



DIPLOMA

IN YOGA SCIENCE, PRACTICE & LIFESTYLE

STUDENT INFO PACK

2023

START 29 SEPTEMBER 2023

LAST CONTACT CLASS 27 DECEMBER 2023

THESIS SUBMISSION DATE BY 23 FEBRUARY 2024

2023 INTAKE¹

¹ Maximum enrolment of 12 students per intake



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STUDENTS INFO-PACK



NOTES:



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STUDENTS INFO-PACK



DIPLOMA IN
YOGA SCIENCE, PRACTICE & LIFESTYLE

Namaskar!

Thank you for your interest in ÁMIA Diploma Course in Yoga Science, Practice & Lifestyle.

ÁMIA Courses aims to provide enlightened education in:

Yoga Society
Yogic Treatments
Yoga and Creativity
Classical Yogic Text
Yoga Psychology
Individual Thesis

Students and graduates will then be able to implement the ideals of Yoga into their personal lives and in society.

The course will enable students to lead a physically and mentally healthy lifestyle by:

- ~ Regular yogic practices
- ~ Cultivating a mindset of inner peace and contentment
- ~ Promoting social welfare
- ~ Developing higher consciousness states for self-realization and to serve the universe

Below you can find the information in detail on ÁMIA Diploma Course and guidelines. For any inquiries, please do not hesitate to contact us.

Meanwhile, we wish you all the best!



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STUDENTS INFO-PACK



**SUBJECT SCHEDULE AND CURRICULUM FOR
YOGA TEACHER TRAINING DIPLOMA COURSE**

MODULE 7 YOGA & SOCIETY

Objective

Yoga is so much more than just “bend and stretch.” Traditionally the yogis are responsible persons and contribute to the welfare of society. This module will teach the students to understand the social aspects of Yoga through the study of Neo Humanism (social philosophy), and its practical implementation called PROUT. We will also look at the necessity of Social Service for one’s personal and collective development. The development of society depends on every individual. No individual is to be neglected and this is only possible through collective efforts.

| Module 7 | | YOGA AND SOCIETY | | Conducted by Premamáyananda Conducted by* Liilananda | |
|----------|--------|------------------------|--------------------|---|--|
| Class # | Date | Topic | Time | Hours | |
| 1 | Sat 07 | Neo Humanism I | 07:30am – 04:30pm | 9 | |
| 2 | Sun 08 | Neo Humanism II | 07:30am – 04:30pm | 9 | |
| 3 | Sat 21 | PROUT I* | 07:30am – 04:30pm | 9 | |
| 4 | Sun 22 | PROUT II* | 07:30am – 04:30pm | 9 | |
| | | Weekend Classes | Total Hours | 36 | |

| | | |
|----------------------------------|------------------------|--------------------------------------|
| Group Exam Neo Humanism | Sunday 08 October 2023 | (Account for 50% of the Total score) |
| Releasing of Examination Results | Monday 09 October 2023 | |
| Group Exam PROUT | Sunday 22 October 2023 | (Account for 50% of the Total score) |
| Releasing of Examination Results | Monday 23 October 2023 | |



ÁMIA 2023

YOGA TEACHER TRAINING DIPLOMA

STUDENTS INFO-PACK



MODULE 8 YOGIC TREATMENTS

Objective

This module aims to give theoretical and practical knowledge of Yoga Therapy & Naturopathy and alternative-healing systems.

