



# International Personal Trainers & Fitness Academy (IPTFA)

Since 1959 From Singapore  
IES Registration No. 166/A-1/2021  
ASMEC Registration No. 581810



## YOGA Instructor (Level One) Certification

**Course Content :** Hada Yoga is the most hoariness, fullness and general of all the yoga type. Hada yoga is all about how to use respiration to purify our body and spirit. By learning Asanas · Pranayama · Mudras · Bandhas and Kriyas to make us more healthy and powerful. 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 & Queenie Yeung become the director · they have many qualification; such as, hypnotism therapist, yoga director, meditation director, etc. and they more then 20 years experience on drilling and teaching yoga. This course will divide to two past: 1. History and philosophy of yoga. 2. Analyze and practice of asanas. There will be 30 hours in total

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

<b>Part one :</b> <b>Learn about yoga</b>	<ul style="list-style-type: none"> <li>✦ History and spirit of Yoga(Part A)</li> <li>✦ Anthroponomy</li> <li>✦ Theory of Yoga</li> </ul>
<b>Part Two:</b> <b>Yoga practice</b>	<ul style="list-style-type: none"> <li>✦ Asanas (35 level 2-3 post)</li> <li>✦ Foundation of respiration</li> <li>✦ Asanas:</li> </ul>
<ul style="list-style-type: none"> <li>- Standing Post</li> <li>- Arm balance Post</li> <li>- Back curve Post</li> <li>- Front curve Post</li> <li>- Relax Post</li> </ul>	<ul style="list-style-type: none"> <li>- Balance Post</li> <li>- Handstand Post</li> <li>- Twist Post</li> <li>- Sitting Post</li> <li>- Hada yoga lesson plan</li> </ul>

**Certificate of quality :** Graduates who have fulfilled the following criteria will be issue the **YOGA Instructor (Level One) 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.



International Cooperation by:



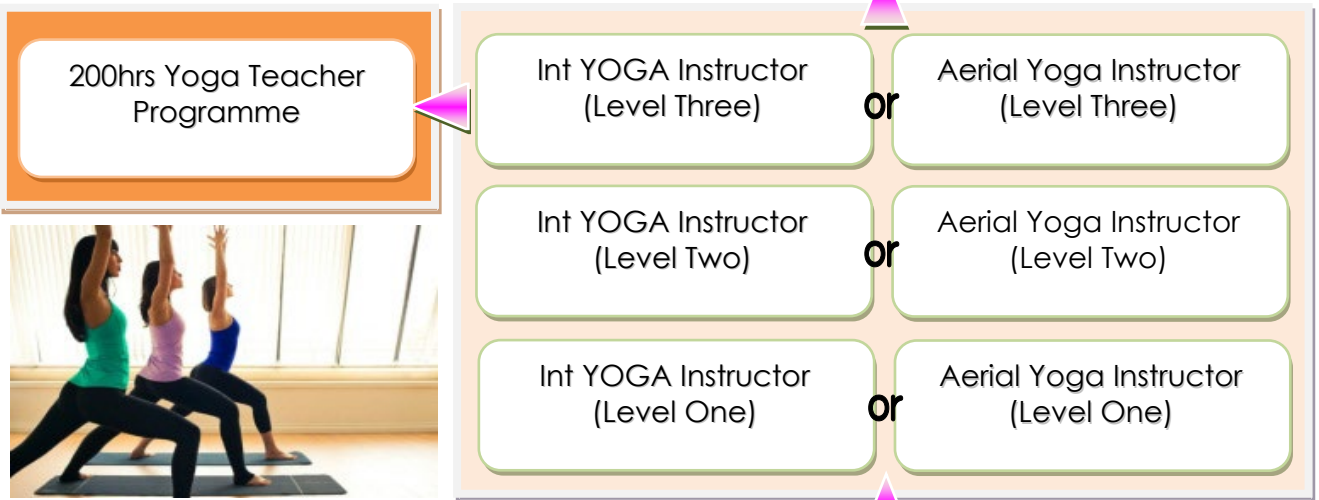
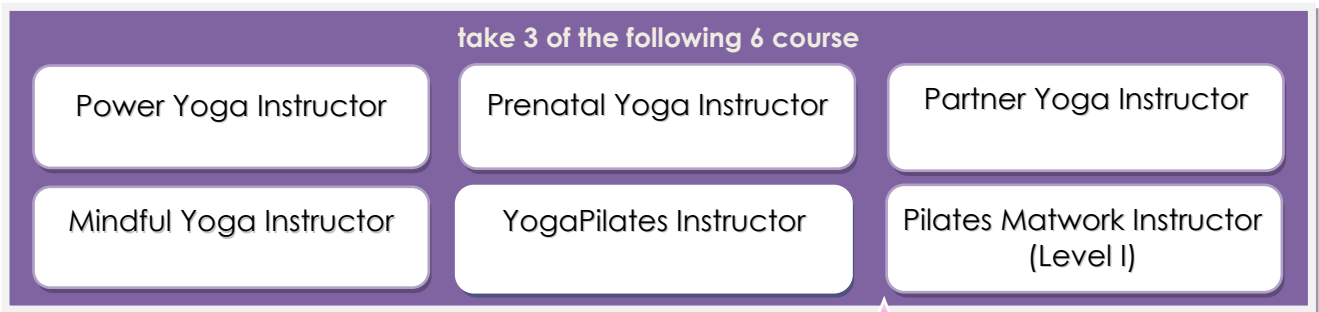


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## Study Pathway for YOGA



- Been study sport or fitness continuing education course in any Tertiary Institutions
- Holding City & Guilds Professional Yoga Exercise & Fitness Instructor Training qualification
- Other organizations qualifications of Foundation Yoga certificate ( Needs to pass this institute to scrutinize the qualifications only then to be possible to report reads )
- Age 17 or above

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<b>Enrollment Criteria</b>	Age 17 or above, have any sport/ dance instructor qualification, have any meditation professional qualification or been drilling yoga over 2 years and willing to learn more
<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: 30 hours
<b>Class Population</b>	Maximum of 20 (First come first served basis)
<b>Course Fees</b>	HKD 5,800 / USD 744 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 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. (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>	5 Continuing Education Units
<b>Refund Policy</b>	There will be no refund unless the course is cancelled by the IPTFA

International Cooperation by:





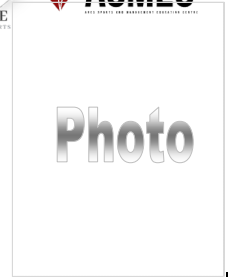
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## ENROLLMENT FORM

Course Code	Course Name : <b>YOGA Instructor (Level One) Certificate Course</b>
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## 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: \_\_\_\_\_

Cash  Cheque \_\_\_\_\_

Bank \_\_\_\_\_

Issued by: \_\_\_\_\_

Refer to: : \_\_\_\_\_

International Cooperation by:

