

## 200 HOURS YOGA TEACHERS TRAINING COURSE

A 200-hours comprehensive Yoga teacher training certification course offered by Real Yoga and is registered and qualified with Yoga Alliance USA certification standards. This is a course for transformation, as well as developing a vast knowledge and skills in traditional and yet modern Yoga philosophy and practices. The course shall guide the students on basic application and understanding of the Hatha Yoga principles and practice, and guiding the students the methodology in Yoga teachings. The full course is conducted by Real Yoga's master teacher Saumik Bera. Upon successful completion of the course students will be certified by Real Yoga as Yoga teacher

### Course Syllabus

#### Part 1 | 150 hours

- Practical learning and teaching in Pranayama, Bandha, Kriya and Asana.
- Teaching Methodology and Sequencing.
- Sanskrit learning.
- Philosophy.
- Adjustment and Alignment; learning and hands-on training on adjusting the students and aligning the body positioning of different body types in various Yoga asanas covered in this course.
- Human Anatomy & Physiology - understand the human body anatomy, how different body types and structures of the body can affects in the Yoga practice, students will be given a vast knowledge of the human anatomy for each and every Yoga asana covered in this course.  
(Practical and theory examination will be held on the last day of the course)

#### Part 2 | 50 hours

- Practical training; students will be given upto 50 hours training hours of class teaching at Real Yoga studios (option of conducting or teaching own group Yoga classes is acceptable), within a period of 6 months after completing Part 1 of the course.

\* Students are required to submit a final teaching report within the 3 months after completing Part 2 of the course

### Who Should Attend?

- For regular Yoga practitioners who want to deepen their knowledge in their personal practice and learn new skills
- For regular Yoga practitioners who want to teach Yoga or become a Yoga teacher
- For existing Yoga teachers who want to upgrade their knowledge and teaching skills

### Pre-requisite

Minimum 6 months of regular practice.

## 300 HOURS ADVANCE YOGA TEACHERS TRAINING COURSE

### Modules

1. 50 hours Basic Functional Anatomy Training Course (please refer to [link] for more details)
2. 50 hours Yoga Therapy Course (please refer to [link] for more details)
3. 150 hours Advance Teaching Methodology (The Art of Teaching)
4. 50 hours Teaching Hours

Participants can register the above modules as single course or all 4 modules. Only those who have completed all 4 modules will receive the 300 hours YTC certificate. For those who are only doing single module only certificate for those modules will be given.  
Upon completion of module 1, 2 and 3, students will be required to complete 50 hours of training hours, of which minimum 10 hours each must be on modules 1 and 2.

### Who Should Attend?

Suitable for Yoga teachers or regular practitioners who have completed the 200 hours Yoga teaching training certificate and are looking for more advanced learning to upgrade their teaching skill and learning experience.

### Pre-requisite

Completion of 200 hours YTC certificate

## FOR MORE INFORMATION,



realyoga\_academy



realyoga\_academy



[www.realyoga.com.sg/academy/](http://www.realyoga.com.sg/academy/)



[ryacademy@realYoga.com.sg](mailto:ryacademy@realYoga.com.sg)



**Be inspired for your  
yoga practice**

## 20 HOURS INTRODUCTION TO YOGA

This is a 20 hours introduction to Yoga therapy course, which will focus on understanding the traditional Indian yogic ways to cure and maintain a good health. This course will give a great understanding on what is the traditional Yoga therapy methods and how Yoga can heal our physical and emotional health using the tools which have been practicing back at India by thousands yogis at the ashram.

We will be addressing daily physical health issues like back pain, joint pain, high blood pressure, diabetes, insomnia, and breathing issue bronchitis.

The course will also cover yogic philosophy and power of breathing practice to heal our emotional health.

Suitable for anyone who want to know how Yoga can help them to cure or maintain their physical health issues.

## 50 HOURS YOGA THERAPY COURSE

This course will be anatomical and physiological structured, based on trainers' years of experience, with application onto the body engineering aspects to cure the pains. The course will give the participants a vast technical knowledge of human body mechanics in degeneration, knee pain, shoulder pain, and many more. We will relate this to common pains such as slipped disc, sciatica, scoliosis, disc prolapse, etc. The course is for all Yoga teachers including personal training teachers and regular practitioners who want to learn or cure their body pains through Yoga practices.

This course is for all Yoga teachers including personal training teachers and regular practitioners who want to know how Yoga can help them to cure or maintain their physical health issues.

## 15 HOURS HANDSTAND COURSE

In this course, we will learn the following:

- Learning technique, body alignment and head positions
- Learning shapes, shapes in sequence upside down
- Handstand press
- One arm handstand preparation exercises and the techniques
- Conditioning exercises to improve strength and endurance
- Suitable for anyone who want to know how Yoga can help them to cure or maintain their physical health issues.

