yoga seeds

300hr Advanced Teacher Training

FOR YEAR 2021 / 2022

FOR MORE DETAILS, VISIT
WWW.BIT.LY/YOGASEEDS300HRTT

List of Modules

MODULE A (9 – 31 JAN 2021)
YIN YOGA & ANATOMY (50 HOURS)

MODULE B (5 – 13 JUN 2021)
YIN YOGA & THE FIVE ELEMENTS
(50 HOURS)

MODULE C (20 – 28 FEB 2021)
ADAPTIVE & ACCESSIBLE YOGA (50 HOURS)

MODULE D (19 – 27 JUN 2021)
DYNAMIC VINYASA SEQUENCING
(50 HOURS)

MODULE E (23 – 31 OCT 2021)
LANGUAGE OF YOGA TEACHING
(50 HOURS)

MODULE F (2 – 17 OCT 2021)
YOGA PHILOSOPHY &
PATANJALI'S YOGA SUTRAS (50 HOURS)

MODULE G (JAN 2022)
YOGA FOR CHILDREN (50 HOURS)

MODULE H (JAN 2022)
YOGA AND MINDFULNESS MEDITATION
(50 HOURS)

General Information

OVERVIEW

With an intention to streamline practical applications of this ancient art and science of healing for the modern people, Yoga Seeds 300-hour Advanced Teacher Training Program is specially designed for teachers and practitioners who are keen to adopt and implement the principles of yoga with more depth and connection to people of the modern lifestyle, opening the door for them to the host of benefits that yoga has, as a holistic practice and way of life.

FORMAT & MAIN VENUE

Trainings are held in a hybrid-model with a combination of online and in-person learning. The main training venue is at Yoga Seeds Shala (1384 Ang Mo Kio Ave 1, Bishan Park 2, Singapore 569932)

WHO IS IT FOR?

All yoga teachers who have completed 200hr yoga teacher training or equivalent and seeking more advanced study in the areas of yoga philosophy, yoga anatomy, adaptive yoga, sequencing and yoga teaching methodologies. Trainees are required to have a reasonable command of the English language as the training will be conducted in English.

OBJECTIVES OF TRAINING

- To provide a balanced training of both theory and practical application to enhance the proficiency of yoga teachers at an advanced level.
- To enable trainees to help themselves and others develop a more well-rounded and balanced lifestyle through yoga

WHY TRAIN WITH YOGA SEEDS?

- Each 50-hour module is a unique balance of rigorous theory training in a specialized topic and effective practical application to yoga teaching, in a specific style
- Each module is directly led by highly qualified and experienced teacher(s) allowing in-depth exposure and exploration
- Hybrid-model of training allows trainees the flexibility to attend theory sessions from home and still enjoy the hands-on application and in-person discussions with the trainers. Highly suitable for those who cannot dedicate weekdays to learning due to other commitments.

Registration Information

TUITION FEES

Full 300hr Advanced Teacher Training (6 Modules)

Early Bird Fee*	S$6,500
Standard Fee	S$6,800

50hr Advanced Teacher Training (1 Module)

Early Bird Fee*	S$1,125
Standard Fee	S$1,250

*Full payment is required 6 weeks before the start date of first module for early bird rates.

WHAT IS INCLUDED IN THE FEES?

The course fee includes all training sessions, digital resources, manuals and workbooks used in the training and certificate fee. Excludes additional reference books and Yoga Alliance membership subscription.

Trainees who complete all 6 modules of the Advanced Teacher Training within 24 months will be assessed by the lead trainer through an interview, and will be given a 300 Hour Yoga Alliance (US) Accredited Certification.

HOW TO REGISTER

STEP 1

Complete deposit payment of S$500 via PayNow to Company UEN number 201318332GYSS

STEP 2

Complete the Online Registration and Indemnity form via https://bit.ly/yogaseedsttregform

STEP 3

Email the following details to recharge@yogaseeds.com.sg:

1) Date & payment amount
2) First & last name
3) Registered email
4) Mobile number

STEP 4

Make FULL payment accordingly as below:

Early bird fee – 6 weeks prior to training

Standard fee – 2 weeks prior to training

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50-hr Advanced Training

MODULE A
YIN YOGA & ANATOMY

OVERVIEW

An introduction to the fundamental poses in Yin Yoga, this module provides an in-depth understanding of the anatomy and science behind the principles and benefits of Yin Yoga.

WHAT IS COVERED?

