

YTT FREQUENTLY ASKED QUESTIONS

Date & Time of Program

Dates:

Our Yoga Teacher Training Program offers Full-Time and Part-Time durations.

The Full-Time Program will take place on Weekdays from 1st April - 26th April 2019.

The Part-Time Program will take place on Weekends from 6th April - 9th June 2019.

Timings:

(8am to 4pm)

Lunch time: 11am to 12pm

Cost of Program

Full-Time Program Fee:

\$3,200 / \$2,800 (Early Bird, ending 28th February 2019)

Part-Time Program Fee:

\$3,600 / \$3,200 (Early Bird, ending 28th February 2019)

Fees are inclusive of program manual fees and exam fees.

Prerequisites

No prerequisites are required to take part.

However, if the participant would like to get a feel of what to expect, we advise going for a few classes before the start of the program.

If you are interested in doing so, drop us a line at hello@theyoco.com and we will assist you with the process!

Attendance Requirement

Candidates need to be present for 80% of the program in order to receive certification.

If some classes are missed, you can seek help from fellow candidates or any of the three instructors - we are happy to help!

Program Outline

Practical and Teaching	Yoga Philosophy	Anatomy and Physiology
More than 200 asanas (yoga postures)	Sanskrit terms and pronunciation	Nutrition in reference to Yoga and Modern theory
Kriyas (cleansing)	Mantras	Digestive System and Yoga
Pranayama (breathing) practice	8 Limbs of Yoga	Respiratory System
Mudras	4 paths of Yoga	Cardiovascular System
Meditation techniques	History of Yoga Development and Evolution	Muscular System
Bandhas	Philosophy of yoga related to Yoga Sutras, Bhagavad Gita and Upanishads	Skeletal System
Body and asana alignments		
Yoga Nidra		Endocrine System
How to teach a beginners, intermediate and multi-level yoga class	Chakras	Planes of movement
Giving instructional cues, how to do asana adjustments for students	Kundalini and Nadi	Movement terminology
Teaching methodology, asana alignments, using of props, instructions for pranayama,	3 Gunas: Sattvic, Rajasia, Tamasic	Application of anatomy knowledge in our Yoga practice and teaching
Guided instructions and techniques for the practice sequence		
Conditioning and systematic development of strength, stamina, flexibility		

1. Instructors

There will be 3 instructors leading this YTT Program:
Maylis Cao leading Asana Practice & Teaching Techniques

Rashi Nahata leading Yoga Philosophy & Sanskrit
Hernawahty Mohari leading Asana Practice & Yoga Anatomy

Their profiles can be found on our website, respectively:

www.theyoco.com/teamyoco/maylis

www.theyoco.com/teamyoco/rashi

www.theyoco.com/teamyoco/herna

Assessment

At the end of the program, you will be assessed on your completion of the theory and physical portions of the program.

Certification will be awarded to candidates who have completed the program and met 80% of the attendance requirement.

Certification - Yoga Alliance

Our Yoga Teacher Training 2019 is accredited by the international standard for Yoga Teacher Training, Yoga Alliance.

This ensures our YTT Program graduates will be able to take their teaching to an International level upon certification and spread the practice.

Refund Policy

Our refund policy is fixed as follows:

1 month before program commence date - 50% Refund

2 weeks before program commence date - 25% Refund

1 week before program commence date - No Refund

Job Opportunities

Graduates displaying outstanding potential may be invited to teach part-time / full-time at The Yoga Co. upon certification.

Later Batch

We are in talks for a later batch this year. The details on that will be announced closer to the dates!

SkillsFuture Credit

This program is not under the SkillFuture Program.