



WASABI YOGA
YOGA INSTRUCTOR TRAINING COURSE

CERTIFIED BY
**INSTITUTE OF VIVEKANANDA YOGA AND
RESEARCH DEVELOPMENT
GWALIOR (M.P.), INDIA**

WASABI YOGA STUDIO ORCHARD HOTEL, 4TH FL, ORCHARD ROAD, SINGAPORE
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COURSE DESCRIPTION

THIS IS A COURSE THAT TEACHES THE HOLISTIC APPROACH OF YOGA, HOW TO LIVE IT AND TO PREPARE YOURSELF TO BE A SOURCE OF PEACE AND HARMONY, WHICH IS THE NEEDED IN OUR LIVES.

YOU WILL RECEIVE PERSONAL GUIDANCE AND TRAINING FROM ONE OF THE MOST EXPERIENCED TEACHERS FROM INDIA, WHERE WE WILL BE GIVEN INSIGHTS TO GAIN A DEEPER UNDERSTANDING OF YOGA, DISCOVERING THE HUMOUR AND ENLIGHTENMENT THAT IS POSSIBLE THROUGH A YOGA MASTER.

THE COURSE HAS BEEN DESIGNED THROUGH YEARS OF EXPERIENCE AND RESEARCH BY I.V.Y.R.D. UPON COMPLETION OF THIS COURSE, STUDENTS ARE ABLE TO SAFELY TEACH HATHA YOGA OR BE A YOGA EVANGELIST BASED ON THEIR EXPERIENCE AND CONTINUED SELF-PRACTICE.

INSTRUCTIONS FOR PARTICIPANTS

1. ALL THE PARTICIPANTS ARE REQUIRED TO REACH IN TIME FOR ALL THE PROGRAMS.
2. SINCERITY AND REGULARITY ARE PARTS OF YOGA, WHICH HELP TO REAP THE BENEFITS FULLY. HENCE ALL PROGRAMS ARE COMPULSORY. NO ONE IS SUPPOSED TO ABSENT HIMSELF / HERSELF FROM ANY PROGRAMS. IN CASE OF DIFFICULTY PLEASE CONTACT THE COURSE COORDINATOR.
3. AS YOGA BRINGS HARMONY AND ORDER, LET IT MANIFEST EVEN IN SIMPLE THINGS. FOR EXAMPLE, SITTING IN ORDER IN THE CLASS, KEEPING THE SHOES IN ORDER, ETC.
4. ALWAYS HAVE THE FOLLOWING THINGS WITH YOU IN THE CLASS:
 - YOGA TEXTBOOK
 - ONE NOTE BOOK
 - A PEN
5. PLEASE MAINTAIN SILENCE AND HARMONY IN THE VENUE OF THE COURSE.
6. USE OF ALCOHOL, TOBACCO IN ANY FORM, DRUGS ETC IS STRICTLY PROHIBITED.
7. "TIME AND TIDE WAITS FOR NO MAN". SO MAKE BEST UTILIZATION OF YOUR LEISURE. USE IT FOR SVADHYAYA (SELF-STUDY), CONTEMPLATION, ETC.
8. YOUR SUGGESTIONS & FEEDBACK TO HELP US TO IMPROVE THE TEACHER'S COURSE EXPERIENCE.

APPLICATION AND REGISTRATION

COURSE TUITION FEE: S\$2150

A NON-REFUNDABLE REGISTRATION FEE/DEPOSIT OF \$500 IS REQUIRED TO SECURE YOUR PLACE.

FOR MORE INFORMATION, PLEASE CONTACT WASABI YOGA
GWEN +65 97313987
WWW.WASABIYOGA.COM



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COMPLETION OF ALL YITC PROGRAM REQUIREMENTS ENTITLES THE PARTICIPANT TO BE CERTIFIED TO TEACH AS A I.V.Y.R.D. TEACHER.

CERTIFICATION REQUIREMENTS

× **STUDENTS ARE REQUIRED TO COMPLETE 75 HOURS OF CLASSES AND CONDUCT 60 HOURS OF TEACHING TO QUALIFY.**

TECHNIQUES TRAINING/PRACTICE: INCULDES ASANAS, PRANAYAMAS, KRIYAS, CHANTING, MEDITATION AND OTHER TRADITIONAL YOGA TECHNIQUES.

- YOGASANA (BREATHING EXERCISES, LOOSENING EXERCISES, SUN SALUTATION & POSTURES)
- PRANAYAMA (KAPAL BHATI, SECTIONAL BREATHING, NADI SUDDHI, BHASTRIKA, UJJAI, SITALI, SITKARI, SADANTA, BRAMARI, A, U, M & AUM)
- RELAXATION TECHNIQUES (IRT, QRT & DRT)
- MUDRA (CHIN, CHINMAYA, ADI, BRAHMA & NASIKA)
- MEDITATION (CYCLIC MEDITATION)
- CLEANSING TECHNIQUES (JALA NETI, SUTRA NETI & VAMANA DHAUTI)
- TRATAKA (EYE EXERCISES)

TEACHING METHODOLOGY: INCLUDES PRINCIPAL OF DEMONSTRATION, OBSERVATION, ASSISTING/CORRECTING INSTRUCTION, TEACHING STYLES, QUALITY OF A TEACHER, THE STUDENT'S PROCESS OF LEARNING.