Module 8 **YOGIC TREATMENTS** **Conducted by Premamáyananda**
Conducted by * Dharmavedananda

| Class # | Date | Topic | Time | Hours |
|------------------------|--------|--|--------------------|-----------|
| 1 | Fri 29 | Introduction to Yogic Treatment | 07:00 – 10:00pm | 3 |
| October | | | | |
| 2 | Mon 02 | The Seven Dhátus & Ayurveda | 07:00 – 10:00pm | 3 |
| 3 | Wed 04 | Dyspepsia (Indigestion) & Constipation | 07:00 – 10:00pm | 3 |
| 4 | Fri 06 | Acidity and Rheumatism | 07:00 – 10:00pm | 3 |
| 5 | Mon 11 | Cancer | 07:00 – 10:00pm | 3 |
| 6 | Wed 13 | Diabetes | 07:00 – 10:00pm | 3 |
| 7 | Fri 15 | Blood Pressure | 07:00 – 10:00pm | 3 |
| 8 | Mon 16 | Three Dośáh / Nine Secrets for a Long Life | 07:00 – 10:00pm | 3 |
| 9 | Wed 18 | Naturopathy* | 07:00 – 10:00pm | 3 |
| 10 | Fri 20 | Female diseases | 07:00 – 10:00pm | 3 |
| 11 | Mon 23 | Summary | 07:00 – 10:00pm | 3 |
| 12 | Wed 25 | Written Exam | 07:00 – 10:00pm | 3 |
| Weekday Classes | | | Total Hours | 36 |

| | | |
|---|----------------------------------|---|
| Written Exam | Wednesday 25 October 2023 | (Account for 40% of the Total score) |
| Home Assignment | Wednesday 25 October 2023 | (Account for 60% of the Total score) |
| Submission of Home Assignment | Friday 24 November 2023 | |
| Releasing of Examination Results | Friday 22 December 2023 | |



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YOGA TEACHER TRAINING DIPLOMA
STUDENTS INFO-PACK



MODULE 9 *YOGA & CREATIVITY*

Objective

Creative expressions add charm and beauty to life. Creativity is a mental process involving the generation of new ideas or concepts or new associations between existing ideas or concepts. These ideas originate from the deeper layer of the mind called Atimánasa Kośa or 'causal mind'. Human desires for mental expansion and realization also originate in this layer of the mind. By engaging oneself in creative expression through arts, music, dance, etc., one's Atimánasa Kośa develops.

| Module 9 | | YOGA AND CREATIVITY | | Conducted by Premamáyananda | |
|------------|----------|------------------------|--------------------|-----------------------------|--|
| Class Date | | | | | |
| # | December | Topic | Time | Hours | |
| 1 | Sat 02 | Art in Dance | 07:30am – 4:30pm | 9 | |
| 2 | Sun 03 | Poetry and Songs | 07:30am – 4:30pm | 9 | |
| 3 | Sat 16 | Drama | 07:30am – 4:30pm | 9 | |
| 4 | Sun 17 | Mandala* | 07:30am – 04:30pm | 9 | |
| | | Weekend Classes | Total Hours | 36 | |

| | | |
|-------------------------|---------------------------|--------------------------------------|
| Exam - Art in dance | Saturday 02 December 2023 | |
| Exam - Poetry and Songs | Sunday 03 December 2023 | (Account for 50% of the Total score) |
| Exam - Drama | Saturday 16 December 2023 | |
| Exam - Mandala | Sunday 17 December 2023 | (Account for 50% of the Total score) |



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YOGA TEACHER TRAINING DIPLOMA
STUDENTS INFO-PACK



MODULE 10 CLASSICAL YOGIC TEXTS

Objective

Study the evolution of Yoga through classical yogic texts from the ancient Rk Veda, Bhagavad Giita, Patañjali Yoga Sutras Aśtāvakra Giita to the Modern Ánanda Sútram.