### Who Should Attend?

This course is suitable for all levels of practitioners.

## 15 HOURS BASIC YOGA TRAINING

In the basic Yoga training, we will cover the following areas

- An introduction to Yoga philosophy
- What is Yoga
- Basic breathing techniques
- Purpose of Yoga, benefits of Yoga
- Practice basic Yoga poses, how to move into the poses, actions in the poses and what to look for in the pose to align or adjust the poses
- Sun Salutation

### Who Should Attend?

Suitable for anyone who want to know how Yoga can help them to cure or maintain their physical health issues.

### Who Should Attend?

Suitable for anyone who want to know how Yoga can help them to cure or maintain their physical health issues.

## FUNCTIONAL ANATOMY TRAINING COURSE

Suitable for anyone who want to know points of various muscles that are associated with such pains and the techniques to cure these pains.

### Who Should Attend?

Suitable for anyone who want to know how Yoga can help them to cure or maintain their physical health issues.

This course will explore the joints and bones in our human bodies, including an in-depth understanding of its structural differences and movements in different bodies. A deep understanding of the attachment and insertion points of the deep tissues, muscles and fascias including superficial fascia, points of origin and insertion points and the deep fascia. This course will explore the joints and bones in our human bodies, including an in-depth understanding of its structural differences and movements in different bodies. A deep understanding of the attachment and insertion points of the deep tissues, muscles and fascias including superficial fascia, points of origin and insertion points and the deep fascia.

### Who Should Attend?

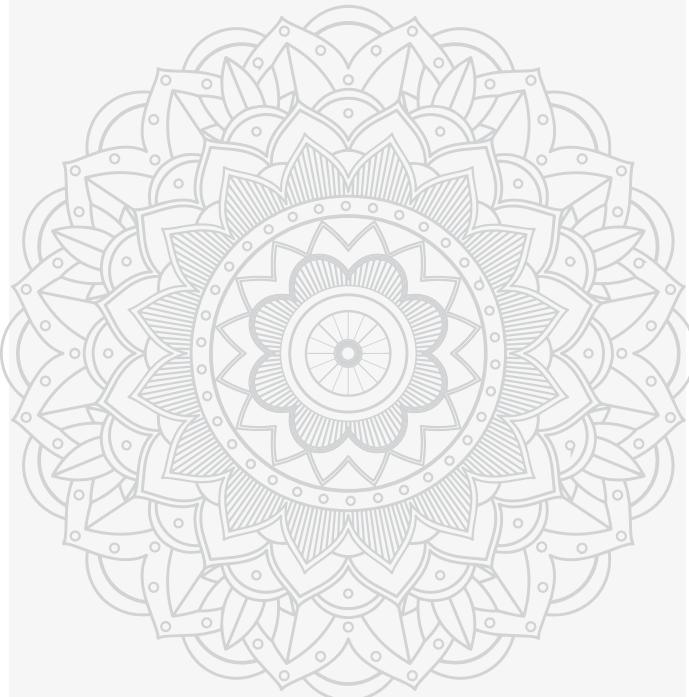
Suitable for anyone who want to know how Yoga can help them to cure or maintain their physical health issues.

Basic Level : 50 Hours on Anatomy of the Lower Body

Advancce Level : 100 Hours Anatomy of the Lower & Upper Body, and Anatomy of the Lower Body

to reduce Yoga injury as well as adjustment for Yoga poses can help gain an insight knowledge how to do the compensation tests. You will also learn how to observe and do appropriate assessment on another body. This is achieved by studying the target areas of all the Yin Yoga poses and by learning how to do the compensation tests. You will also learn in the course how to observe and do appropriate assessment on another body. This is achieved by studying the target areas of all the Yin

## REAL YOGA ACADEMY THE BENEFITS OF



## ABOUT REAL YOGA ACADEMY

Real Yoga, a registered school of USA Yoga alliance, is proud to present Real Yoga academy. The academy aims at providing various types of yoga related courses to inspire Yoga students and teachers in their practice.

Real Yoga academy is committed to lead the Yoga community by bringing authentic Yoga training for all Yoga practitioners to experience the most passionata and sincere form of

Real Yoga academy's mission is to inspire the Yoga community with the highest caliber of Yoga courses and teacher training programmes designed to help practitioners to deepen and refine their understanding of Yoga.

## OUR VISION

Yoga from the heart. Real Yoga academy is committed to lead the Yoga community by bringing authentic Yoga training for all Yoga practitioners to experience the most passionata and sincere form of

Real Yoga academy's mission is to inspire the Yoga community with the highest caliber of Yoga courses and teacher training programmes designed to help practitioners to deepen and refine their understanding of Yoga.