

YOGA INSTRUCTOR CERTIFICATE COURSE (YICC)
from the Pioneer Yoga University [Swami Vivekananda Yoga Anusandhana
Samsthana (sVYASA), Bangalore, India]

A Certificate Programme by sVYASA

| 2010 | MON | TUES | WED | THURS | FRI | SAT | SUN |
|---|-----|------|-----|-------|-----|-----|-----|
| WEEKEND BATCH 28 th August – 2 nd October 10AM – 5PM | | | | | | √ | √ |
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| WEEKDAY BATCH 6 th September – 1 st October 9AM – 1PM | √ | √ | √ | √ | √ | | |
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| EVENING BATCH 18 th October – 1 st December 7PM – 9.30PM | √ | √ | | √ | √ | | |

WHAT IS YICC?

A certificate program designed by Swami Vivekananda Yoga Anusandhana Samsthana (sVYASA), a Pioneer Yoga University whose work has a presence in 20 countries worldwide, with collaborative research projects in the U.S.A and U.K.

In YICC, one will be systematically trained to learn the techniques of Yoga and teaching techniques as well. This course integrates the various aspects of Yoga-Asanas (postures), Pranayama (breathing techniques), Kriyas (cleansing techniques), the essence of yogic literature and philosophy into a holistic composite, thus enabling the student/participant to understand and impart the knowledge of Yoga in its entirety. It is a truly insightful and empowering course designed not only to impart techniques of teaching Yoga but also to facilitate the learner to begin his/her own journey of self-awareness and development.

REGISTRATION DETAILS

Course Fees: S\$2500/-

All classes will be conducted at

OM VEDIC HERITAGE CENTRE

(opp Singapore Civil Service Club, 4 mins walk from Farrer Park MRT, Exit B)

43 TESSEN SOHN ROAD

SINGAPORE 217 661

We limit the class size to facilitate personalized attention, therefore it is strongly recommended to register as early as possible.

Contact Details **8186 6464 (Manoj) or 93859520 (Shailu)**

Email manojthakoor@svyasa.com or omvedicheritage@gmail.com

Website www.omvedicheritage.com.sg ; www.svyasa.org

STRUCTURE OF YICC

Based on more than 35 years of in-depth study in the field of Yoga by sVYASA. Research behind YICC largely follows the direction given by Swami Vivekananda, who pronounced that we need to combine the best of the West (modern scientific research) with the best of the East (yoga and spiritual lore) to bring a grand harmony and peace on earth.

The objective of conducting this program, through-out the world, is to bring the holistic vision of yoga and spiritual lore as a way of life dominated by health & strength, peace and efficiency, harmony and growth; to solve the problems of the modern society and to build ideal social orders.

YICC SYLLABUS

YICC consists of following parts:

Part 1 - THEORY

- Yoga - Need of the hour, Yoga concept and definitions
- Basis of Yoga
- Streams of Yoga and Unity in Diversity
- Theory of Yogic Practices, Asanas, Pranayama, Kriyas, and Meditation
- Application of Yoga
- Introduction to Yoga Therapy
- Educational Applications
- Stress and Yoga
- Yoga and Diet
- Teaching Techniques and Introduction to Research

Part 2 - YOGA PRACTICES

- Breathing Practices
- Joints Loosening
- Loosening Practices
- Yogasanas - basic set
- Pranayama
- Cyclic Meditation
- Kriyas
- Mudras and Bandhas
- Teaching Techniques

Part 3 - FIELD PRACTICE: 120 HOURS TEACHING PRACTICE

Each student has to complete 120 hours of teaching yoga under the guidance of our yoga instructor. This can be completed within one month to two years, depending on the dedication and time commitment of the student.

At our Singapore branch, we run two daily Yoga classes at our yoga centre. Here students can come and complete his/her hours. There are no charges for this.

There is also an alternative way to complete the 120 hours teaching.

Many of our former students are taking classes in Community Centres, Sports Complexes, Singapore Sports Council and other centres. New students can become an assistant teacher with them and complete their 120 hours.

Upon completing the 120 hours, the student will be rewarded with his/her certificate, acknowledged by the Vice chancellor of sVYASA. This certificate is valid in Singapore and all other countries and is certified sVYASA, Bangalore, India. Being one of the oldest Yoga certification course in Singapore, this certificate is also recognised in all yoga centres and centres of teaching in Singapore.

Part 4 - FIELD REPORT on any suitable yoga subject

BENEFITS OF BECOMING A CERTIFIED INSTRUCTOR

- Learn the science of Yoga from one of the best in the world!
- Greater self-awareness and consciousness
- Ability to synergize one's mind, body and soul
- Holistic understanding of the philosophy of Yoga
- Learning tools for holistic living
- Stress Management, prevention of stress related ailments
- Improved memory, creativity & calmness thro Pranayama (breathing techniques) & Dhyana (meditation)
- Empowering you with a career in yoga in order to serve society