| Module 10 | | CLASSICAL YOGIC TEXT | | Conducted by Premamáyananda | |
|------------------------|--------|---------------------------------|--------------------|-----------------------------|--|
| Class # | Date | Topic | Time | Hours | |
| 1 | Fri 27 | Shiva Samhitá | 07:00 – 10:00pm | 3 | |
| 2 | Mon 30 | Elementary Philosophy | 07:00 – 10:00pm | 3 | |
| November | | | | | |
| 3 | Wed 01 | Mahabharata | 07:00 – 10:00pm | 3 | |
| 4 | Fri 03 | Bhagavad Giitá 1 | 07:00 – 10:00pm | 3 | |
| 5 | Mon 06 | Bhagavad Giitá 2 | 07:00 – 10:00pm | 3 | |
| 6 | Wed 08 | Aśtāvakra Giita | 07:00 – 10:00pm | 3 | |
| 7 | Fri 10 | Tripitaka - Buddhist scriptures | 07:00 – 10:00pm | 3 | |
| 8 | Wed 15 | Patañjali Sutras | 07:00 – 10:00pm | 3 | |
| 9 | Fri 17 | Hatha Yoga Pradiipiká 1 | 07:00 – 10:00pm | 3 | |
| 10 | Mon 20 | Hatha Yoga Pradiipiká 2 | 07:00 – 10:00pm | 3 | |
| 11 | Wed 22 | Summary | 07:00 – 10:00pm | 3 | |
| 12 | Fri 24 | Written Exam | 07:00 – 10:00pm | 3 | |
| Weekday Classes | | | Total Hours | 36 | |

| | |
|----------------------------------|-------------------------|
| Written Exam | Friday 24 November 2023 |
| Home Assignment | Friday 24 November 2023 |
| Submission of Home Assignment | Friday 22 December 2023 |
| Releasing of Examination Results | Friday 19 January 2024 |

(Account for 40% of the Total score)
(Account for 60% of the Total score)



ÁMIA 2023

YOGA TEACHER TRAINING DIPLOMA

STUDENTS INFO-PACK



MODULE 11 YOGA PSYCHOLOGY

Objective

We study how the biological functions of our body affect our mind, human behavior and psychological expressions. The relationship between glands, hormonal secretions and mental propensities. We explore the possible effect of individual behavior into the society in which we live.

Module 11 Yoga Psychology Conducted by Premamáyananda

| Class # | Date | Topic | Time | Hours |
|------------------------|--------|--|--------------------|-----------|
| 1 | Mon 27 | Food, Cells, Physical and Mental Development | 07:00 – 10:00pm | 3 |
| 2 | Wed 29 | Glands and Sub Glands | 07:00 – 10:00pm | 3 |
| December | | | | |
| 3 | Fri 01 | Extra Cerebral Memory | 07:00 – 10:00pm | 3 |
| 4 | Mon 04 | Bio Psychology 1 | 07:00 – 10:00pm | 3 |
| 5 | Wed 06 | Bio Psychology 2 | 07:00 – 10:00pm | 3 |
| 6 | Fri 08 | Micro Psychic Longing | 07:00 – 10:00pm | 3 |
| 7 | Mon 11 | Mind Grows in Magnitude | 07:00 – 10:00pm | 3 |
| 8 | Wed 13 | Cakras and Hormone Secretion | 07:00 – 10:00pm | 3 |
| 9 | Fri 15 | Meditation: Practice of Pinnacle Order | 07:00 – 10:00pm | 3 |
| 10 | Mon 18 | Plexii and Microvita | 07:00 – 10:00pm | 3 |
| 11 | Wed 20 | Summary | 07:00 – 10:00pm | 3 |
| 12 | Fri 22 | Written Exam | 07:00 – 10:00pm | 3 |
| Weekday Classes | | | Total Hours | 36 |

| | | |
|---|--------------------------------|---|
| Written Exam | Friday 22 December 2023 | (Account for 40% of the Total score) |
| Home Assignment | Friday 22 December 2023 | (Account for 60% of the Total score) |
| Submission of Home Assignment | Monday 22 January 2024 | |
| Releasing of Examination Results | Monday 19 February 2024 | |



ÁMIA 2023

YOGA TEACHER TRAINING DIPLOMA

STUDENTS INFO-PACK



YOGIC PRACTICES EXAM FOR DIPLOMA COURSE

(Ásanas, Kaosikii, Táńdava, Self-Massage, Warmup, Infiniti Yoga, Mudras, and Bandhas)

| | | |
|----------------------------------|------------------------|--------------------------------------|
| Yoga Ásanas and Practices | 27 December 2023 | (Account for 60% of the Total score) |
| Releasing of Examination Results | 28 December 2023 | |
| Written Exam | 27 December 2023 | (Account for 40% of the Total score) |
| Releasing of Examination Results | Monday 22 January 2024 | |