ANATOMY & PHYSIOLOGY: INCLUDES BOTH HUMAN PHYSICAL ANATOMY AND PHYSIOLOGY (BODILY SYSTEMS, ORGANS ETC) AND ENERGY ANATOMY AND PHYSIOLOGY (CHARKAS, NADIS, ETC). INCLUDES BOTH THE STUDY OF THE SUBJECT AND APPLICATION OF ITS PRINCIPALS TO YOGA PRACTICE (BENEFITS, CONTRAINDICATIONS, HEALTHY MOVEMENTS PATTERNS ETC).

YOGA PHILOSOPHY/LIFESTYLE & ETHICS FOR YOGA TEACHERS: INCLUDES THE STUDY OF YOGA PHILOSOPHIES, YOGA LIFESTYLE, AND ETHICS FOR YOGA TEACHERS.

- CONCEPT OF YOGA, DEFINITIONS OF YOGA.
- BASIS OF YOGA (JNANA YOGA, HAPPINESS ANALYSIS)
- STREAMS OF YOGA AND UNITY IN DIVERSITY (KARMA YOGA, RAJA YOGA, JNANA YOGA, BHAKTI YOGA, HATHA YOGA, ASHTANGA YOGA ETC.)
- PATANJALI'S YOGA SUTRAS (8 BASIC LIMBS OF YOGA: YAMA, NIYAMA, ASANA, PRANAYAMA, PRATYAHARA, DHARANA, DHYANA & SAMADHI)
- APPLICATIONS OF YOGA:
 - YOGA THERAPY (IAYT)
 - EDUCATIONAL APPLICATIONS
 - STRESS AND YOGA
 - OTHER APPLICATIONS

INTRODUCTION TO AYURVEDA: CONCEPT AND BASIC PRINCIPAL OF AYURVEDA

PRACTICUM: INCLUDES PRACTICE TEACHING, RECEIVING FEEDBACK, OBSERVING OTHERS, TEACHING/HEARING / GIVING FEEDBACK. ALSO ASSISTING STUDENTS WHILE SOMEONE ELSE IS TEACHING.

NON-CONTACT ACTIVITIES

- ASSIGNED OUTSIDE STUDY
- WRITTEN ASSIGNMENTS
- GROUP ACTIVITIES
- TEACHING OUTSIDE CLASSES

TOPICS FOR THE REPORT WRITING

1. NEED OF THE HOUR – YOGA
2. CONCEPTS & DEFINITIONS OF YOGA
3. BASIS OF YOGA
4. STREAMS OF YOGA & UNITY IN DIVERSITY
5. KARMA YOGA
6. JNANA YOGA
7. RAJA YOGA
8. BHAKTI YOGA
9. KUNDALINI YOGA
10. HATHA YOGA
11. TECHNIQUES OF MEDITATION
12. LAYA YOGA
13. PHYSICAL EXERCISES & YOGA
14. PRANAYAMA
15. PANCHA KOSAS
16. INTEGRAL YOGA OF SRI AUROBINDO
17. AWARENESS
18. YOGA & WOMEN
19. PROMOTION OF POSITIVE HEALTH
20. SPIRITUAL DIMENSION OF YOGA
21. EDUCATION & YOGA
22. YOGA AND NATIONALITY
23. YOUTH AND YOGA
24. CREATIVITY
25. ALL ROUND PERSONALITY DEVELOPMENT
26. VOICE CULTURE (SVARA YOGA)
27. SPORTS & YOGA
28. EMOTION CULTURE
29. YOGA FOR WOMEN
30. STAMINA BUILDING
31. DRUG ADDICTION
32. YOGA FOR PROFESSIONALS
33. YOGA AND SCIENCE
34. YOGA FOR CHILDREN
35. YOGA FOR LAWYERS
36. ALCOHOLISM
37. YOGA AND SEX
38. YOGA & TANTRA
39. REHABILITATION OF CRIMINALS
40. YOGA & PSYCHOLOGY
41. YOGA FOR POLITICIANS
42. PARAPSYCHOLOGY & YOGA (QUANTUM PHYSICS & YOGA)
43. TECHNOLOGY AND YOGA
44. AGING & YOGA
45. OBESITY & YOGA
46. YOGA FOR MENTALLY RETARDED

- CHOOSE ANY ONE TOPIC FOR WRITING A REPORT (MINIMUM 10 AND MAXIMUM 25 PAGES).
- ONE COPY IS TO BE SUBMITTED.

EXAMINATION

- SUBMISSION OF 2 REPORTS (TOPIC OF YOUR CHOICE & METHOD OF TEACHING AN ASANA)
- PRACTICAL TEST. STUDENTS WILL BE TESTED ON POSTURES; HE/SHE SHOULD BE ABLE TO DEMONSTRATE AND EXPLAIN THE THEORY BEHIND THE POSTURES.