



ÁMIA 2023
YOGA TEACHER TRAINING CERTIFICATE – 216 HOURS
STUDENTS INFO-PACK



CERTIFICATE

IN YOGA SCIENCE, PRACTICE & LIFESTYLE

STUDENT INFO-PACK

2023



¹ Maximum enrolment is 12 students per intake.



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MY PERSONAL NOTES:



CERTIFICATE IN YOGA SCIENCE, PRACTICE & LIFESTYLE

Namaskára!

Thank you for your interest in this Yoga Teacher Training Certificate Course.

AMIA Certificate Course aims to provide enlightened education in:

- Yoga History
- Yoga Science
- Yoga Anatomy and Physiology
- Yogic Lifestyle
- Teaching Methodology and Professional Ethics
- Yoga Philosophy

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

The YTT Certificate 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 is the information in details on YTT Certificate Course and guidelines. For any enquiries, please do not hesitate to contact us.

Meanwhile, we wish you all the best!



**SUBJECT SCHEDULE AND CURRICULUM FOR
CERTIFICATE IN
YOGA SCIENCE, PRACTICE & LIFESTYLE**

First Class Starts on	Monday 03 July 2023
The last Class Ends on	Monday 25 September 2023
Last Exam Assignment Submission	Monday 23 October 2023

MODULE 1 YOGA HISTORY

Objective

This module aims to have an overview of the history of yoga. This is done partly through studying biographies of famous yogis and yogic lineages and traditions, and partly by studying different famous yogic aphorisms, shlokas, concepts, and definitions from different yogic schools.

MODULE 1		YOGA HISTORY		CONDUCTED BY PREMAMĀYĀNANDA	
Class Date					
#	July			Time	
1	03 Mon	Intro & different definitions of Yoga		7:00 – 10:00pm	
2	05 Wed	Tantra Yoga and Rk Veda		7:00 – 10:00pm	
3	07 Fri	Shiva		7:00 – 10:00pm	
4	10 Mon	Krśńa		7:00 – 10:00pm	
5	12 Wed	Buddha		7:00 – 10:00pm	
6	14 Fri	Aśtāvakra and Rājādhirājā Yoga / Kriyā Yoga lineage		7:00 – 10:00pm	
7	17 Mon	Patañjali and Aśtāṅga Yoga / The Nātha Tradition and Hatha Yoga		7:00 – 10:00pm	
8	19 Wed	Rāmakrśńa & Vivekananda / Krishnamacharya and his disciples		7:00 – 10:00pm	
9	21 Fri	Shrii Shrii Ānandamūrti		7:00 – 10:00pm	
10	24 Mon	Mahāsambhūti		7:00 – 10:00pm	
11	26 Wed	Summary		7:00 – 10:00pm	
12	28 Fri	Written Exam		7:00 – 10:00pm	
Weekday Classes				Total Hours 36	

Written Exam	Friday 28 July 2023	(Account for 40% of the Total score)
Home Assignment	Friday 28 July 2023	(Account for 60% of the Total score)
Submission of Home Assignment by	Monday 28 August 2023	
Releasing of Examination Results by	Friday 22 September 2023	



MODULE 2 YOGA SCIENCE

Objective

From systematic observations and experiments, Yogis have a deep understanding of the functions of the body and mind. In this module, we will study Ásanas, Mudras, and Bandhas. Meditation and the relation between body & mind through understanding Kośa (layers of the mind), Cakra, Práñáh, etc. from a scientific approach.

MODULE 2 YOGA SCIENCE CONDUCTED BY PREMAMÁYÁNANDA

Class Date

#	July	Topic	Time
1	31 Mon	Glands	7:00 – 10:00pm
August			
2	02 Wed	Cakras & Kuñḍalinii	7:00 – 10:00pm
3	04 Fri	Yantra	7:00 – 10:00pm
4	07 Mon	Mantra	7:00 – 10:00pm
5	11 Fri	Kiirtana and Lalitá Mármika	7:00 – 10:00pm
6	14 Mon	Six Lessons of Sahaja Yoga Meditation	7:00 – 10:00pm
7	16 Wed	Kośa, the layers of the mind Part 1	7:00 – 10:00pm
8	18 Fri	Kośa, the layers of the mind Part 2	7:00 – 10:00pm
9	21 Mon	Práñáh, Váyus & Práñendriyáh	7:00 – 10:00pm
10	23 Wed	Meditation for Higher Consciousness “Sádhaná Shivar”	7:00 – 10:00pm
11	25 Fri	Summary	7:00 – 10:00pm
12	28 Mon	Written Exam	7:00 – 10:00pm
Weekday Classes			Total Hours 36

Written Exam

Monday 28 August 2023

(Account for 40% of the Total score)

Home Assignment

Monday 28 August 2023

(Account for 60% of the Total score)

Submission of Home Assignment by

Friday 29 September 2023

Releasing of Examination Results by

Friday 20 October 2023



MODULE 3 YOGA ANATOMY AND PHYSIOLOGY

Objective

This module gives the student a scientific and practical understanding of the workings and interrelations between body and mind.

