



**Real Yoga Singapore and Kaivalyadhama Yoga Institute Lonavla  
Pune India**

**Proud To Present The Most Prestigious  
200-hour Yoga Teacher's Training Course  
in Singapore**

**Introduction**

This is a 200-hours YTTC certificate program offered by Real Yoga Singapore. The program is collaborated with Kaivalyadhama Yoga Institute Lonavla Pune, one of the most well-known yoga institute in India. The course syllabus has been endorsed by the Ministry of Education, Government of India.



**Course Director: Saumik Bera**

**Requirement**

**At least 6 months of regular yoga practice**

**Syllabus**

**Module 1 - Foundations of Yoga Practice**

**Learn and practice many aspects of Yoga, including asana, pranayama, meditation, mudra, bandha, mantra and kriya**

**Module 2 - Theory - Asana, Philosophy, Anatomy, Sanskrit and Teaching Methodology**

**Module 3- Practical Training - Teaching techniques and methodology, sequencing, alignment and adjustment**

**Theory and Practical Test**

**Field Practice (within 3 months)**

## **Teaching Faculty**



**Master Saumik Bera (Course Director)**

- \* Started learning yoga at age of 5**
- \* Won many national and international championships**
- \* Consecutive 3 years world yoga champion in artistic yoga category**
- \* Awarded the best Asian Artistic Yoga Teacher in 2007**
- \* Conducted many workshops in Singapore, India, Hong Kong, Indonesia**
  - \* Creator of yoga class "Yoga for Body Opening"**
- \* Chief advisor to major events "Yogamania 2009" and "Yoga by the Sea"**



**Bisu**

- \* Comes from Kolkata, India
- \* Started practicing yoga at the age of 14
- \* Holds master degree in Yoga Science and Therapy
- \* Worked in many places as yoga therapist and advisor
- \* Specializes in therapy, basic and intermediate asana teaching and meditation classes



Shiva

- \* Began his yogic journey in India at the tender age of 3
- \* Holds Diplomas in Naturopathy and a Master degree in Yogic Science
- \* National Yoga Champion in India for 17 consecutive years
- \* World Champion of Bishnu Gosh World Yoga Championship 2009

## Schedule

Starting 1st October 2010 and ending 28th November 2010  
Every Friday, Saturday and Sunday

Friday - 6.30pm to 10.30pm  
Saturday & Sunday - 9.00am to 8.00pm

## Location

Real Yoga Centre @ 176 Orchard Road #06-06/07 The Centrepoint Singapore 238843

## Course Fee

Early-Bird Price (by 31st August 2010) : \$3,600  
Normal Price : \$4,200

With Job Guarantee  
Early-Bird Price (by 31st August 2010) : \$5,500  
Normal Price : \$7,000

Distance Course  
Early-Bird Price : \$1,600  
Normal Price : \$2,000

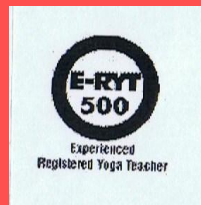
## Registration

Limited space only. Register as early as possible.

Register early to enjoy early-bird price by 31st August 2010.

Complete the attached **registration form** and submit it with 2 recent passport size photos and the course fee as detailed on the form.

Registration close on 20th September 2010



For details, please call 65-67342853 or email

[contactus@realyoga.com.sg](mailto:contactus@realyoga.com.sg)

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