



# International Personal Trainers & Fitness Academy (IPTFA)

Branch: Singapore, Canada, China, Hong Kong, India, Iran, Kazakhstan, Malaysia, Maldives, Macau, Mongolia, Nepal, Sri Lanka, Pakistan, Taiwan  
**Since 1959 From Singapore**

## YOGA Instructor (Level Two) Certification

**Course Content :** This course is design by Mr. Yogiraj Vipul (India) and Mr. Kawal Yogi (India) both of them have drilling over 60 years. In Hong Kong IPTFA will have Mr. Kenneth Wong and Ms. Queenie Yeung become the director , they have many qualification; such as, hypnotism therapist, yoga director, meditation director, etc. and they more than 20 years experience on drilling and teaching yoga. This course will divide to three part  
 1. History and philosophy of yoga. 2. Analyze and practice of asanas. 3. Teach Skills and a Yoga training camp. This course will have 70 hours in total and 10 hours practical training will be need.



**Target : By learning yoga and improve student's life quality and be more healthy.**

|   |   |
|---|---|
| <b>Part 1:<br/>Learn about Yoga</b>                     | - History and spirit of Yoga(Part B)<br>- Sport treatment<br>- Theory and philosophy of Yoga  |
| <b>Part 2:<br/>Yoga Practice</b>                        | - Asanas (35 level 3-4 post)  |
| <b>Part 3 :<br/>Teaching Skills (how to teach Yoga)</b> | - Build up a professional image<br>- How to guide you student to concentrate<br>- Build up a acceptance yoga instructor image<br>- Respiration, deep relax and meditation |

**Yoga Camp** (2 Days and 1 Night) 16Hours

A particular review on teaching skills; such as, talking, lesson plan, different teaching technique for different area and also how to take care student.

**Certificate of quality :** Graduates who have fulfilled the following criteria will be issue the **YOGA Instructor (Level Two) Certificate** Course by International Personal Trainers & Fitness Academy (IPTFA)

- ✧ Attend 80% of the total course time
- ✧ Attain a pass mark of 70% on the theoretical and practical examination.
- ✧ once you pass the exam, you will have to do 10 hours instructor training before you get the certificate



International Cooperation by:

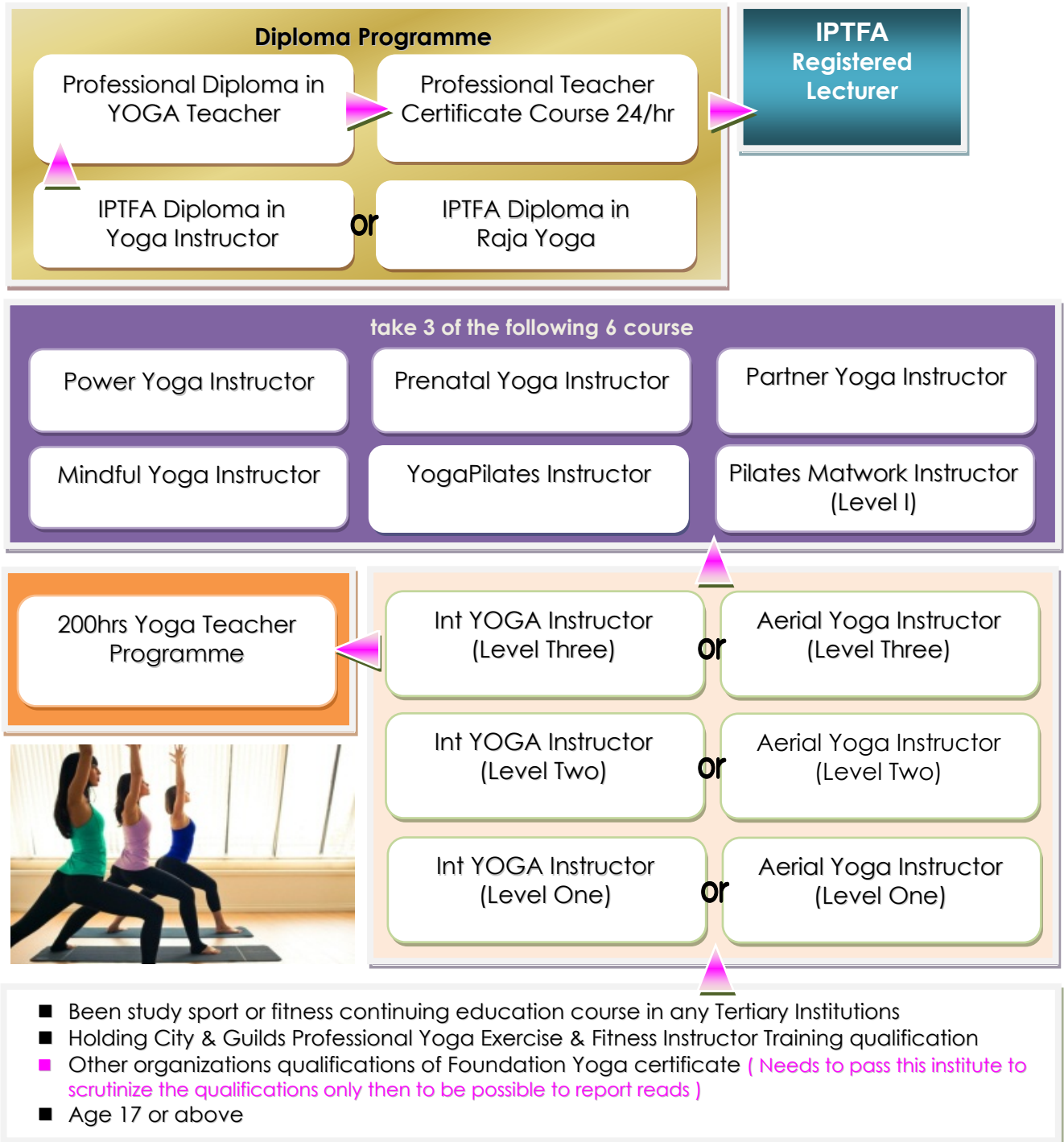




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## Study Pathway for YOGA



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# YOGA Instructor (Level Two) Certificate Course