Anatomy

Explains how the body's physical structure is related to yoga practices.

Physiology

Explain how the organs, metabolism, breathing, etc. are working.

MODULE 3		YOGA ANATOMY AND PHYSIOLOGY		CONDUCTED BY LLOYD	
Class #	Date July	Topic		Time	Hours
1	08 Sat	Yoga Anatomy and Physiology		07:00am – 04:00pm	9
2	09 Sun	Yoga Anatomy and Physiology		07:00am – 04:00pm	9
3	22 Sat	Yoga Anatomy and Physiology		07:00am – 04:00pm	9
4	23 Sun	Yoga Anatomy and Physiology		07:00am – 04:00pm	9
		Weekend Classes		Total Hours	36

Group Exam	Sunday 09 July 2023
Releasing of Examination Results	Monday 09 July 2023
Individual Exam	Sunday 23 July 2023
Releasing of Examination Results	Monday 24 July 2023



MODULE 4 YOGIC LIFESTYLE

Objective

This module gives the student a deeper understanding and insight into the different practical Yogic Lifestyles. It offers a practical way to become a modern yogi.

Aśtāṅga Yoga - Patañjali

Yama and Niyama

Āsana

Prāñāyāma

Pratyāhāra

Dhāraṇā

Dhyāna

Samādhi

Yogic lifestyle - 16 Points for a Successful Life

Use of Water

Food

Fasting

Human conduct

MODULE 4 YOGIC LIFESTYLE AND PRACTICES CONDUCTED BY PREMAMĀYĀNANDA

Class Date

#	August	Topic	Time	Hours
1	05 Sat	Aśtāṅga Yoga	07:00am – 04:00pm	9
2	06 Sun	Aśtāṅga Yoga	07:00am – 04:00pm	9
3	19 Sat	16 Points for A Successful Life	07:00am – 04:00pm	9
4	20 Sun	16 Points for A Successful Life	07:00am – 04:00pm	9
Weekend Classes			Total Hours	36

Group Exam	Sunday 06 August 2023
Releasing of Examination Results	Monday 07 August 2023
Group Exam	Sunday 20 August 2023
Releasing of Examination Results	Monday 21 August 2023



MODULE 5 TEACHING METHODOLOGY AND PROFESSIONAL ETHICS

Objective

This module train students to become good and confident teachers through public speaking exercises. We will also look into the qualities of a teacher and methods to assess their students' needs. Hands-on classroom exercises will be included.

Public Speaking & Yoga Teachers

Teaching styles

Role of demonstration & observation

Faculty of knowledge

Communication process

Personal and professional ethics of yoga instructors

MODULE 5		TEACHING METHODOLOGY & PROFESSIONAL ETHICS	CONDUCTED BY PREMAMĀYĀNANDA	
Class Date				
#	September	Topic	Time	Hours
1	09 Sat	Public Speaking, I	07:00am – 04:00pm	9
2	10 Sun	Public Speaking, II	07:00am – 04:00pm	9
3	23 Sat	Public Speaking, III / Yoga Teachers Part 1	07:00am – 04:00pm	9
4	24 Sun	Yoga Teachers Part 2	07:00am – 04:00pm	9
Weekend Classes			Total Hours	36

Pass Grade by 80% Attendance



MODULE 6 YOGA PHILOSOPHY

Objective

This module gives a broad and deep understanding of Yoga and Tantra philosophy.

