



International Personal Trainers & Fitness Academy (IPTFA)

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



YOGA Instructor (Level Three) 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 , Under a strong professional teacher force, so all the student can learn with no worries. Moreover, we guarantee the graduate from IPTFA can teach independently and successful employment. This course have a rich experience on teaching, a systematic training system and a perfect education system can give all the student the most professional training. This course has three major parts (1. Yoga philosophy, Culture and Development 2.Posture and physical training 3. Teaching skills there are 50 hours for the course and 20 hours Teaching Practice

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

Part 1: Learn about Yoga	<ul style="list-style-type: none"> - Yoga philosophy, Culture and Development - The base pronunciation of Sanskrit (junior and intermediate level) - Reading Yoga scripture (junior, intermediate and high level)
Part 2: Yoga Practice	<ul style="list-style-type: none"> - High level Asanas (stand posture · lying down posture · Sitting and meditation) - High level Exercises
Part 3 : Teaching Skills	<ul style="list-style-type: none"> - Pratyahara and Deep relaxation - Pranayama and high level Respiration - Dharana

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



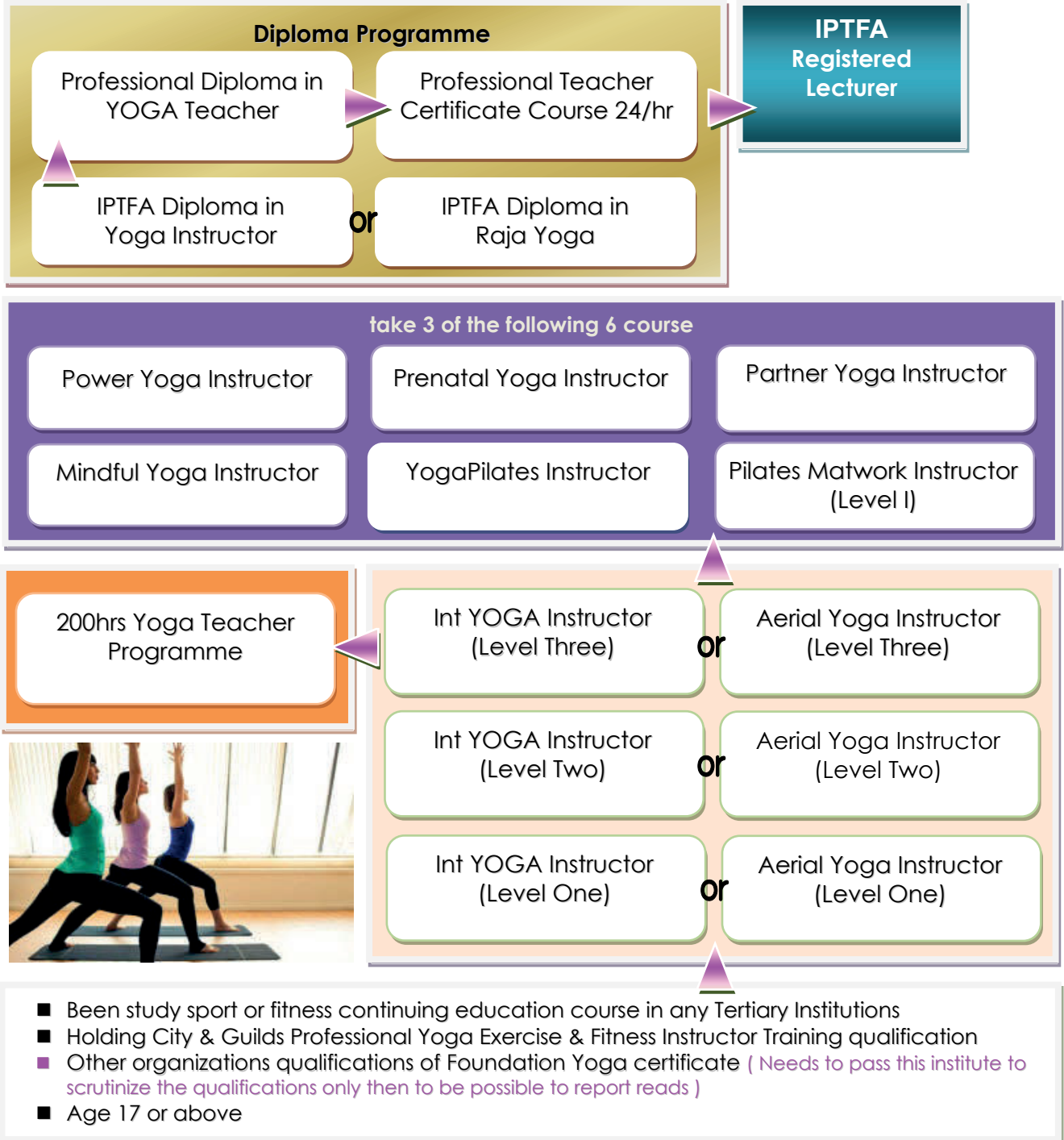


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Study Pathway for YOGA



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YOGA Instructor (Level Three) Certification

Enrollment Criteria	Holding IPTFA/ GFTA 's YOGA Instructor (Level Two) Certificate Course and have 50 hours teaching experience, holding other level one or foundation yoga / fitness instructor certificate with 50 hours teaching experience
Lecturer Profile	Kenneth Wong (Yoga Program Director), Queenie Yeung (Group Fitness Program Director), Experienced yoga lecturer
Language	English
Course Duration	Total: 60 hours
Class Population	Maximum of 20 (First come first served basis)
Course Fees	HKD 8,800 / USD 1,128 3 weeks early bird \$ 200 discount
Fees for Re-exam	Theoretical & Practical re-exam HK\$ 300 (adds a Re-exam lesson) Below 60 minute must restudy the course
Deadline	3 working days prior to the course commencement date (IPTFA reserves the right to cancel or reschedule the course)
Venue	International Personal Trainers & Fitness Academy (IPTFA)
Application	Applicants should send the application form (can make photocopy on own) with a stamped return envelope and a cheque payable to [INTERNATIONAL PERSONAL TRAINERS & FITNESS ACADEMY] to INTERNATIONAL PERSONAL TRAINERS & FITNESS ACADEMY, Unit C, 2/F, Right Time Building, 21-27Playing Field Road, Mong Kok, Kowloon, HK
Registration & Enquiry	Tel: 2345 6286 Fax: 2345 1236 E-mail: info@iptfa.com Website: www.iptfa.com
Notice	(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.
Continuing Education Units	10 Continuing Education Units
Refund Policy	There will be no refund unless the course is cancelled by the IPTFA

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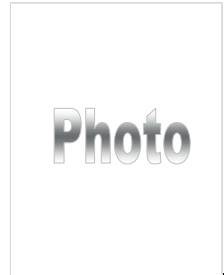
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ENROLLMENT FORM

Course Code	Course Name : YOGA Instructor (Level Three) Certificate Course
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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: : _____

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