MODULE 12 THESIS

Objective

This module gives the future to be ÁMIA Yoga Teacher the opportunity to share her/his realization over the entire Diploma Course. Each student will choose their own topic for their thesis. This written project may be chosen over a variety of specific aspects of Yoga. It is an Individual project. No classroom teaching is required. Each student will get an individual appointment with the supervisor to discuss the topic of the Thesis he/she intends to write.

MODULE 12 THESIS SUPERVISED BY PREMAMÁYÁNANDA

The Thesis as an Individual Project is considered a non-contact Full module 36 Hours

Deadline for submission of the Thesis 23 February 2024
Releasing of the Final Result of the YTT Course One Month after the Thesis Submission

The Date of the Graduation Ceremony will be selected In Coordination with the Graduates

Diploma Course Total Hours 216 (Only those who finish and pass all modules from ÁMIA Yoga Teacher Training Certificate Level are entitled to get the Diploma Certification)



ÁMIA 2023

YOGA TEACHER TRAINING DIPLOMA

STUDENTS INFO-PACK



YOGIC PEDAGOGY

OBJECTIVE

The course combines classroom teaching, practical training in Yoga practices, personal instruction and guidance, and workshops in various yogic aspects.

Throughout the course, each class is divided into two main sections which integrate both the practical & theoretical yogic aspects.

The first Section is dedicated to the practical aspects of Yoga such as warm-ups, ásanas, mudras, bandhas, kaośikii, and meditation, etc. there will be many sessions of hands-on training whereby each student will take turns to plan and teach a Yoga class. There will be an evaluation of the hands-on at the end of the session.

The second section is dedicated to theoretical classes according to the curriculum subjects. In between, there will be a short break.

- 1) Ásanas²
- 2) Mudras
- 3) Bandhas
- 4) Kaosikii
- 5) Meditation

CERTIFICATION

This full-time course is developed by the Ánanda Marga International Academy of Singapore. It consists of 216 hours of training, classroom-style classes, and an individual Thesis.

The students, upon completing modules 7 to 12, are considered to have completed the Diploma level and will receive a Certificate in Yoga Science, Practice & Lifestyle. Upon successful completion of the course, the student will be certified by the Ánanda Marga International Academy of Singapore, Faculty of Yoga and Intuitional Science.

STUDENT ASSESSMENT

The emphasis is on promoting learning and knowledge acquisition. Each module is assessed based on classroom practice and/or home assignments or class examinations or module projects. The overall assessment is based on the above and the independent project (thesis), if applicable.

Note: To complete/pass the course and get the Diploma, the student has to pass all the required modules, and practical assessment(s) and has to achieve **at least 80% attendance for each module**. If the student has less than 80% attendance, then we reserve the right not to issue the Diploma.

Students must be punctual for class. Please inform the office if you are unable to come or will be late for the lesson.

GRADING SYSTEM

| | |
|-------------|-------------|
| Distinction | (90 – 100%) |
| A grade | (80 – 89%) |
| B grade | (70 – 79%) |
| C grade | (60 – 69%) |
| D grade | (50 – 59%) |
| Fail | (Below 50%) |
| P | Pass grade |
| EX | (exempted) |
| ABS | (Absent) |

² Ásanas, Mudras, Bandhas etc. are selected from the book Carya Carya part 3 by Shrii Shrii Ánandamúrti



ÁMIA 2023

YOGA TEACHER TRAINING DIPLOMA

STUDENTS INFORMATION PACK



REGISTRATION & ADMISSION PROCESS

Step 1 Student Info Pack

Prior to registration, all students must read this Student Information Pack in details.

Step 2 Fill Up and Submit the Registration Form.

You may select Module/s, Certificate, and or Diploma.

