



ÁMIA 2024
YOGA TEACHER TRAINING CERTIFICATE – 216 HOURS
STUDENTS INFO-PACK



CERTIFICATE

IN YOGA SCIENCE, PRACTICE & LIFESTYLE

STUDENT INFO-PACK

2024

THE FIRST CLASS STARTS ON MONDAY 19 AUGUST 2024
THE LAST CLASS ENDS ON SATURDAY 26 OCTOBER 2024
THE LAST EXAMINATION IS MONDAY 28 OCTOBER 2024
LAST EXAM ASSIGNMENT SUBMISSION 25 NOVEMBER 2024

2024 INTAKE¹

¹ Maximum enrolment is 12 students per intake.



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MY NOTES:



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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!



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

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			
#	August		Time
1	19 Mon	Intro & different definitions of Yoga	7:00 – 10:00pm
2	21 Wed	Tantra Yoga and Rk Veda	7:00 – 10:00pm
3	23 Fri	Shiva	7:00 – 10:00pm
4	26 Mon	Krśńa	7:00 – 10:00pm
5	28 Wed	Buddha	7:00 – 10:00pm
6	30 Fri	Aśtāvakra and Rājādhirājā Yoga / Kriyā Yoga lineage	7:00 – 10:00pm
September			
7	02 Mon	Patañjali and Aśtāṅga Yoga / The Nātha Tradition and Hatha Yoga	7:00 – 10:00pm
8	04 Wed	Rāmakrśńa & Vivekananda / Krishnamacharya and his disciples	7:00 – 10:00pm
9	06 Fri	Shrii Shrii Ānandamūrti	7:00 – 10:00pm
10	07 Sat	Mahāsambhūti	7:30am – 4:30pm
11	07 Sat	Summary	“ “ “ “
12	07 Sat	Written Exam	“ “ “ “
Weekday Classes and one Saturday			Total Hours 36

Written Exam	Saturday 7 September 2024	(Account for 40% of the Total score)
Home Assignment	Saturday 7 September 2024	(Account for 60% of the Total score)
Submission of Home Assignment by	Monday 7 October 2024	
Releasing of Examination Results by	Monday 22 October 2024	



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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

#	September	Topic	Time
1	09 Mon	Glands	7:00 – 10:00pm
2	11 Wed	Cakras & Kuńđalini	7:00 – 10:00pm
3	13 Fri	Yantra	7:00 – 10:00pm
4	16 Mon	Mantra	7:00 – 10:00pm
5	18 Wed	Kiirtana and Lalitá Mármika	7:00 – 10:00pm
6	20 Fri	Six Lessons of Sahaja Yoga Meditation	7:00 – 10:00pm
7	23 Mon	Kośa, the layers of the mind Part 1	7:00 – 10:00pm
8	25 Wed	Kośa, the layers of the mind Part 2	7:00 – 10:00pm
9	27 Fri	Práñáh, Váyus & Práñendriyáh	7:00 – 10:00pm
10	30 Mon	Meditation for Higher Consciousness “Sádhaná Shvir”	7:00 – 10:00pm
October			
11	02 Wed	Summary	7:00 – 10:00pm
12	04 Fri	Written Exam	7:00 – 10:00pm
Weekday Classes			Total Hours 36

Written Exam	Friday 04 October 2024	(Account for 40% of the Total score)
Home Assignment	Friday 04 October 2024	(Account for 60% of the Total score)
Submission of Home Assignment by	Saturday 26 October 2024	
Releasing of Examination Results by	Friday 08 November 2024	



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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	Topic	Time	Hours	
1	12 Sat	Yoga Anatomy and Physiology	07:00am – 04:00pm	9	
2	13 Sun	Yoga Anatomy and Physiology	07:00am – 04:00pm	9	
3	19 Sat	Yoga Anatomy and Physiology	07:00am – 04:00pm	9	
4	20 Sun	Yoga Anatomy and Physiology	07:00am – 04:00pm	9	
		Weekend Classes	Total Hours	36	

Group Exam	Sunday 13 October 2024
Releasing of Examination Results	Monday 14 October 2024
Individual Exam	Sunday 20 October 2024
Releasing of Examination Results	Monday 21 October 2024



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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

Prāṇāyāma

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 PREMAMÁYÁNANDA	
Class Date					
#	September	Topic	Time	Hours	
1	14 Sat	Aśtāṅga Yoga	07:00am – 04:00pm	9	
2	15 Sun	Aśtāṅga Yoga	07:00am – 04:00pm	9	
3	21 Sat	16 Points for A Successful Life	07:00am – 04:00pm	9	
4	22 Sun	16 Points for A Successful Life	07:00am – 04:00pm	9	
Weekend Classes			Total Hours	36	

