



200 HOURS YOGA TEACHER TRAINING

2024



Overview

EMBARK ON YOUR JOURNEY OF SELF-DISCOVERY AND FIND YOUR INNER VOICE AS A YOGA TEACHER TO SHARE GOOD KNOWLEDGE OF THIS ANCIENT PRACTICE FOR A HEALTHY MIND AND BODY.

LED BY OUR SPECIALIZED, EXPERIENCED AND DEDICATED FACULTY, HELMING VARIOUS TOPICS OF THEIR EXPERTISE, YOU WILL BE ABLE TO DEEPEN PERSONAL PRACTICE, TAKING IT TO A WHOLE NEW LEVEL.

THIS 200HR YOGA ALLIANCE (US) APPROVED TEACHER TRAINING PROGRAM IS HIGHLY RECOMMENDED FOR ALL INDIVIDUALS SEEKING A LIFE-CHANGING EXPERIENCE TO ENHANCE THEIR OWN PHYSICAL AND SPIRITUAL DEVELOPMENT.

Plant the seed of yoga in your life and

allow the practice to transform you.

Curriculum

A) TECHNIQUES, TRAINING AND PRACTICE (TTP)

1. PRANAYAMA TECHNIQUES

Basic techniques of pranayama, including ujayi breathing, nadi shodana, kapalabhati, sitkari, bhastrika, bhramari, khumbaka.

2. INTRODUCTION TO KRIYA

Basic Kriya cleansing techniques including neti, trataka, nauli and kapalabhati.

3. ASANA PRACTICE

Emphasis on the alignment, breathing and flow of the poses. Sanskrit names, techniques, modifications, benefits and contraindications to be fully understood.

4. PUTTING IT ALL TOGETHER

Learning in detail what makes up a complete and balanced yoga session and important concepts of structure and sequencing.

5. MEDITATION

Introduction to meditation technique for beginners and various meditative postures.

6. CULTIVATING SELF-PRACTICE

Assigned sequences as homework and self-practice for students.



B) TEACHING METHODOLOGY (TM)

7. TEACHING ASANA, PRANAYAMA AND KRIYA

Step-by-step approach to teaching asana, pranayama and kriya, including effective demonstration, explanation, benefits, contraindications, practice, feedback, subtle points and modifications.

8. THE ART OF ADJUSTMENTS

Learn the various ways an instructor can offer adjustments with or without props to help a student improve and correct asanas.

9. THE ART OF SEQUENCING

Learn how to plan and design a lesson for specific themes, different types of students and objectives.

10. QUALITIES OF A YOGA TEACHER

Discussion on the role of a teacher, including topics on etiquette, professional behaviour, managing student-teacher relationships etc.

C) ANATOMY & PHYSIOLOGY (AP)

11. PHYSIOLOGICAL SYSTEMS OF THE BODY

Understand the 5 major physiological systems: Nervous system, Endocrine system, Digestive system, Circulatory system, Respiratory system.

12. MUSCULAR AND SKELETAL SYSTEM

Learn about the muscular and skeletal systems of the body including anatomical terms of major muscle groups, bones and joints as well as movement terminology.

13. YOGA ANATOMY

Application of anatomy to yoga practice. Analyse asanas according to the muscles, joints and bones involved and their corresponding movement.

14. YOGA LIFESTYLE AND THERAPY

Application of yoga to improvement of overall health and well-being of an individual. Covers physiological, mental, emotional and spiritual aspects.



D) YOGA PHILOSOPHY / LIFESTYLE ETHICS (YPLE)

15. ORIGIN OF YOGA

Learn about the origin and history of yoga, from the ancient wisdom of the Vedas and the development of yoga in the modern world.

16. INTRODUCTION TO SANSKRIT TERMS

Learn commonly used Sanskrit terms when studying and learning about yoga philosophy.

17. THE YOGA SUTRAS

Learn ancient yogic wisdom from Patanjali's Yoga Sutras and other selected texts.

18. ETHICS OF YOGA

Discussion on ethics of a professional yoga teacher, including issues on teaching etiquette, integrity and business of yoga.

19. PRESENTATION ON CHOSEN TOPIC

Individual research and presentation on a chosen topic (approved by lead trainer) which is related to yoga philosophy and lifestyle ethics.

E) PRACTICUM

20. GROUP AND PARTNER TEACHING

Practice and master the skill of teaching and leading group and one-to-one classes. (Minimum of 20 hours)

Faculty



Wendy Chan

YOGA SEEDS FOUNDER, LEAD TRAINER & PROGRAM DIRECTOR
E-RYT 500, YACEP, B.A. (HONS) PHILOSOPHY

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. This led her to realize her true calling: to teach and share yoga and meditation. Having diverse trainings in yoga and meditation in different traditions, Wendy seeks a balanced and complete view of one's practice and spiritual development.

Founder and director of Yoga Seeds, Wendy hosts yoga retreats, trainings and workshops in locations all over Asia. When she's not travelling, she's back home in Singapore, teaching in various settings, including corporate yoga classes, yoga for children, private yoga sessions and regular studio sessions. In fact, she teaches anywhere that she can unroll her mat! As an ambassador for Yoga Gives Back, she organizes regular fundraisers and classes for charity and is deeply committed to giving back to the community. Her style of yoga is a unique blend of Classical, Vinyasa and Yin Yoga, with emphasis on the breath in both movement and stillness.

