



Course Category	Wellness			
Course Title	IPTFA International Yoga (Level 1) Instructor Certificate Course			
Course Code	BH018			
Medium of Instruction	Cantonese			
Duration	30.0 hour(s)			
Pre-requisites	Age 17 or above			
Course Fee	Macao Resident: MOP4,720 Non-Macao Resident: MOP4,720			
Certificate	Students who have obtained an overall passing grade of the course and met the attendance requirement will be issued a course certificate by UTM. The passing grade of the course is 70.			
	Course Code	Sub Code	Course Start Date	Course End Date
	BH018	2402	2024/07/01	2024/07/31
	Course Code	Sub Code	Registration Period	Quota
	BH018	2402	2024/05/06 - 2024/06/14	15
Objective	The course is designed for students to master professional knowledge in Yoga training and to understand proper concepts and spirit of Yoga as well as different practice techniques, so that they can be well prepared for the Yoga training industry.			
Outline	Learning about Yoga History and spirit of Yoga Human anatomy, Maya kosa and Chakra Contemporary Yoga theory and Yoga practice Yoga Practice Asana (mastering 35 Level 2-3 postures) Basic breathing techniques Asana Yoga Standing Pose Balance Pose Arm balance Pose Handstand Pose Back curve Pose Twist Pose Front curve Pose Sitting Pose Relax Pose Designing Hada Yoga lesson plans			
Teacher	Please refer to the schedule			
Remarks	<ul style="list-style-type: none">Upon completion of the course, student can apply for the IPTFA International Yoga (Level 1) Instructor Qualification Recognition Examination. More information can be found at: https://www.iftm.edu.mo/sce/en/Continuing_Education_Courses/health-and-wellness/index.htmlStudents should bring their own yoga mat.			