Individual Exam	Sunday 15 September 2024
Releasing of Examination Results	Monday 16 September 2024
Individual Exam	Sunday 22 September 2024
Releasing of Examination Results	Monday 23 September 2024



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MODULE 5 TEACHING METHODOLOGY AND PROFESSIONAL ETHICS

Objective

This module guides the 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 PREMAMÁYÁNANDA	
Class #	Date	Topic	Time	Hours	
1	24 Sat	Public Speaking Part 1	07:00am – 04:00pm	9	
2	25 Sun	Public Speaking Part 2	07:00am – 04:00pm	9	
3	31 Sat	Yoga Teachers Part 1	07:00am – 04:00pm	9	
	September				
4	01 Sun	Yoga Teachers Part 2	07:00am – 04:00pm	9	
		Weekend Classes	Total Hours	36	

Pass Grade by 80% Attendance



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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

#	October	Topic	Time
1	07 Mon	Ágama and Nigama	7:00 – 10:00pm
2	09 Wed	Vidyá and Avidyá Tantra	7:00 – 10:00pm
3	11 Fri	Viśvarúpa – Cosmic Vision	7:00 – 10:00pm
4	14 Mon	Ánanda Sútram	7:00 – 10:00pm
5	16 Wed	Life, Death and Saṁskará	7:00 – 10:00pm
6	18 Fri	Brahma - Nirguṅa, Saguṅa and Táraka Brahma	7:00 – 10:00pm
7	21 Mon	Brahmacakra – The Cycle of the Universe 1*	7:00 – 10:00pm
8	23 Wed	Brahmacakra – The Cycle of the Universe 2*	7:00 – 10:00pm
9	25 Fri	Dharma	7:00 – 10:00pm
10	26 Sat	Samádhi	7:30am – 4:30pm
11	26 Sat	Summary	“ “ “ “
12	26 Sat	Written Exam	“ “ “ “

Weekday Classes and one Saturday **Total Hours 36**

Written Exam	Saturday 26 October 2024	(Account for 40% of the Total score)
Home Assignment	Saturday 26 October 2024	(Account for 60% of the Total score)
Submission of Home Assignment by	Monday 25 November 2024	
Releasing of Examination Results by	Monday 09 December 2024	

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

Yoga Ásanas and Practices Exam	Monday 28 October 2024	(Account for 60% of the Total score)
Releasing Yogic Practices Exam Results	Tuesday 15 November 2024	

Certificate Course Total Hours 216



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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. 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



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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. 19 2024.

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.	

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 the SG QR code
UEN Number is 201020812K

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





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SCHEDULE B
CERTIFICATE COURSE FEES
Certificate Installment Payment Schemes Total Payable (with GST, if any) (SGD)

<i>Non-Refundable Admin Fee</i>	50.00
<i>Total Course Fees Payable</i>	2,900.00-
<i>Discount @ 5%</i>	145.00
<i>Balance:</i>	2,755.00-
<i>Add On discount (5%)</i>	138.00
<i>Balance Course Fees Payable</i>	2,617.00
Maximum 3 instalments	

After the interview and upon successful approval, please choose one of the below Installments Scheme

Certificate installment⁴ schedule after 5% + 5% discount				
Due Date	15 Jul 2024 ⁵	15 Aug 2024	30 Sep 2024	Total
<input type="checkbox"/> Two Instalments	1,308.50		1,308.50	2,617.00
<input type="checkbox"/> Three Instalments	873	872	872	2,617.00

TO BE FILLED BY AMIA PERSONNEL⁶ WHO RECEIVES THE PAYMENT

	Date	Amount Paid	Receipt #	Balance	Prepared by
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<i>Non-Refundable Admin Fee</i>		50.00			
1 st Payment					
2 nd Payment					
3 rd Payment					

⁴ 1. Each instalment amount shall not exceed the following:
 12 months' worth of fees for EduTrust certified PEIs*; or
 6 months' worth of fees for non-EduTrust-certified PEIs with Industry-Wide Course Fee Insurance Scheme (IWC)*; or
 2 months' worth of fees for non-EduTrust-certified PEIs without IWC*.

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 AMIA when the need arises.

⁵ The first instalment must be done before or on the date of the beginning of the Training and the next payment shall be done on or before the mentioned date above.

⁶ Delete as appropriate by striking through.



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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, 19 August 2024; 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.