



200-HR TEACHER TRAINING



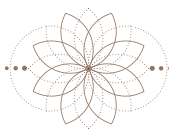
A YOGA ALLIANCE (US) CERTIFIED PROGRAM

Embark on our 200-Hour Yoga Teacher Training Program, ideal for aspiring and dedicated yogis seeking comprehensive growth in yoga to deepen your practice and hone teaching skills.

WWW.YOGASEEDS.COM.SG

2024

DEEPEN YOUR
YOGA PRACTICE
& KNOWLEDGE



OVERVIEW

Empower Your Yoga Journey:
Comprehensive Teacher Training
Program



The 200-Hour Yoga Seeds Teacher Training Program for 2024 is an intensive course designed to deepen both personal and teaching capabilities in yoga. Accredited by the Yoga Alliance (US), it offers participants a comprehensive education in yoga techniques, teaching methodologies, anatomy and physiology, yoga philosophy, and hands-on teaching practice.

2024 SCHEDULE

19 OCT – 8 DEC

Saturdays / Sundays (IN SHALA)

10.30am – Asana and Pranayama
12.30pm – Lunch
1.30pm – Theory & Discussion
3pm – Asana Clinic
5pm – Practice Teaching
6pm – Meditation / Yoga Nidra
6.30pm – Ends

Fridays (SHALA/ONLINE)

7.15pm – Theory / Teaching
Methodology
8.30pm – Group Practice
9.45pm

Weekdays Self-learning (ONLINE)

Estimated 6 hours per week,

Includes:

- Video Lectures to watch
- Homework Assignments
- Self-practice

NOTE:

Lesson as per normal on 1 Nov (PH)

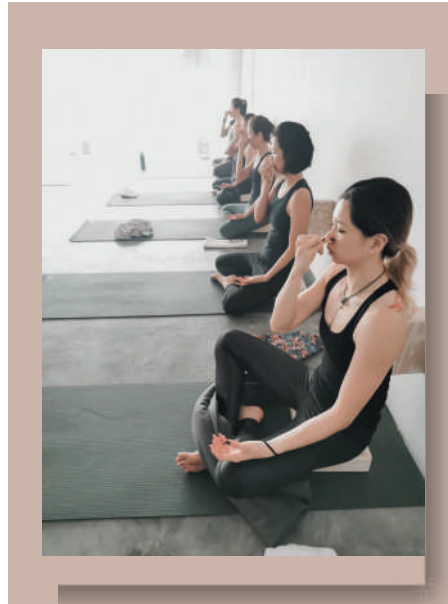
CURRICULUM

01. Techniques Training & Practice (TTP)

- Extensive practice in pranayama, asanas, meditation, and kriyas.
- Focus on understanding the structural and energetic aspects of yoga through detailed alignment, breathing techniques, and sequencing.

02. Teaching Methodology (TM)

- Techniques for teaching asanas, pranayama, and kriyas, including class planning and effective communication.
- Emphasis on the art of adjustments and sequencing tailored to different needs and objectives.



03. Anatomy & Physiology (AP)

- In-depth exploration of major physiological systems, muscular and skeletal structures.
- Application of this anatomical knowledge to improve yoga practice and teaching.

04. Yoga Philosophy/Lifestyle Ethics (YPLE)

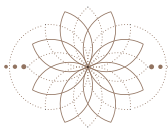
- Study of the origins and evolution of yoga, ethical practices, and the impact on modern living.
- Analysis of Patanjali's Yoga Sutras and other foundational texts.

05. Practicum

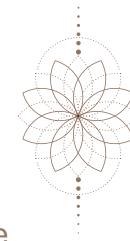
- Practical teaching experience with a minimum of 20 hours in group and one-on-one settings.



MEET THE TRAINERS



WHY YOGA SEEDS?



CONTACT US



Our team of E-RYT 500 certified trainers delivers a comprehensive curriculum in a beautiful shala nestled in nature, boasting an outstanding alumni network and a vibrant community that fosters personal and professional growth.

ENROLMENT

Embark on this life-changing adventure with Yoga Seeds, where you'll discover how to lead and inspire with compassion, share your passion, and enhance lives with mindfulness and skill.



Our 200-Hour Teacher Training Program is led by a team of highly experienced **E-RYT 500** trainers.

Wendy Chan, Founder of Yoga Seeds, leads the team by expertly integrating Eastern and Western philosophies with Zen meditation to enrich your yoga practice. She is supported by **Bryan Ng**, renowned for his deep anatomical knowledge **Joanne Ang**, who combines her strong Ashtanga practice and expertise in biology, and **Meiyan Cheong**, known for her harmonious approach to Vinyasa Flow and Yin.

This expert team creates a nurturing environment, perfect for those looking to deepen their practice or begin a teaching career.



- **Prerequisites:** A passion for yoga and personal growth is essential. Beginners are welcome, but we recommend 3-6 months of regular practice. Proficiency in English is required.
- **Investment:** Early bird pricing at S\$3500; standard tuition is S\$4000, which includes course manual & workbook, one-time certification, and exam fees.
- **Early bird:** Ends on Sep 7.
- **Location:** Yoga Seeds Shala, Singapore.

EMAIL

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WHATSAPP / CALL

(65)8322 1251

ADDRESS

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"The very heart of yoga practice is 'abhyasa' – steady effort in the direction you want to go."

