

Weekend



IMPORTANT INFORMATION ABOUT YOGA SEEDS 200HR TEACHER TRAINING

Yoga Seeds 200-hour Teacher Training is a Yoga Alliance (US) approved training program that will provide you with the essential skills and knowledge to embark on your journey of self-discovery and finding your inner voice as a yoga teacher. Led by our specialised, experienced and dedicated faculty, you will be able to take your personal practice to a whole new level. Upon completion of the course, you will receive an internationally recognised Yoga Seeds 200hr Teacher Training Certificate, approved by Yoga Alliance (US).

MODULE 1 YOGA FOUNDATIONS	19 OCTOBER	SATURDAY	10:30 AM – 6:30 PM
	20 OCTOBER	SUNDAY	10:30 AM – 6:30 PM
	25 OCTOBER	FRIDAY	7:15 PM – 9:45 PM
	26 OCTOBER	SATURDAY	10:30 AM – 6:30 PM
	27 OCTOBER	SUNDAY	10:30 AM – 6:30 PM
	1 NOVEMBER (PH)	FRIDAY	7:15 PM – 9:45 PM
MODULE 2 ANATOMY & PHYSIOLOGY	2 NOVEMBER	SATURDAY	10:30 AM – 6:30 PM
	3 NOVEMBER	SUNDAY	10:30 AM – 6:30 PM
	8 NOVEMBER	FRIDAY	7:15 PM – 9:45 PM
	9 NOVEMBER	SATURDAY	10:30 AM – 6:30 PM
	10 NOVEMBER	SUNDAY	10:30 AM – 6:30 PM
MODULE 3 YOGA PHILOSOPHY	15 NOVEMBER	FRIDAY	7:15 PM – 9:45 PM
	16 NOVEMBER	SATURDAY	10:30 AM – 6:30 PM
	17 NOVEMBER	SUNDAY	10:30 AM – 6:30 PM
	22 NOVEMBER	FRIDAY	7:15 PM – 9:45 PM
	23 NOVEMBER	SATURDAY	10:30 AM – 6:30 PM
	24 NOVEMBER	SUNDAY	10:30 AM – 6:30 PM

Weekend

MODULE 4 ART OF TEACHING	29 NOVEMBER	FRIDAY	7:15 PM – 9:45 PM
	30 NOVEMBER	SATURDAY	10:30 AM – 6:30 PM
	1 DECEMBER	SUNDAY	10:30 AM – 6:30 PM
	6 DECEMBER	FRIDAY	7:15 PM – 9:45 PM
PRESENTATIONS & THEORY EXAM	7 DECEMBER	SATURDAY	10:30 AM – 6:30 PM
	8 DECEMBER	SUNDAY	10:30 AM – 6:30 PM
PRACTICAL EXAM & GRADUATION TRIP			

TIMETABLE

SATURDAYS / SUNDAYS (IN SHALA)

- 10:30am – 12:30pm Asana & Pranayama Practice
- 12.30pm – 1.30pm Lunch break
- 1:30pm – 3:00pm Theory class / classroom discussion
- 3:00pm – 5:00pm Asana clinic
- 5:00pm – 6:00pm Practice Teaching
- 6:00pm – 6:30pm Meditation / Yoga Nidra

FRIDAYS (SHALA / ONLINE)

- 7:15pm – 8:30pm Theory class / Teaching Methodology
- 8:30pm – 9:45pm Group Practice



For inquiries, email recharge@yogaseeds.com.sg or WhatsApp 83221251.