MODULE 6 YOGA PHILOSOPHY CONDUCTED BY PREMAMÁYÁNANDA

Class Date

#	August	Topic	Time
1	30 Wed	Ágama and Nigama	7:00 – 10:00pm
September			
2	01 Fri	Vidyá and Avidyá Tantra	7:00 – 10:00pm
3	04 Mon	Viśvarúpa – Cosmic Vision	7:00 – 10:00pm
4	06 Wed	Ánanda Sútram	7:00 – 10:00pm
5	08 Fri	Life, Death and Saṁskaráś	7:00 – 10:00pm
6	11 Mon	Brahma - Nirguṇa, Saguṇa and Táraka Brahma	7:00 – 10:00pm
7	13 Wed	Brahmacakra – The Cycle of the Universe 1*	7:00 – 10:00pm
8	15 Fri	Brahmacakra – The Cycle of the Universe 2*	7:00 – 10:00pm
9	18 Mon	Dharma	7:00 – 10:00pm
10	20 Wed	Samádhi	7:00 – 10:00pm
11	22 Fri	Summary	7:00 – 10:00pm
12	25 Mon	Written Exam	7:00 – 10:00pm
Weekday Classes			Total Hours 36

Written Exam	Monday 25 September 2023	(Account for 40% of the Total score)
Home Assignment	Monday 25 September 2023	(Account for 60% of the Total score)
Submission of Home Assignment by	Monday 23 October 2023	
Releasing of Examination Results by	Monday 20 November 2023	

Yogic Practices Exam for Certificate Course (Ásanas, Kaosikii, Táñdava, Self-Massage, Warmup, Infiniti Yoga, Mudras, and Bandhas)

Yoga Ásanas and Practices Exam	Wed 27 September 2023	(Account for 60% of the Total score)
Releasing Yogic Practices Exam Results	Thu 28 September 2023	
Written Exam	Wed 27 September 2023	(Account for 40% of the Total score)
Releasing of Examination Results by	Fri 27 October 2023	

Certificate Course Total Hours 216



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, kaosikii, 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. It consists of 216 hours of training and classroom time.

The students, upon completing modules 1 to 6, are considered to have completed the Certificate level and will receive a Yoga Teacher Training Certificate in Yoga Science, Practice & Lifestyle. Upon successful completion of the course, the student will be certified by the AMIA, Faculty of Yoga and Intuitional Science. AMIA is sourcing the education system, material, and research from the Ánanda Marga Gurukula

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.

Note: To complete/pass the course and get the Certificate, 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 Certificate.

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



REGISTRATION & ADMISSION PROCESS

Step 1 Student Info Pack

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

Step 2 Fill Up and Submit the Registration Form.

Students 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. 03 July 2023.

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



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FEE & PAYMENT STRUCTURE

<u>ADMIN FEE</u>	NON-REFUNDABLE	\$ 50.00
<u>CERTIFICATE COURSE</u>	Modules 1 - 6	\$ 2,900.00 per course
<u>DISCOUNT</u>	All students benefit from a 5% + 5% discount automatically.	
<u>ADDITIONAL DISCOUNT</u>	Is applied to students who have attended Yoga Classes offered by Ánanda Marga Yoga Society of Singapore. Terms & Conditions apply.	
<u>INDIVIDUAL MODULES</u>	[For Students Undertaking Only Individual Modules]	
	Modules 1 - 6	\$580.00 per module
<u>No DISCOUNT</u>	Full payment must be made by one weeks before the beginning of the module/s. for students undertaking only individual modules.	
<u>FEE COVERAGE</u>	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.	

<u>PAYMENT MODES</u>	<p>Cash at AMIA Center’s authorized staff</p> <p>Cheque at AMIA Center’s authorized staff Cheques are made payable to: ‘Ananda Marga International Academy Pte Ltd’</p> <p>Please indicate your name, the course enrolling In, and your contact number on the back side of the cheque.</p> <p>PayPal to amyogaacademy@gmail.com</p> <p>PayNow by scanning the SG QR code UEN Number is 201020812K</p>
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ANANDA MARGA YOGA ACADEMY



SCAN TO PAY



<u>INSURANCE COVERAGE</u>	<p>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).</p> <p>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.</p>
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SCHEDULE C MISCELLANEOUS FEES

PAYMENT AND WITHDRAWAL POLICIES⁷

- * 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.
- * If a student wishes to withdraw from the course after the Cooling-Off Period of 7 days, no refund will be paid.
- * If AMIA rejects any application before the commencement of the course, 04 March 2023; all payments will be refunded in full, except the admin fee.
- * First priority is given to students who enroll in the Certificate course. In the event of space non-availability, AMIA 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.
- * If a student is compelled to drop the course due to force majeure, the Management Board Members will decide on a case-by-case basis whether the last installment fee should be refunded partially or totally.

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.