1) How to Teach and Modify 20+ Yin Poses
2) Functional Anatomy of the Spine, Hips and Shoulders
3) Skeletal Variations & Pose Archetypes
4) Science of Stretching: Nerves, Fascia, Muscles & Tendons
5) Pain Modulation When Holding Yin Poses
6) Positive Neuroplasticity: Growing Healthy Mental Resources with Mindfulness

COURSE SCHEDULE

UPCOMING INTAKE

9 Jan 2021 – 31 Jan 2021

*Following intake in Nov 2021 (Dates TBC)

IN-PERSON SESSIONS

Saturdays and Sundays

1.30pm to 5.30pm

ONLINE SESSIONS

Recordings of theory lectures will be provided for self-learning

FOR ENQUIRIES, EMAIL RECHARGE@YOGASEEDS.COM.SG OR WHATSAPP/CALL 8322 1251

50-hr Advanced Training

MODULE B

YIN YOGA & THE FIVE ELEMENTS

OVERVIEW

Learn and apply the concepts of the five elements according to traditional Chinese medicine and Daoist (Yin/Yang) philosophy in Yin Yoga.

WHAT IS COVERED?

1) Basics of Traditional Chinese Medicine
2) Five Elements (Water, Fire, Earth, Wood, Metal) Theory
3) Meridian Theory
4) Daoist (Yin/Yang) Philosophy
5) Yin Yoga Sequencing and Application

COURSE SCHEDULE

UPCOMING INTAKE

5 Jun 2021 – 13 Jun 2021

*Following intake in Dec 2021 (Dates TBC)

IN-PERSON SESSIONS

Saturdays and Sundays

10.30am to 5.30pm

ONLINE SESSIONS

Recordings of theory lectures will be provided for self-learning

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50-hr Advanced Training

MODULE C
ADAPTIVE & ACCESSIBLE YOGA

OVERVIEW

Making yoga inclusive and accessible is an important aspect of yoga teaching. This module explores the various ways and methods to safely and effectively adapt yoga practices to serve special populations.

WHAT IS COVERED?

1) Inclusiveness and Diversity in Yoga
2) Adaptive Chair Yoga
3) Teaching Yoga to Seniors
4) Teaching Yoga to Persons of Disabilities
5) Trauma-Sensitive Yoga
6) Yoga and Social justice

COURSE SCHEDULE

UPCOMING INTAKE

20 Feb 2021 – 28 Feb 2021

*Following intake in Feb 2022 (Dates TBC)

IN-PERSON SESSIONS

Saturdays and Sundays

10.30am to 6.30pm

ONLINE SESSIONS

Recordings of theory lectures will be provided for self-learning

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50-hr Advanced Training

MODULE D
DYNAMIC VINYASA SEQUENCING

OVERVIEW

An increasingly popular style of yoga, teaching Vinyasa yoga classes requires the yoga teacher to be creative and confident in the technicalities and safety in the smooth transition from one posture to the next. In this module, we explore the principles behind effective vinyasa sequences that help students unlock their potential when it comes to challenging postures.

WHAT IS COVERED?

1) Fundamentals of Vinyasa-Style Yoga
2) Linking the Breath in Movement
3) Sun Salutations in Its Varied Forms
4) Dynamic Transitions and Sequencing
5) Unravelling the bio-mechanics of complex asanas
6) Thematic Sequencing

COURSE SCHEDULE

UPCOMING INTAKE

19 Jun 2021 – 27 Jun 2021

*Following intake in Dec 2021 (Dates TBC)

IN-PERSON SESSIONS

Saturdays and Sundays

10.30am to 5.30pm

ONLINE SESSIONS

Recordings of theory lectures will be provided for self-learning

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50-hr Advanced Training

MODULE E
LANGUAGE OF YOGA TEACHING

OVERVIEW

A true teacher knows how to teach according to the learning styles of the student. In this module, yoga teachers will explore different teaching techniques. We will cover various aspects of teaching, including different teaching methodologies, classroom management, language and tone of voice, body language, thematic planning of classes, different learner profiles, ethics and professional code for yoga teachers.

WHAT IS COVERED?