You may obtain the Registration Form from our office or download it online:

<https://amiaglobal.sg/enrollment-ytt-cert-dip/>

An **Admin Fee** of **\$50.00 non-refundable** shall be paid when the student submits the Registration Form.

Step 3 Informal Aptitude Interview

Upon application, the student will be called for an informal aptitude interview - this will determine entry into the courses.

Step 4 Student Acceptance Pack

Students who have been successfully accepted into the course (after the interview), will receive a Student Acceptance Pack.

The Student Acceptance Pack will include

- * Acceptance letter.
- * Detailed semester curriculum.
- * Examination/assignment rules and regulations.
- * Dispute resolution methods available, i.e.: appeal and retake policies.

Step 5 Sign the Advisory Note and Contract

In order to complete the registration, the students must complete and duly sign the Advisory Note³ and the contract between ÁMIA and the Student. And thereafter, make course fee payments as per the student's payment plan/schedule.

For a copy of the Advisory Note and Contract please visit:

<https://amiaglobal.sg/enrollment-ytt-cert-dip/>

No registration will be accepted after the commencement of the Course, i.e. 29 September 2023.

³ A requirement under the Private Education regulations (Committee for Private Education).



AMIA 2023

YOGA TEACHER TRAINING DIPLOMA

STUDENTS INFO-PACK



FEE & PAYMENT STRUCTURE

| | | |
|----------------------------|---|-------------------------|
| ADMIN FEE | NON-REFUNDABLE | \$ 50.00 |
| DIPLOMA COURSE | Modules 7 - 12 | \$ 2,680.00 per course. |
| DISCOUNT | All students benefit from a 5% + 5% discount automatically. | |
| ADDITIONAL DISCOUNT | Is applied to students who have attended Yoga Classes offered by Ánanda Márga Yoga Society of Singapore. Terms & Conditions apply. | |
| INDIVIDUAL MODULES | [For Students Undertaking Only Individual Modules] | |
| | Modules 7 - 11 | \$580.00 per module. |
| | Module 12 (Thesis) | \$420.00 |
| | Full payment must be made by one week before the beginning of the module/s. | |
| NO DISCOUNT | For students undertaking only individual modules. | |
| FEE COVERAGE | The Course fee covers the following components: Tuition, Assignment, Project, Thesis Supervision, and Assessment. Examination and Certification. Class Hand Out and downloading files. It <u>excludes</u> re-examination fees and the costs of relevant course materials which are to be purchased during the period of study. | |
| INSURANCE COVERAGE | Our students are covered under the “Industry-Wide Course Fee Protection Insurance Scheme” offered by Lonpac Insurance Bhd (an appointed insurance company by the Committee for Private Education). The IWC is an industry-wide scheme that covers the course fees of students in each Private Education Institute (PEI) in the event of insolvency or regulatory closure of PEI or PEI’s failure to pay the sum awarded by Singapore Courts to the insured student up to a limit of \$2 mil per event. | |



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ANANDA MARGA YOGA ACADEMY



SCAN TO PAY



PAYMENT MODES

Cash at AMIA Center’s authorized staff.

Cheque at AMIA Center’s authorized staff. Cheques are made payable to: ‘Ananda Marga International Academy Pte Ltd’.

Please indicate your name, the course enrolling in, and your contact number on the back side of the cheque.

PayPal to amyogaacademy@gmail.com

PayNow by scanning this SG QR code
UEN Number is 201020812K



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YOGA TEACHER TRAINING DIPLOMA
STUDENTS INFO-PACK



SCHEDULE B
DIPLOMA COURSE FEES

| Fee Breakdown | Total Payable In SGD |
|------------------------------------|-----------------------------|
| Non-Refundable Administration Fee | 50.00 |
| Total Course Fees Payable | 2,680.00 |
| Discount 5% | 134.00 |
| Balance | 2,546.00 |
| Add On discount of 5% | 127.00 |
| Balance Course Fees Payable | 2,419.00 |
| Maximum 3 instalments | |

