



Singapore: Svastha Yoga Teacher Training Format

Comprehensive program on achieving personal well-being through yoga and Ayurveda, as well as teacher training (registered at the 200-hour level with Yoga Alliance). This program will offer you a sound foundation in traditional yoga from Patanjali to Krishnamacharya, combined with science and modern developments.

PROGRAM STRUCTURE

The training will be delivered part-time over 7 months and will offer flexibility to accommodate work and other personal commitments, and to give time for practice and absorption.

Monthly Seminars

Intensive training sessions over weekends will provide opportunities for gaining knowledge in all relevant areas, and for group practice and group discussion.

Private Classes

Private classes with a course teacher will help refine your personal practice. Personal attention and guidance will be given in group classes as well.

Group Classes

Group classes will demonstrate appropriate teaching methods and provide opportunities for supervised practice.

Personal Practice

Regular personal practice will help deepen the experience of the teachings, on the mat and in daily life.

Self-Assessment and Journal

Personal awareness and reflection is documented as a record of personal growth in a journal. These skills will help to integrate course-based and experiential learning.

Home Study

Take-home exercises and reading will encourage participants to reflect on and apply what they have learned.

DATES

The course for 2019-20 will commence in early October and registrations are now open.

CONTACT AND REGISTRATION

Please email nitya@svastha.net for more information. Admittance to the program is only after a personal interview.