



300hr Advanced Teacher Training

FOR YEAR 2024/2025

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

List of Modules

MODULE A

YIN YOGA & ANATOMY (60 HR)

17, 18, 24, 25, 26, 31 MAY, 1, 2 JUN 2024

MODULE B

YIN YOGA & MERIDIAN THEORY (60 HR)

13, 14, 20, 21, 27, 28 JUL 2024

MODULE C

PRENATAL & POSTNATAL YOGA (60 HR)

3, 4, 10, 11, 17, 18 AUG 2024

MODULE D

DYNAMIC VINYASA SEQUENCING (60 HR)

21, 22, 28, 29 SEP, 5, 6 OCT 2024

MODULE E

YOGA PHILOSOPHY & PATANJALI'S YOGA SUTRAS (60 HR)

12, 13, 19, 20, 26, 27 OCT 2024

MODULE F

YOGA & MINDFULNESS (60 HR)

4, 5, 11, 12, 18, 19 JAN 2025

MODULE G

INCLUSIVITY IN YOGA: ADAPTIVE & ACCESSIBLE APPROACH (60 HR)

8, 9, 15, 16, 22, 23 FEB 2025



General Information

OVERVIEW

The Yoga Seeds 300-hour Advanced Teacher Training Program is specially designed for teachers and practitioners who are keen to adopt and implement various principles of yoga with more depth and connection. The modules offered have the common intention of streamlining both the practical applications of this ancient science of healing and yoga as a holistic practice and way of life, thus opening the modern practitioner to the myriad of possibilities surrounding yoga both on and off the mat.

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 a 200hr yoga teacher training or equivalent and are 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 60-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
- A 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 (5 Modules)

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

60hr Advanced Teacher Training (1 Module)

Early Bird Fee*	S\$1,450
Standard Fee	S\$1,600

*Full payment is required 6 weeks before the start date of first module for early bird rates.
Yoga Seeds 200-hr TT graduates are entitled to 15% discount off Standard Fees.

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.

Upon completion of 5 modules of the Advanced Teacher Training within 24 months, trainees will be assessed by the lead trainer through an interview and will be given a 300-Hour Yoga Alliance (US) Accredited Certification. Combined with existing 200-hr Certification, trainees can register for RYT500 Accreditation with Yoga Alliance (US).

HOW TO REGISTER

STEP 1

Complete 20% deposit payment of total course fees 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



60-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 mind-body 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

17, 18, 24, 25, 26, 31 May, 1, 2 Jun 2024

IN-PERSON SESSIONS

Fridays 7.15pm - 9.45pm

Saturdays 10.30 pm to 6 pm

Sundays 10.30 am to 5.30 pm

ONLINE LEARNING

Digital resources will be provided for homework and self-learning online during weekdays

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



60-hr Advanced Training

MODULE B YIN YOGA & MERIDIAN THEORY

OVERVIEW

Learn and apply the concepts of Qi, the five elements (Water, Fire, Earth, Wood and Metal) and their corresponding Meridian lines according to Traditional Chinese Medicine (TCM) and Daoist (Yin/Yang) philosophy in Yin Yoga.

WHAT IS COVERED?

- 1) Basic framework and holistic approach of Traditional Chinese Medicine (TCM)
- 2) TCM Five Elements (Water, Fire, Earth, Wood, Metal) theory
- 3) Twelve Major Meridian Lines
- 4) Evolution of Yin Yoga from the Daoist (Yin/Yang) Philosophy
- 5) Designing and teaching Yin Yoga sequences with subtle energetic qualities of Qi

COURSE SCHEDULE

UPCOMING INTAKE

13, 14, 20, 21, 27, 28 Jul 2024

IN-PERSON SESSIONS

Saturdays and Sundays

10.30 am to 6.30 pm

ONLINE LEARNING

Digital resources will be provided for homework and self-learning online during weekdays

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60-hr Advanced Training

MODULE C PRENATAL & POSTNATAL YOGA

OVERVIEW

Our specialized Prenatal and Postnatal Yoga module is meticulously crafted to equip yoga teachers with the requisite expertise to guide expectant mothers through a safe and tailored practice before and after childbirth. This course seamlessly integrates conventional yoga principles with specialized techniques designed to address the distinct needs of pregnant and postpartum women.

WHAT IS COVERED?