1) Teaching Methodologies
2) Different Learner Types
3) Yoga Classroom / Workshop Management
4) Find Your Unique Teaching Voice
5) Effective Cues and Language Use in Teaching
6) Ethics and Professional Code for Yoga Teachers

COURSE SCHEDULE

UPCOMING INTAKE

23 Oct 2021 – 31 Oct 2021

*Following intake in Oct 2022 (Dates TBC)

IN-PERSON SESSIONS

Saturdays and Sundays

10.30am to 5.30pm

ONLINE SESSIONS

Recordings of theory lectures will be provided for self-learning

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50-hr Advanced Training

MODULE F
YOGA PHILOSOPHY & PATANJALI'S YOGA SUTRAS

OVERVIEW

Delve into the rich and fascinating history and philosophy of yoga in this module. We will examine the essence of selected sutras from Patanjali's Yoga Sutras, analyzing and discussing the possible interpretations and their practical applications in life situations. Key Sanskrit terms in the sutras will be learned, along with other important background concepts in Samkhya Philosophy.

WHAT IS COVERED?

1) History and Origins of Yoga
2) Yoga Philosophy's Development and Evolution
3) Patanjali's Yoga Sutras
4) The Worldview of Samkhya Philosophy
5) Useful Sanskrit Terms and Shlokas
6) Application of Yoga Philosophy to Yoga Teaching and Practice

COURSE SCHEDULE

UPCOMING INTAKE

2 Oct 2021 – 17 Oct 2021

*Following intake in Oct 2022 (Dates TBC)

IN-PERSON SESSIONS

Saturdays and Sundays

10.30am to 5.30pm

ONLINE SESSIONS

Recordings of theory lectures will be provided for self-learning

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50-hr Advanced Training

MODULE G
YOGA FOR CHILDREN

OVERVIEW

Teaching yoga to children is all about fun! In this module, we explore different ways to introduce Yoga to the young ones in a fun and lively way, using songs, games and even stories to teach postures and basic breathing techniques.

WHAT IS COVERED?

1) Benefits of Yoga for Children
2) Designing a Yoga Class for Different Age Groups
3) Understanding the Cognitive and Behavioral Development of Children
4) Games, Props, Music and Dance in Yoga for Children
5) Family Yoga

COURSE SCHEDULE

UPCOMING INTAKE
Jan 2022 (Dates TBC)

IN-PERSON SESSIONS
Saturdays and Sundays
10.30am to 5.30pm

ONLINE SESSIONS
Recordings of theory lectures will be provided for self-learning

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50-hr Advanced Training

MODULE H

YOGA & MINDFULNESS MEDITATION

OVERVIEW

Mindfulness is a secular meditation practice that can be incorporated into yoga and complement your yoga practice and teachings. By understanding the principles of mindfulness practice and exploring various techniques and exercises, you will have the basic tools to practice and teach yoga infused with mindfulness methodology and its benefits.

WHAT IS COVERED?

1) Introduction to Mindfulness
2) Principles of Mindfulness practice
3) The Science of Mindfulness
4) 7 Mindfulness Meditation Techniques and Exercises
5) Integrating Mindfulness in Yoga

COURSE SCHEDULE

UPCOMING INTAKE

Jan 2022 (Dates TBC)

IN-PERSON SESSIONS

Saturdays and Sundays
10.30am to 6.30pm

ONLINE SESSIONS

Recordings of theory lectures will be provided for self-learning

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Trainers

LEAD TRAINER & PROGRAM DIRECTOR

WENDY CHAN

E-RYT 500, YACEP (Yoga Alliance, US)

Wendy's background and interest in eastern and western philosophy led her to explore and study the workings of the mind, body and subtle energies of the universe. After exploring the philosophies and meditative practices from several traditions, she found her peace in Zen meditation and yoga, seeking a balanced and complete view of one's practice and spiritual development. This led her to realize her true calling — to teach and share yoga and meditation.

The Founder & Director of Yoga Seeds is also an ambassador for Yoga Gives Back, and organises regular fundraisers and classes for charity. She is deeply committed to giving back to the community through her self-funded non-for-profit organisation, Yoga Circle.

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Trainers

ANATOMY & YIN YOGA TRAINER

BRYAN NG

RYT 500, YACEP (Yoga Alliance, US)

Bryan is an Osteopathic physician who currently runs his own private practice, The PainFree Clinic, at the Novena Medical Center.

After having gone through rigorous yoga teacher trainings with several highly respected and inspirational yoga and meditation teachers, his passion to delve into the study of osteopathic medicine was propelled by his desire to cultivate mental steadiness in his students through the integration of healthy body alignment and breath awareness.

With his practical understanding of functional human anatomy and his vast experience in the treatment and prevention of musculoskeletal pain and injuries, he hopes to ride on his nurturing love for yoga to help people integrate their body and mind.

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