Certifications

- B.A. (Hons) Philosophy (NUS)
- Diploma in TESOL (LTTC)
- E-RYT500 (Yoga Alliance, US)
- Yin Yoga, Anatomy and theory with Paul Grilley
- Yoga Instructor Training Certificate, Institute of Vivekenanda Yoga and Research Development, India
- Advanced Yoga Teacher Training (Chinese Medicine and Myofascial Release) with Tiffany Cruikshank
- Rainbow Kids Yoga Teacher Training



Dr Bryan Ng

CLINIC DIRECTOR & OSTEOPATH AT THE PAINFREE CLINIC (NOVENA MEDICAL CENTRE)
BACHELOR OF SCIENCE (CLINICAL SCIENCE), MASTER OF HEALTH SCIENCE
(OSTEOPATHY), E-RYT 500

Bryan is an Osteopathic physician who currently runs his own private practice, The PainFree Clinic, at the Novena Medical Center. (<https://www.thepainfreeclinic.com.sg/>)

On top of his vast experience in the treatment and prevention of musculoskeletal pain and injuries, he is also a certified yoga instructor after having gone through rigorous yoga teacher trainings with several highly respected yoga and meditation teachers, who strongly inspired him on his yoga journey.

His passion to delve into the study of osteopathic medicine, after completing his first two yoga teacher training programs, was in fact 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 the human anatomy and movement, combined with his nurturing love for yoga, he hopes to ride on this lifetime interest to help people integrate their body and mind.

Certifications

- Bachelor of Science (Clinical Science), Master of Health Science (Osteopathy)
- Diploma in Teaching the Science & Art of Yoga by the Svastha Yoga & Ayurveda Organisation under A.G. Mohan
- E-RYT 500HR (Yoga Alliance)
- Insight Yoga Teacher Training with Sarah Powers
- Yin Yoga Teacher Training with Chris Su
- Teacher Development Program (Vinyasa Flow) with Jason Crandell
- Yoga Instructor's Certificate Course by Swami Vivekananda Yoga Research Foundation, Singapore
- Ashtanga Yoga Retreat with Richard Freeman



Joanne Ang

E-RYT 200

Joanne started her yoga practice only as a form of workout to boost her immune system as she was leading a rather 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.

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

When she was exposed to deeper wisdoms about yoga, she was inspired to deepen her own practice and took up her first 200-hr yoga teacher training. She has enjoyed teaching and sharing the benefits of yoga ever since her graduation. As a student, she believes strongly in enjoying her practice on the mat, and this translates into her encouraging demeanour in her classes.

Certifications

- E-RYT 200 (Yoga Alliance, US)
- Teacher Training with Tirisula Singapore
- Vinyasa Yoga Training with Tan Hee Boon, Pure Singapore
- Yoga Anatomy & Myofascial Release Workshop with Dr Bryan Lau
- Art of Adjustments Workshop with Vari Morales
- Yin Yoga Immersion with Chris Su
- Intensive Iyengar Yoga 10-day Retreat Rishikesh, Diwan Singh Bisht

Testimonials



"Best decision I have ever made in my life. My awareness in everyday life to practicing yoga has completely changed. The teachers were supportive and informative, willing to share and used their own bodies and knowledge to impart as much as they can. More so, I have found myself a yogic family, and made life long friendships! Thank you yoga seeds and thank you Wendy and team!"

Anu Parasulaman, 30
Research Manager



"My learning journey with Yoga Seeds has been a very fulfilling one. 8 weeks journey has change my mindset and brought me confidence. I'm even more open-minded to practice and share with others. So here I am, now able to lead my own classes with positiveness. It's definitely a new beginning and I'm deeply grateful to be part of this journey. My sincere gratitude with God as my faith and to Yoga Seeds who have made it possible. Thank you."

Noraini Idros, 47
Shop Owner

"Wendy is the best teacher anyone can ask for. She genuinely teaches from her heart and you can feel that she really wants to spread the knowledge that she has. If you want to attend a Yoga Teacher Training course, definitely learn from Yoga Seeds."

Catherine Quah, 34
IT Manager

"A life-changing journey. The course is a beautiful marrying of knowledge and practice, love and devotion from both trainer and trainee. A special place to re-discover the self and push boundaries!"

Dr Ivan Lin, 34
Doctor



"I am very blessed that I chose the right organization for my 200hr Yoga Teacher Training. The trainer, Wendy Chan is so dedicated and humble to share yoga knowledge. I learnt more yoga information from guest speakers as well in each module. I received a lot more than I expected. Well done Yoga Seeds."

Melody Tan, 38
Home-maker

For more reviews, visit <http://www.facebook.com/YogaSeeds/reviews>

Prerequisites

1. Trainees should have a reasonably good command of written and spoken English
2. Regular practice of yoga for at least 3 – 6 months is recommended. (Beginners to yoga are welcome to join the course, but be prepared to immerse yourself in a challenging training course)
3. Reasonable good health and physical condition to participate in course activities and asana classes.

Main Training Venue

Yoga Seeds Shala
1384 Ang Mo Kio Ave 1, Bishan Park 2, Singapore 569932

Tuition

S\$3500 (Early Bird ends 6 weeks before training starts)*
S\$4000 (Standard tuition fee)

The fee include course fee, manual & workbook, one-time exam fees and one-time certification fees.
Note: Excludes additional reference books, Yoga Alliance registration fees .

* First 10 paid sign ups are entitled to a FREE 10-class package at Yoga Seeds Shala or a One-month Unlimited online class package.

Registration and Payment

To confirm your booking,

STEP 1: Please make payment by:

1. Bank transfer to UOB Current 3583032663, OR
2. Credit card / PayPal (4% paypal admin charges apply)
3. Transfer to PayNow ID: 201318332GYSS

STEP 2: Please fill up/update our Online Registration and Indemnity form at <http://eepurl.com/bNN96j>

STEP 3: Email recharge@yogaseeds.com.sg the following details:

1. Date, Mode & Amount of Payment
2. First Name, Last Name
3. Registered Email Address for online indemnity form
4. Mobile Number

Say Hi

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