|                                   |   |
|-----------------------------------|---|
| <b>Enrollment Criteria</b>        | Holding IPTFA/ GFTA 's YOGA Instructor (Level One) Certificate Course and have 50 hours teaching experience, holding other level one or foundation yoga / fitness instructor certificate with 50 hours teaching experience  |
| <b>Lecturer Profile</b>           | Kenneth Wong (Yoga Program Director), Queenie Yeung (Group Fitness Program Director), Experienced yoga lecturer   |
| <b>Language</b>                   | English   |
| <b>Course Duration</b>            | Total: 50 hours   |
| <b>Class Population</b>           | Maximum of 20 (First come first served basis)   |
| <b>Course Fees</b>                | HKD 8,600 / USD 1,103<br>3 weeks early bird \$ 200 discount   |
| <b>Fees for Re-exam</b>           | Theoretical & Practical re-exam HK\$ 300 (adds a Re-exam lesson) Below 60 minute must restudy the course  |
| <b>Deadline</b>                   | 3 working days prior to the course commencement date (IPTFA reserves the right to cancel or reschedule the course)  |
| <b>Venue</b>                      | International Personal Trainers & Fitness Academy (IPTFA)   |
| <b>Application</b>                | Applicants should send the application form (can make photocopy on own) with a stamped return envelope and a cheque payable to <b>[INTERNATIONAL PERSONAL TRAINERS &amp; FITNESS ACADEMY]</b> to INTERNATIONAL PERSONAL TRAINERS & FITNESS ACADEMY, Unit C, 2/F, Right Time Building, 21-27Playing Field Road, Mong Kok, Kowloon, HK  |
| <b>Registration &amp; Enquiry</b> | Tel: 2345 6286 Fax: 2345 1236<br>E-mail: info@iptfa.com Website: www.iptfa.com  |
| <b>Notice</b>                     | (1) When The Hong Kong Observatory announces a YELLOW or RED rainstorm warning, or typhoon signal No.1 or 3 is hoisted, the classes will continue as usual.<br>(2) When The Hong Kong Observatory announces a BLACK rainstorm warning, or typhoon signal No.8 is hoisted, the classes on the same day will be cancelled. Our academy will announce another date, time and venue for the makeup class. |
| <b>Continuing Education Units</b> | 12 Continuing Education Units   |
| <b>Refund Policy</b>              | There will be no refund unless the course is cancelled by the IPTFA   |

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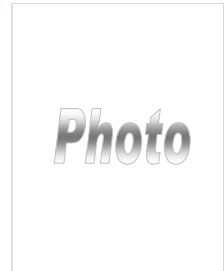


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## ENROLLMENT FORM

|             |  |
|-------------|--|
| Course Code | Course Name :<br><b>YOGA Instructor (Level Two) Certificate Course</b> |
|-------------|--|



## Personal Information

|  |          |                            |              |
|--|----------|----------------------------|--------------|
| Name:  | English  |                            |              |
| Date of Birth:                                     | mm/dd/yy | Identify ID./ Passport No. |              |
| Sex :  |          | Age :                      | Occupation : |
| Address :  |          |                            |              |
| Tel No.:   |          |                            |              |
| E-mail:  |          |                            |              |
| Related work experiences and current certificates: |          |                            |              |

Information Source  web-site  Friend recommend  Post  Others E.G.: \_\_\_\_\_  
 All the personal data will keep confidential and will only be used in the application procedure of the events organised by our Academy. For any change of your personal data, please contact IPTFA.

Payment : Cash, EPS, Cheque, and T/T, Please do inscribe: "International Personal Trainers & Fitness Academy ", T/T account no. **(SCB : 33782-05697-8; BOC : 012-698-0-000764-4)**

## Declaration

I, \_\_\_\_\_, declare that all the personal data are true and correct. I am aware that my participation in the International Personal Trainers & Fitness Academy event(s) exposes me to a risk of personal injury and I agree to hold harmless International Personal Trainers & Fitness Academy, their Directors, employees and subsidiaries, the presenters and all the event staff from any and all liability arising from this course including, but not limited to, muscle strains, tears, pulls, broken bones, death and any and all illness, ailments or loss of personal property.  
 I understand the risks arising from the participation of this course and attest that I am in sound physical condition. I also understand that I may be videotaped, audio taped and photographed during the course and International Personal Trainers & Fitness Academy may use my images for any and all uses without my prior consent. I further agree to all conditions of registration, including but not limited to, the no refund policy.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## For Official Use Only

|   |                      |
|---|----------------------|
| Amount: _____   | Received Date: _____ |
| <input type="checkbox"/> Cash <input type="checkbox"/> Cheque _____ | Bank _____           |
| Issued by: _____  | Refer to: : _____    |

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