DIPLOMA INSTALMENT SCHEDULE⁴ AFTER 5% PLUS 5% DISCOUNT

| | Due Date | 29 Sep 2023 | 30 Oct 2023 | 29 Nov 2023 | Total |
|--|-----------------|--------------------|--------------------|--------------------|-----------------|
| <input type="checkbox"/> Two Instalments | | 1209.50 | | 1209.50 | 2,419.00 |
| <input type="checkbox"/> Three Instalments | | 806 | 806 | 807 | 2,419.00 |

SCHEDULE C
MISCELLANEOUS FEE⁵

For this Diploma Course, a few books are recommended for the students to read.

In AMIA Library there are at least two copies of such books such as *Carya Carya Part 3, Yoga Psychology, Yogic Treatments and Natural Remedies, etc.*

AMIA provides free-of-use yoga mats, blocks, straps, and other props for the entire Yoga Teacher Training to all the students. All these Items are not included in the Registration Fee and are property of AMIA.

If the students wish to buy these books and or any props or personalized items may order online at AMIA Website and collect them directly at the school.

1. Each instalment amount shall not exceed the following:

- 12 months' worth of fees for EduTrust certified PEIs*⁴; or
- 6 months' worth of fees for non-EduTrust-certified PEIs with Industry-Wide Course Fee Insurance Scheme (IWC)*⁵; or
- 2 months' worth of fees for non-EduTrust-certified PEIs without IWC*.

* *Delete as appropriate by striking through.*

2. Each instalment after the first shall be collected within one week before the next payment scheduled.

3. Miscellaneous Fees refer to any non-compulsory fees which the students pay only when applicable. Such fees are normally collected by the ÁMIA when the need arises.

4. No registration for the Diploma course will be accepted after 29 September 2023. Registration for Individual modules may be also possible after the commencement of the Diploma course⁶.

⁴ Each instalment after the first shall be collected within one week before the next payment scheduled.

⁵ Miscellaneous Fees refer to any non-compulsory fees which the students pay only when applicable. Such fees are normally collected by the ÁMIA when the need arises.

⁶ Conditions applied.



ÁMIA 2023
YOGA TEACHER TRAINING DIPLOMA
STUDENTS INFO-PACK



SCHEDULE D
REFUND TABLE - WITHDRAWAL POLICIES⁷

| % of [the amount of fees paid under Schedules B and C] | If the Student's written notice of withdrawal is received: |
|---|--|
| [100%] | more than seven [7] days before the Course Commencement Date |
| [100%] excluding the Admin Fee | before, but not more than seven [7] days before the Course Commencement Date |
| [100%] excluding the Admin Fee | If ÁMIA rejects any application before the commencement of the course, on <u>29 September 2023</u> . |
| [0%] | After the Cooling-Off Period of 7 Days Course Commencement Date |
| [100%] excluding the Admin Fee | If a student register only for an individual module and is rejected because AMIA gives priority to another student that registers for the entire course. |
| [0%<>100%] of the last instalment | If a student is compelled to drop the course due to force majeure, the Management Board Members will decide within 7 days on a <u>case-by-case basis</u> whether the last installment fee should be refunded partially or totally. |

Upon successful approval & acceptance of the application (after the interview)

- * A Cooling-Off period of 7 days (from the date of acceptance into the course) is given should the student wishes to withdraw from the course. A written letter/email must be provided. The refund will be paid in full, except for the admin fee.
- * Should the student wish to withdraw from the course after the Cooling-Off period of 7 days, no refund will be paid.
- * Should ÁMIA reject any application before the commencement of the course, 29 September 2023; all payments will be refunded in full, except the admin fee.
- * In the event of space non-availability, ÁMIA reserves the right to reject students who are undertaking only individual modules. In this case, the module fee will be refunded in full, except the admin fee.

For more information or any clarifications regarding payments, kindly get in touch with us.

⁷ We reserve the right to revise the Guidelines/Policies, Rules & Regulations as deemed necessary. The student will be duly informed of any updates.