		1,308.50	2,617.00
<input type="checkbox"/> Three Instalments	873	872	872	2,617.00

For more Information please download the info pack

² The first instalment must be done before or on the date of the beginning of the Training and the next payment shall be done on or before the mentioned date above.