- 1) Holistic Approach to Prenatal Yoga by modifying asanas, pranayama, and meditation techniques to align with the specific needs of expectant mothers
- 2) Develop sequences that enhance strength, flexibility, and relaxation throughout each trimester
- 3) Comprehensive understanding of the anatomical changes during pregnancy and postpartum
- 4) Postnatal Recovery and Rehabilitation
- 5) Effective Communication and Empathy - Develop skills to address concerns of pregnant and postpartum women, fostering community among participants

COURSE SCHEDULE

UPCOMING INTAKE

3, 4, 10, 11, 17, 18 Aug 2024

IN-PERSON SESSIONS

Saturdays and Sundays
10.30 am to 6.30 pm

ONLINE LEARNING

Digital resources will be provided for homework and self-learning online during weekdays

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60-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 also 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

21, 22, 28, 29 Sep, 5, 6 Oct 2024

IN-PERSON SESSIONS

Saturdays and Sundays
10.30 am to 6.30 pm

ONLINE LEARNING

Digital resources will be provided for homework and self-learning online during weekdays

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60-hr Advanced Training

MODULE E YOGA PHILOSOPHY & PATANJALI'S YOGA SUTRAS

OVERVIEW

Delve into the rich and fascinating history and philosophy of yoga in this module. As we examine the essence of selected sutras from Patanjali's Yoga Sutras, we will analyse and discuss the possible interpretations and their practical applications in real-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

12, 13, 19, 20, 26, 27 Oct 2024

IN-PERSON SESSIONS

Saturdays and Sundays

10.30 am to 6.30 pm

ONLINE LEARNING

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60-hr Advanced Training

MODULE F YOGA & MINDFULNESS

OVERVIEW

Mindfulness, a secular meditation practice, seamlessly integrates with yoga to enhance both personal practice and teaching methodologies. This module explores fundamental mindfulness principles, offering practical techniques while delving into the neuroscience underpinning mindfulness practices. Acquire essential tools for infusing mindfulness techniques into yoga practice, elevating the overall experience with transformative benefits for both practitioners and teachers.

WHAT IS COVERED?

- 1) Introduction to Mindfulness and the MBSR method by Jon Kabat-Zinn
- 2) Principles of Mindfulness practice as the pillars of a practice
- 3) Understanding the Nervous System and the Neuroscience of Mindfulness
- 4) Seven core mindfulness meditation techniques and exercises
- 5) Integrating mindfulness in yoga practice, sequencing and teaching

COURSE SCHEDULE

UPCOMING INTAKE

4, 5, 11, 12, 18, 19 Jan 2025

IN-PERSON SESSIONS

Saturdays and Sundays
10.30 am to 6.30 pm

ONLINE LEARNING

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60-hr Advanced Training

MODULE G INCLUSIVITY IN YOGA: ADAPTIVE & ACCESSIBLE APPROACH

OVERVIEW

Promoting inclusivity and accessibility in yoga instruction is a fundamental pillar of this module. Delve into a comprehensive exploration of diverse methods aimed at skillfully and safely adapting yoga practices to cater specifically to special populations. Gain insights into the techniques and approaches that enhance the effectiveness of yoga for individuals with unique needs.

WHAT IS COVERED?

- 1) Yoga for All: Inclusivity and Diversity in yoga
- 2) Adaptive Yoga with chair, yoga props, wall and bed
- 3) Creating a safe and effective yoga practice for seniors and persons with disabilities
- 4) Fundamentals of Trauma-Sensitive Yoga methodology
- 5) Understanding the connection between Yoga and Social justice
- 6) Yoga as a Service to underprivileged groups

COURSE SCHEDULE

UPCOMING INTAKE

8, 9, 15, 16, 22, 23 Feb 2025

IN-PERSON SESSIONS

Saturdays and Sundays
10.30 am to 6.30 pm

ONLINE 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 peace in Zen meditation and yoga, seeking a balanced and complete view of one's practice and spiritual development. This exploration led her to realise 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 the organisation, Yoga Circle.

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Trainers

YIN, ANATOMY AND YOGA SUTRAS TRAINER BRYAN NG



E-RYT 500 (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 training with several highly respected and inspirational yoga and meditation teachers, his passion for delving into the study of osteopathic medicine was propelled by his desire to cultivate mental steadiness in his students through the integration of a 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 bodies and mind.

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Trainers

TRAINER JOANNE ANG



E-RYT 500 (Yoga Alliance, US)

Joanne started her yoga practice as a form of workout to boost her immune system as she was leading a relatively sedentary lifestyle. Having dance as her co-curricular activity throughout her school days and being a biology teacher in her early career, she naturally grew attracted to yoga.

She saw a significant improvement in her health and state of mind through consistent practice, and yoga became more than just a workout - it became part of her lifestyle. With a healthier body, mind and soul, she has all the energy she needs to do the things she loves - travel, teach, cook, and do yoga!

When exposed to more profound wisdom about yoga, she was inspired to deepen her practice and took up her first 200-hr yoga teacher training. She believes strongly in enjoying her practice on the mat, which translates into her encouraging demeanour in her classes.

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Trainers

TRAINER MEIYAN CHEONG



E-RYT 500 (Yoga Alliance, US)

Meiyan specialises in both Vinyasa Flow and Yin, and enjoys guiding her students towards finding that beautiful balance between Yin and Yang both on and off the mat.

Meiyan has a passion for sound healing and incorporates this in her teaching and practice in the form of instruments and mantras. Her journey with yoga is rooted in the study of its philosophy, but continues to evolve in her exploration of the bhakti (devotional) path.

Being a graduate from the third batch of teachers from Yoga Seeds, Meiyan has now come full circle as part of the training faculty in the hopes that our future trainees will have as meaningful and authentic an experience as she did.

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